

GARLIC EGGS NOODLES WITH BOK CHOY

Adapted from Soil Born Farms

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| 1 lb fresh egg noodles | 1 large carrot (or two turnips) cut into thin matchsticks |
| 1 tbsp Asian dark sesame oil | 2 shallots, white + green portions separated & cut into 1in slices |
| 2 tbsp peanut or canola oil | ½ cup vegetable or chicken broth |
| 3 garlic clove, minced | 3 tbsp oyster sauce (optional) |
| 1 tbsp fresh ginger, finely grated | 3 tbsp toasted sesame seeds |
| ¼ tsp red pepper flakes | |
| 1 head bok choy, cut into wide strips | |

1. Bring a large pot of water to a boil over high heat.
2. Separate strands of noodles, drop them into boiling water and boil for 2 mins.
3. Drain noodles, rinse under cold running water, and drain again.
4. Toss the noodles with the sesame oil and set aside.
5. In a wok or large fry pan over high heat, warm the peanut oil.
6. Add the garlic and ginger and stir until fragrant, about 10 seconds.
7. Stir in red pepper flakes, bok choy, carrot and white portion of shallots.
8. Stir-fry the vegetables until the bok choy wilts, about 2 minutes.
9. In a small bowl, stir together the broth and oyster sauce and set aside.
10. Add the noodles and broth mixture to the wok and toss to combine.
11. Cook, stirring often, until the noodles are heated through, about 2 minutes.
12. Stir in the light green portions of the shallots, sesame seeds and serve immediately.



SALTY HERBED SMASHED POTATOES

Adapted from Domestic Superhero

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| 12 red and/or white potatoes | 1 tbsp olive oil + more as needed |
| ½ tsp kosher salt | 1 ½ tsp basil leaves |
| ¼ tsp ground black pepper | 1 ½ tsp cilantro leaves |

1. In large stock pot filled half-full of water, bring to boil and liberally salt. Add potatoes, boil for 15 minutes, or until fork tender. Strain; set aside.
2. Preheat oven to 450°F. Coat a baking sheet with olive oil. Line potatoes up 4 to a row, 3 across, without being too close to each other. Using a potato masher or strong fork, press down in the center to smash your potato; repeat for all.
3. Drizzle olive oil over the tops of the potatoes, then brush around the entire potato (I used a basting brush). Sprinkle kosher salt, pepper, and all herbs over the tops of the potatoes. Place into oven and bake for 20 minutes, or until browned on the top.

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SUMMER CSA NEWS



KOHLRABI

Separate greens from bulb if present; store bulb in the crisper in the fridge for several weeks.



SHALLOTS

When fresh refrigerate. Once dried, keep in a dark, cool (not cold) dry place.



TURNIPS, BEETS, CARROTS & RADISHES

Store in the cold area of the fridge; use the greens soon; roots will keep a long time.



LEAFY GREENS

Store unwashed in original bag, or chop, wash, and dry with a salad spinner, and return to bag with a dry paper towel to absorb moisture. Always refrigerate.



PEAS, CUCUMBERS, & CABBAGE

Refrigerate immediately, unwashed. Wrap loosely in a bag and store in the crisper of your fridge. Keep dry.



WINTER SQUASH

Store in a cool, dry location. Once cut, refrigerate and use within 5-7 days.



GREEN GARLIC

Wrap in a damp paper towel and store in a bag in the fridge. Use within 5-7 days, or leave longer to dry.



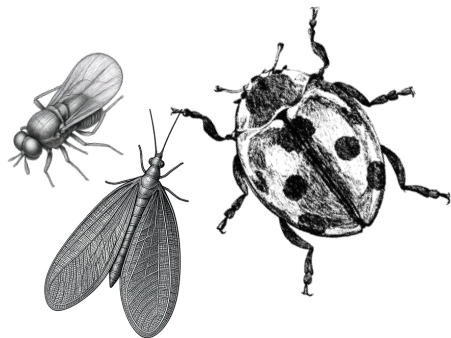
FRESH HERBS

Place in water in the refrigerator.



ZUCCHINI

Store unwashed and dry in the crisper of your fridge.



WE'VE GOT FRIENDS IN TINY PLACES

We have made reference over the years about how we depend on certain insects to combat other insects that prey on our plants. Along plants and animals, we cultivate healthy bug populations that do a couple jobs—protect our cash crops and contribute to a thriving local ecosystem.

We grow flowering plants along with the vegetables around the farm to provide food and housing for these insect-eating insects and spiders. It's all to encourage them to proliferate and rear their young. We also purchase some "bugs" from one of several insect farmers, complete with educational catalogues. You may want to consider seeding your own landscape with some of these beneficial insects.

Everybody's favorite, and most well-known, is the **Convergent Lady Beetle, aka Ladybug**. Adult females may consume as many as 5000 aphids in her one year lifespan, laying 1500 eggs as well. Ladybugs are unique in that both the adult *and* the larvae are predacious, meaning they chew up and eat the entire aphid.

The larvae look like little alligators and have a voracious appetite that helps them

grow extremely fast. The adults tend to fly away as soon as all the aphids are gone, so periodic re-stocking may be necessary. But hey, they are working a wider area, reducing aphids and other tiny plant pests around the farm. This is precisely why it's important to have a refuge habitat for them here.

Aphidoletes aphidimyza sounds like an aphid rather than an insect that preys on aphids. The adults look like a mosquito. They're very good at locating aphid populations, using the fascinating properties of pheromones. The legless larvae can eat 50 aphids per day, performing a song and dance in which they bite the aphid, inject a toxin, and then suck all the fluid out.

Adult lacewings are a fairy-like little winged insect that lay incredible eggs. Each egg is atop a hair-like structure about half an inch tall and scattered around the plant leaf or even on fruit, sometimes in a straight line. The larvae that hatch walk down the hair and begin eating any soft-bodied insect they encounter. For this reason, the eggs hatch at differing rates to prevent cannibalism.

Sometimes, on a freshly picked pepper or tomato, we can see the tiny hair-like structures that cradle the egg. The adults require pollen and nectar from flowering plants, which we provide. One of our favorite plants, buckwheat, will flower over a long period of time. The sappy stuff on sunflower stems serves as great nectar for these bugs as well.

Trichogramma wasps are so small, they lay their eggs in the eggs of others.

However, when the larvae hatch inside the host egg, it eats the contents before emerging and flying away. It selects caterpillar-type species because they tend to have a longer egg cycle. If these caterpillar eggs hatched, they can devastate a crop.

Managing these wasps is a delicate balancing act. They need the host eggs to be present because it continues their life cycle, but if there are too many host eggs, these little wasps cannot parasitize all the eggs in a timely manner.

We monitor this threshold and release them at the most opportune time. Scouting the fields, looking at the populations of the good and bad bugs and deciding where that threshold is, is part of what makes farming such a cool profession.

Many of the pests we contend with live their entire lives underground. Thankfully, we have some help down there as well. **Beneficial nematodes** are microscopic worms that eat some 250 species of insect eggs, larvae, pupae, or adults. These are very effective against grubs that later would become the Japanese Beetle, a foe of our crop's root structures. The nematode can survive long periods with no host at all, and reproduce quickly when another food source becomes available. We have inoculated the fields with these over the years with great success.

Non-organic farmers may use some toxic chemical if the pest threshold is exceeded, eliminating all of the insects in the field, bad and good

alike. Certified organic farmers have a few botanical compounds we can use on the herbivorous insects that have no effect on the insectivores. We are only allowed to use these sprays when all other means have failed and document this in our records for the inspector to see.

There are lots of other beneficial insects on the farm and we try very hard to harbor them and give them safe haven. By releasing fresh generations, we are augmenting our host population, and we are establishing a new equilibrium with the pest population, with a much lower threshold of pest pressure. So, you may consider adding flowering and nectar generating plants in your landscape, and who knows, maybe one of our Convergent Ladybugs may take up residence in your garden.

-Mac Stone

SOURDOUGH BURGER BUNS ARE HERE

Made with organic wheat,
sugar, and butter



HOPEWELL
Bake Exchange

BAKED IN PARIS, KY

Add to your share when
you customize!