



CSA News

June 7-13, 2021

CSA Week 5

Volume 18, No. 17



Log in to your CSA account online to find a customized list, photos and descriptions for your share.

Farm Share Storage & Use Tips:

- In general, store vegetables and eggs in the fridge and meats and cornmeal in the freezer, unless otherwise noted.
- Garlic scapes: Garlic scapes are the flower stalks we snap off garlic plants in the spring. Store them unwashed in a loosely wrapped plastic bag in the refrigerator for up to two weeks. Chop or dice raw into salads, sauté in place of bulb garlic, use in place of green onions, or use anywhere garlic flavor is desired.
- Broccoli: Broccoli is an early summer and fall crop. Refrigerate immediately, wrapped loosely in a plastic bag in the vegetable bin. It's best used within a few days.
- Leafy greens: Store in your fridge in perforated plastic bags.
- Salad radishes and hakurei turnips: Remove the root from the greens. Store in separate plastic bags in the fridge.
- Microgreens: Keep microgreens in the fridge in their plastic clamshell container. Wash when you're ready to use them.
- Sugar Snap Peas: This edible peapod is picked when the pods are well-filled. Use as soon as possible, within 4 to 5 days of receiving. Refrigerate peas in their bag in the crisper drawer.

Alliums for Good Taste

Alliums are ubiquitous in American kitchens, and restaurants in Europe would shut down without them. They are easy keepers, good for you, and catalysts of flavor for all sorts of meals and dishes. Take the leeks out of potato-leek soup, and you have runny potatoes. Take garlic out of your pasta sauce, and you have V8 juice. No slab of onion on a burger or BBQ, and you have college food. Alliums are often overlooked as vegetables yet are integral to every meal.

We have figured out how to have farm-grown organic garlic all year. We're working on our onion production techniques, and you'll see leeks now and then throughout the season.

The health benefits of eating alliums, from what I have read, are many. Among them, according to research published in the journal "Environmental Health Perspectives," allium vegetables have been shown to have beneficial effects against several diseases, including cancer.

Google "allium," and you get flowering varieties that look like firework displays. All alliums flower, but this is not necessarily what we're after. Alliums' stalky leaves spike up out of the soil, monocots like corn, usually from a bulb, but not always. New leaves emerge from the center as they grow. A circular, shallow, fibrous root system develops to anchor the plant well. That's where the similarities stop between the various types we grow, so let's break them down.

Garlic

We all think of those pointy pie-shaped cloves tightly bound into heads in a paper-like sheath when we hear "garlic." We harvest garlic in July-ish, depending on the season and the last winter's weather.

We save back some cloves from the harvest for planting in late October or early November. Sprouting before winter, covered with a thin layer of straw to prevent frost-heaving soil that can dislodge tender roots, the plants establish themselves before winter dormancy. When spring comes, the roots are ready to grow in the warming ground, and the plants take off. The stalk thickens as new leaves emerge. At this point we thin the plants in the row to offer you tender green garlic, bursting with flavor and easy to work with, late April through May.

The fruiting body—the flower, called the garlic scape—starts to form about now. We snap off these garlic scapes to promote bulb development versus flower and seed formation. Garlic scapes are super tasty. We can eat on these for several weeks while the garlic bulbs

become heads, at which point we harvest them as soft green heads, or fresh garlic. The entire fresh garlic plants are pulled from the ground and hung over the tier rails to cure out for good long-term storage in the fruit bowl on your counter, until green garlic comes on again next April.

Onions

Onions are sweet or hot; purple (red), white or yellow; big or small. Cipollini onions are small but special, and we include them in our mix.

Seemingly onions are considered cheap kitchen staples. Farmers across the country have risen to meet the demand. Onions are always available, and cheap—too cheap for what it takes to grow them, from our experience. The high dry plains farmers of California, Mexico, Colorado and Washington state seem to have it down. We are working on our techniques to manage onion crops in wet weather and humid conditions.

The quick, foolproof onion sets for planting, available in mesh bags to home gardeners, are not available to organic farms because the reproductive process to create those little gems cannot be done under USDA organic standards. We must start with onion seeds—little pirate-hat-looking seeds that must be flecked into the seedling trays one at a time. They take forrrreeevvvveerr to get up to a size where the roots hold the potting soil intact for transplanting after months in the greenhouse. The slow growth habit of onions continues outdoors, so weed control is problematic. If we hill up dirt onto the plant stalk like we do so many other crops, water will rot the bulb from the inside out, so onions must stay shallow rooted, making good irrigation a challenge. We do our best and learn something every year. This is why you do not see local onions piled high at area farmers markets.

Leeks

Leeks are softer, gentler varieties of alliums. They are seemingly less versatile than onions and garlic, but they can be substituted in a pinch. Leeks really do add subtle pizzazz to many dishes.

Weed control is easier with leeks. We want them to grow a tall stalk, so we throw dirt over them as they grow to encourage height. This keeps down the weeds. The challenge here is that leeks' maturity rate is a bit unpredictable.

The take-home message is to choose the alliums when you see them offered as part of your CSA Farm Share. They are good for you, and your enthusiasm for these staples will encourage us to grow more. —
Mac Stone

Recipes

Quick Pickled Sugar Snap Peas & Garlic Scares

Adapted from Bountiful

1 bag sugar snap peas, ends trimmed	zest and juice of 1 large lemon
2 garlic scapes, chopped	1 T. sugar
1/3 c. fresh mint	1 T. salt
1/3 c. white vinegar	2 tsp. coriander seeds
	1 tsp. cumin seeds

In a 1-quart jar, layer peas, garlic scapes and mint.

In a bowl, combine 1 cup water with vinegar, lemon zest and juice, and seasonings. Pour the brine into the jar, covering peas completely. Refrigerate overnight before serving.

Greens & Garlic Scape Frittata

Adapted from Hålsa Nutrition

1 T. olive oil	1/4 c. whole milk
1 bag greens (kale, Swiss chard, spinach), chopped	1/2 tsp. salt
3 garlic scapes, chopped	pepper, to taste
8 eggs	1/4 c. feta cheese

In a 9-inch cast iron pan, heat 1 tablespoon olive oil over medium to medium-high heat. Add the greens, and cook 3-4 minutes, until wilted and cooked down quite a bit. Add garlic scapes, and continue to cook for another couple of minutes.

In a large bowl, whisk together eggs, milk, salt and pepper. Pour over greens. Cook on medium heat for 2-5 minutes, until starting to set. Sprinkle with feta.

Broil for 1-2 minutes, until golden. Watch carefully, as it can cook quickly and you don't want to overcook it.

Find more recipes and cooking inspiration on the Elmwood Stock Farm Pinterest page (pinterest.com/elmwoodstockfar/) and the Elmwood Stock Farm CSA Members Facebook Group (facebook.com/groups/elmwoodstockfarmcsa). And tag us on [Facebook](#) and [Instagram](#) (@ElmwoodStockFarm) to share photos of your meals!