



Weekly Newsletter

Volume 11 Issue 6

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In the Box

Lettuce x 3!
Chard
Green Onions
Basil
Eggplant
Cucumbers
Sweet Peppers
Hot Peppers*
Broccoli or Cabbage
Zucchini
Garlic
Fingerling Potatoes
Sugar Snap Peas
Tomatillos
Tomato

*Biggie chili, pablano, Takara (spicy); garden salsa (mild); Jalapeno (med.); Chenzo (hot)

Around the Farm

We are still taking stock of effects from the heat wave. The zucchini seems to have stalled out and some of the lettuce is marching to seed a little faster than we had planned. So, the theme for this week's box is lettuce! Farm work this past week included planting more green onions, fertilizing corn, chard, and kale, tying up tomatoes, cucumbers, and tomatillos, and weeding, weeding, weeding.

One adventure on our checklist is to raise meat birds. We have raised and processed turkeys, but not chickens. We ordered twelve meat bird chicks and picked them up at the post office last week. These are a heritage variety that are ready for processing in 12-16 weeks. We set these chicks up in a big box with a heat lamp. We have two other flocks of chickens—one flock is the 'old' girls and the other is pullets who will start laying in a few weeks. We have a duplex coop and yard—pullets and meat birds have a different feed than layers. When the pullets start laying, they will join the layer side of the coop and the meat birds will be free range on the other side of the coop. Daisy (our border collie) is extremely busy trying to figure out how to herd the various groups of chickens.

About Garlic

Garlic is an herb that is grown around the world. It is related to onion, leeks, and chives. As far back as the third century B.C., garlic was cultivated in the Middle East, having migrated from its Asian origins. The garlic that's in your box came up from last year's crop. The bulbs are a little smaller—we washed the bulb and roasted the whole thing, then squeezed the cooked garlic out of the cloves onto our roasted vegetables. This year's crop was planted last October and has done well. The leaves started to yellow a few weeks ago—a sign that it is close to harvest time. We turned the water to allow the bulbs to dry a bit before we harvest them this week. Garlic is stored at room temperature and without light. We will tie multiple plants together and hang them in our old chicken coop to further dry out. This crop will go in your box starting next week and through the rest of the season.



Recipe Corner

Chicken Lettuce Wraps

Serves 4 as a main dish.

Ingredients

- 1 ½ lbs. ground chicken, turkey, pork, or beef
- 1 sweet pepper, diced
- ½ c. soy sauce
- 2 Tbsp. rice wine vinegar
- 1 Tbsp. grated fresh ginger
- Finely chopped hot peppers or pepper sauce to your taste
- 1 tsp. sesame oil

Cook ground meat in a large skillet. Stir in sweet pepper (and hot pepper if using). Cook for about 5 minutes. Whisk soy sauce, vinegar, ginger and sesame oil together. Pour over meat mixture. Cook 5-10 minutes to blend flavors.

Dipping Sauce

- ½ c. chunky peanut butter
- 3 Tbsp. hot water
- 3 Tbsp. soy sauce
- Pepper sauce to taste

Mash peanut butter w/hot water until smooth. Stir in soy sauce and pepper sauce.

Put it all together

Lay out butter lettuce leaves. Put a spoonful of meat mixture in the middle of each leaf. Top with shredded carrots, chopped green onion, chopped cilantro or basil, and a spoonful of the dipping sauce. Fold the edges of the lettuce up and eat. Multiple napkins may be required 😊

Recipe taken in part from allrecipes.com

What we did with the vegetables in our refrigerator....

Sometimes the vegetable inventory in the refrigerator gets away from us. This means pulling them all out and roasting whatever works on the Traeger or grill. Last week, it was eggplant, zucchini, sugar snap peas, sweet and mild hot peppers, and small garlic bulbs. The vegetables marinated for a few minutes in a dressing of soy sauce, olive oil, ginger, lime juice, and black pepper. They were roasted on the Traeger (could use oven) to our liking. A few minutes before they were done, we sprinkled them with sesame seeds.

Thank you for returning your empty box on next week's delivery day.

