

Final June Newsletter

Summer at last! Good by grey days and bring on the veggies! We want to ensure you that although the crops have been slowly growing, the recent nice weather has them now in full swing. This season, Jeff and our two craft interns have been working very well together and are keeping up with the planting, setting up of irrigation and weeding of the crops. We have been lucky to have such supportive, enthusiastic and energetic help on the farm and we will surely be enjoying more of the benefits of this throughout this season. It is interesting to think back through the past few seasons of the CSA, to what was in season this time in previous years. Although I believe it was slightly earlier in the year, I recall the mingling aromas of strawberries and garlic...weather this was garlic scapes or spring garlic, I would have to look at our previous newsletters, as it seems early this year for scapes but late for strawberries! This is a bit of foreshadowing in that in that strawberries will be coming to you soon in the CSA. If you usually go to pick large quantities...I would plan to do this soon! There will be a lot of scapes in the next few weeks as well. For those of you not familiar with scapes, this is the flowering part of the garlic plant that we need to pluck off in order for the garlic to form its bulb. The scape is therefore harvested at this one time of the year and those who are familiar with them are always excited to find them in season (also knowing that fresh garlic will soon follow)! I have included a recipe contributed by Tracy Hodge (thank-you) for garlic scape pasta. Also, I have attached a PDF of a garlic scape dip from the NY Times that was shared with us by CSA member Kelley (thank-you). Kelley says that she has used white kidney beans and navy beans for this recipe with great results. But you should also know that Garlic scapes on their own are delicious easy to prepare. With a texture similar to asparagus, they are wonderful brushed with olive oil and grilled, sautéed or roasted... they will taste like garlic, though not as strong. I like to cook them until quite well done, slightly caramelized, for a sweet roasted garlic flavour.

We want to take the time again to tell you how much we appreciate you being part of this CSA program and to assure you that we are working hard towards a bountiful harvest for this season and the future. This season we have planted more than we have ever planted and maintenance of these crops is going extremely well with proper weeding and irrigation. Lime was also added to some of the fields, which has so far resulted in healthier spinach and beets, a challenge for us in the past. In fact, everything is looking so great that we would like to have you all out one day soon, in July, date TBA next week, for an open farm day. We hope to see you all here soon, especially if you are new to the CSA and have not been to the farm yet. Also, we know that you

have had a wonderful green infusion lately, but know that strawberries, radishes and cherry tomatoes are not far off, along with some more old of the old favorites!

Fettuccine with Garlic Scape Pesto

Start to finish: 20 minutes

Servings: 4

- 4 ounces garlic scapes, cut into 1- to 2-inch lengths (about 1 1/2 cups cut)
 - 3 ounces goat cheese (about three-quarters of a 4-ounce log)
 - 1/2 cup roasted cashews (not salted) or pine nuts
 - 2 tablespoons extra-virgin olive oil
 - 1 1/2 teaspoons kosher salt
 - 1/2 teaspoon ground black pepper
 - 9 ounces fresh whole grain pasta (such as fettuccine)
1. Bring a large saucepan of lightly salted water to a boil.
 2. While the water heats, in a food processor combine the scapes, cheese, cashews or pine nuts, olive oil, salt and pepper. Pulse, scraping down the sides of the bowl as needed, until mostly smooth and the scapes are well chopped.
 3. Add the pasta to the boiling water and cooking according to package directions. Just before the pasta is cooked, ladle out about 1/3 cup of the water. Add the water to the processor and pulse until well mixed.
 4. Drain the pasta, and then return it to the pan. Add the pesto and toss well to coat.

Nutrition information per serving: 414 calories; 194 calories from fat; 22 g fat (6 g saturated; 0 g trans fats); 48 mg cholesterol; 43 g carbohydrate; 15 g protein; 2 g fiber; 816 mg sodium.

<http://lifestyle.aol.ca/article/recipe-fettuccine-with-garlic-scape-pesto/298354/>

From Tracy Hodge, Nutritionist
tlhodge@ripnet.com