

WEEK 2: June 7-11

Before I talk about anything else, I first want to tell all of you that Tyler and I greatly appreciate your support in this collective endeavor. This is the second year that the Big City Farms CSA is in operation (and my fourth year operating a CSA of any kind), and it continues to amaze me that folks are more than willing to actively support small local farms in such a crucial, unselfish way. I think that this year will go well – all of the plants are looking great, and some are producing earlier than expected – and I am excited and grateful to be engaging in this wonderful experience with you.

That said, the last few weeks have been fairly crazy as we have tried to ready ourselves and the vegetables for a successful CSA season. I am certain that, over the years, we will become more adept at planning, predicting harvests, and distributing vegetables. For now, though, it's simply barely-controlled chaos. I hope that your participation in this CSA will allow you to see the lengthy process that goes into producing fresh and healthy food. For example – the green onions that are in this week's share were started, by seed, under fluorescent lights in February. They were watered and looked after for about two and a half months before they were transplanted into the ground. The onion beds have required regular weeding since then. And, finally, we harvest them, clean them up, keep them from wilting, and give them to you. All in all, it's about a four month process to get those green onions to you.

In my mind, though, it is completely worth it. The late winter seeding can be tedious, but it is free of distractions and restful in its own way. It allows for daydreaming and quiet thoughts. And then, once the plants are in the ground, we get a lovely excuse to be outside. There have been times where this means being soaked by rain or chilled by wind; but it also means watching flowers from last year re-grow determinedly and noticing how the light falls against the plants just so at dusk. As of yet, I have not been able to find a more rewarding form of chaos and I doubt I will. Thank you for giving us the opportunity to do this work for you, and to enjoy the season together.

In this week's share:

FULL

Kohlrabi, beets, broccoli (Tues. only), green onions, kale/chard, bok choy, lettuce, radishes, parsley, cilantro, basil

HALF

Kohlrabi, green onions, kale/chard, lettuce, radishes, parsley, cilantro

We are suggesting a very simple recipe this week, which are a great alternative to potato chips:

Baked Kale/Chard Chips

Ingredients

1 bunch kale or chard

1 tablespoon olive oil

1 teaspoon seasoned salt

Directions

Preheat an oven to 350 degrees F (175 degrees C). Line a non-insulated cookie sheet with parchment paper.

With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.

Bake until the edges brown but are not burnt, 10 to 15 minutes.