



Weekly Newsletter

Volume 11 Issue 8

July 19, 2021

In the Box

Romaine & Butter Lettuce
Chard
Green Onions
Cilantro
Red Tatsoi
Bok Choy
Sweet Peppers
Hot Peppers*
Zucchini
Cucumber
Tomatillos
Fingerling Potatoes
Garlic
Carrots
Broccoli

**Biggie Chili, Poblano, Takai (mild);
Jalapeno (med.); Chenzo, Red
Ember Cayenne (hot)*

Around the Farm

The beans are blooming, the corn is tassling, the winter squash is setting, and the tomatoes are starting to ripen. Mid-summer is here! This past week, we have been busy getting what was the garlic bed ready for another round of cabbage and tackling weeds going to seed. Some of the dry onions have started to 'lodge' (fall over). This is a sign that the tops are done growing and the plant is now feeding the bulb. The goal is to have beautiful big green tops so there is plenty of food for growing the bulb. Harvesting and curing onions is an art form that we continue to humbly learn how to do better every year. We have several varieties of dry onion and they don't all lodge at the same time. Once they have lodged, the water is cut—this gets tricky when some varieties in the row still need water. More about curing later.

We hope you enjoy the carrots this week. This is a tricky to grow crop. When we were kids, carrots seemed so easy to grow. The soil has to be very soft to allow the tap root to grow straight. Carrots need to be weed free and thinned to at least one inch apart—we usually thin the crop twice. As with many of our crops, we planted some in two different places just in case. The 'just in case' this year was bunnies eating the tops—we fenced that row and then something (probably voles) eating the carrots.

A special shout out to Nate, our son, who is distributing the Mon. boxes and taking our place on the farm while we enjoy a two night respite in San Francisco.

About the Capitol Land Trust

Our goal was to preserve this property as historic farmland forever. To do that, we needed help from the Capitol Land Trust whose mission is to strategically conserve vital natural areas and working lands in the South Puget Sound and Chehalis Basin watersheds, for their ecological and community benefits. Through the Capitol Land Trust, we worked with the National Resource Conservation Service and a private builder to purchase the development rights off of the property (was zoned light industrial). Now the Capitol Land Trust holds us accountable through an easement to maintain the property in farmland and pocket gopher habitat. We had our annual check-up last week and continue to meet the easement agreement.



Recipe Corner

Chicken Fajitas

Ingredients

4 tablespoons canola oil, divided
2 tablespoons lemon juice
1 teaspoon seasoned salt
1-1/2 teaspoons dried oregano
1-1/2 teaspoons ground cumin
1 teaspoon garlic powder
1/2 teaspoon chili powder
1/2 teaspoon paprika
1/2 teaspoon crushed red pepper flakes, optional
1 pound boneless skinless chicken breasts, cut into thin strips
1-2 medium sweet peppers, long/thin slices
4 green onions, thinly sliced
1/2 cup chopped onion
4 flour tortillas (8 inches), warmed

Directions

In a large bowl, combine 2 tablespoons oil, lemon juice and seasonings; add the chicken. Turn to coat; cover. Refrigerate for 1-4 hours.

In a large cast-iron or other heavy skillet, saute peppers and onions in remaining oil until crisp-tender. Remove and keep warm.

Drain chicken, discarding marinade. In the same skillet, cook chicken over medium-high heat until no longer pink, 5-6 minutes. Return pepper mixture to pan; heat through.

Spoon filling down the center of tortillas; fold in half. Serve with toppings* as desired.

Recipe taken in part from TasteofHome.com

*Perfect way to use all of those tomatillos hanging out in your refrigerator. Chop them up raw, add cilantro, lime juice, and more green onions. Spoon over fajita mix and add a little sour cream or plain yogurt.

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

