

## And We're Back!



Greetings from the balmy bottom lands at Heifer Ranch. The ceaseless sunshine of the last week has sufficiently dried out our fields and simultaneously given us a boost of Vitamin D, aiding our efforts at garden restoration. We are happy to announce that we have a basket full of produce for you this week!



After the triage and planning portion of last week, Ryan and Rachael spent two afternoons staking and pruning tomatoes. While completing this imperative (mentally numbing) job, we composed a song detailing the series of smells that have passed through our fields in the past weeks. Lucky for you, being a part of the CSA only means you have to eat the vegetables, though we will be putting out a greatest hits CD at the end of the season.

we worked to save as much as we could from our soggy fields. Surprisingly, many crops we assumed to be

lost were salvageable. The carrots, broccoli, turnips, and beets are growing strong. Many of our tomato and squash plants, though completely underwater last week, have recovered with gusto. About half the beds of cabbage, onions, kohlrabi, and cucumbers are showing signs of life.

The crops we have lost includes much of the cauliflower, spinach, corn, and spring greens like mizuna and arugula. We lost all three successions of green beans, a staple

of the CSA in the past. Since we will probably have no green beans this season, we have planted Asian long beans and purple hull peas as a partial replacement. Our next successions of broccoli were also lost, so we will probably only be able to deliver it for a few more weeks. We have also lost the field of potatoes—Rachael’s most lamented loss.

Though these setbacks will make the next month relatively lean, we’re attempting to supplement with replanting. This week we will put in 1500 sweet potato plants, 500 eggplants, 500 peppers, cantaloupe, watermelon, and many new greens, including lettuce, mizuna, and arugula. We will keep you updated on changes in the projected delivery schedule.

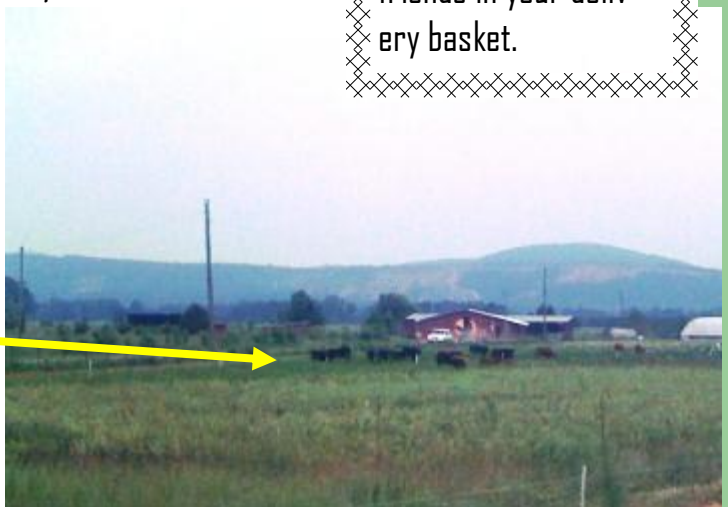
Thank you for the continued support! We are excited to see you this Friday from 4-6 in Little Rock.

Your Farmers,  
Ryan and Rachael



While cutting broccoli Rachael found a baby snake entwined in a floret. Don't worry, this snake was only seeking refuge from the water; we promise there will be no such friends in your delivery basket.

One of the satisfying aspects of this “re-build” week was working with the livestock crew. We needed to mow many of our fields, but they were too wet for the tractor. The cattle were also lacking grass to eat, due to the flooding. Working together, we used temporary fence to direct the cattle through our fields, grazing our cover crops and unused areas in a collaborative, sustainable solution to both problems.



## In Your Basket This Week:

Broccoli	Kohlrabi	Beets
Chard	Kale	
Turnips	Sunflowers	



## Getting Cozy with: Purple Top White Globe Turnips

The purple top white globe turnips in your basket this week have been a staple of southern cooking for generations. Our heirloom variety is acclimated to the Arkansas heat and spring rains, making it an ideal crop for us to grow and you to eat!

These turnips were directly seeded into a freshly rototilled bed on March 10th. Two weeks later, after the turnips had sprouted, we used a wheel hoe (image below) to cultivate the rows.



With the aid of irrigation, sunshine, and an epic battle against the flood waters, these turnips have grown hardily to the full sized globes you see above.

One fun idea we heard recently was to make lanterns out of turnip globes. Though this weeks turnips might be too small for such a craft, perhaps in coming weeks we will wow you with our attempts at turnip luminaries!



Pliny the Elder, ancient Roman philosopher and naturalist, praised the turnip for its ease of growth, nutritional content, and lastly, as a guard against famine. Turnips can be left in the ground for an extended period of time, and harvested when needed, making them an ideal crop in lean times.



## Rosemary-Roasted Root Vegetables (a recipe by Ryan's fiancé!)

4 beets	2 turnips
1 onion	3-4 cloves of garlic, coarsely chopped
1 Tbsp. rosemary	3 Tbsp. balsamic vinegar
1/2 cup olive oil	Sea salt & fresh black pepper

Cut beets, turnips, and onions into bit sized pieces. Place beets, turnips, onion, & garlic on a lightly oiled platter. Toss with olive oil, balsamic, rosemary, & salt & pepper. Roast at 400 degrees for about 1 hour or until edges are crispy. Top with chopped fresh parsley

## Sautéed Kale and Kohlrabi

1 bulb kohlrabi	1/2 tsp. grated lime zest
2 tbsp. fresh lime juice	1/4 cup extra-virgin olive oil
2 pounds kale, ribs discarded	5 garlic cloves, finely chopped
1/3 cup salted roasted pistachios, chopped	

Slice the Kohlrabi very thin. Whisk together lime zest and juice, 2 tablespoons oil, and 1/2 teaspoon each of salt and pepper in a large bowl. Toss kohlrabi with dressing. Finely chop kale. Heat remaining 2 tablespoons oil in a skillet until it shimmers. Sauté garlic until pale golden. Add kale by the handful, turning, stirring, and adding more kale as volume reduces. When all of kale is wilted, sauté with 1/2 teaspoon salt until just tender, about 3 minutes. Transfer to a bowl and cool to room temperature. Toss kale with kohlrabi and pistachios.

## Chard, Onion Frittata

3 tbsp. Olive Oil	2 tbsp. parsley
1 onion	2 tbsp. basil
1 bunch chard, chopped	2 tsp. thyme
1 garlic clove, chopped	1 cup cheese of choice (try Gruyere)
6 to 8 eggs, beaten	2 tbsp. Parmesan

Preheat the broiler. On the stove top heat 2 tbsp. oil in a large skillet, add onions and simmer until soft. Add chard, salt, and pepper and continue cooking till tender. Remove from heat. In a large bowl combine garlic, beaten eggs and herbs. Add the chard mixture, gruyere and half the parmesan to the egg mixture. Heat the remaining oil in the skillet and when warmed add the egg and chard mixture. Cook until the eggs are set but still moist (10-15 min.) Add remaining Parmesan and broil until browned. Serve!

# The Big Reveal: Before and After Photos!

Before...

