



Weekly Newsletter

Volume 11 Issue 9

July 26, 2021

In the Box

Butter & Romaine Lettuce
Kale
Green Onions
Basil
Red Tatsoi
Bok Choy
Sweet Peppers
Hot Peppers*
Broccoli
Tomatillos
Cherry & Main Tomatoes
Eggplant
Garlic
Fingerling Potatoes
Cucumbers
Zucchini
Yellow Onion

**Poblano, Biggie Chili (mild)
Jalapeno (med.), Chenzo*

Around the Farm

The broccoli this week is a mix of first heads from new broccoli plants and side shoots from some of our more mature plants. The new broccoli survived the heat dome, thus the longer stems and lighter color of some of the heads. The yellow onion is the first of the dry onions—these onions were going to seed, so we pick them first. They are just as tasty as stored onions, but do need to be refrigerated.

We heard some fun stories from subscribers this week. One of our younger subscribers who has been with us since his birth has started eating raw tomatillos this year and likes eggplant. YES!! Another subscriber's partner is fighting fires in Oregon so she is doing her best to eat her way through the box by herself. She simmered fingerling potatoes and added tomatillos.

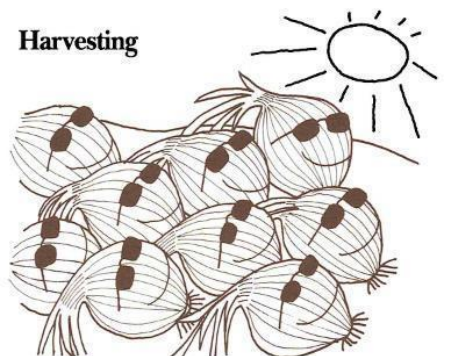
This week, we planted our fourth succession of lettuce, tatsoi, and bok choy. And, we moved the red cabernet dry onions from drying in the field to drying on pallets in one of our small green houses.

Coming soon – corn and green beans.

For those of you who are hot pepper aficionados, Mark is sending a picture list to help you identify the Scoville rating—he says the really hot peppers are coming!

Chicken Rodeo

Our San Francisco get-away was a nice rest. We came home to do the chicken rodeo. We have three flocks of chickens—one is our six older layer hens; one is our six new layer hens growing from pullets to layers; and the third is our 13 broiler birds. We have a duplex chicken coop so the layers were on one side and the pullets on the other. Then the meat birds were in a large box on the pullet side. All have different diets. The pullets are starting to lay and the meat birds were outgrowing their box. So, in the dead of night, we moved the pullets in with the older layers. This is to trick the older birds into thinking the new birds were there all the time. There is a pecking order and combining flocks upsets this order. Now they are on the same diet—yeah! Next, we cleaned the other coop and laid down new shavings for the meat birds. The best moment was moving those thirteen birds out of the hot box they were living in. Lots of time spent handling chickens and driving Daisy crazy as she sees her job as herding the chickens. All seems well with the moves so far.



Recipe Corner

We made black bean patties this week—a great vegetarian main dish using the vegetables from the box.

Black Bean Patties

1 can black beans, drained and rinsed
½ green bell pepper, cut into 2 inch pieces
½ onion, cut into wedges
3 cloves garlic, peeled
1 egg
1 Tbsp. chili powder
1 Tbsp. cumin
1 tsp. hot sauce or....chopped fresh chenzos
½ c bread crumbs

In a medium bowl, mash black beans with a fork until thick and pasty (*we left some of the beans partially intact*). In a food processor, finely chop bell pepper, onion, and garlic. (*We chopped the pepper, onion, and garlic and sauteed until soft vs. using the food processor.*) Stir this mixture into the mashed beans. Add egg, chili powder, cumin, and hot sauce to the bowl and stir into mashed beans. Mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into four patties. Bake in a 375 degree oven—10 minutes on each side. (*We grilled ours on the Traeger—about 8 minutes on each side.*) *We also added a slice of cheddar cheese to each patty near the end of cooking.*

Salsa Verde Topping

We combined chopped raw tomatillos, one finely chopped cayenne pepper, cilantro, and lime juice for a perky topping on the bean patties.

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

