



In Full Bloom

The CSA season is now officially in full swing. Why was it not before you may ask? Because this week our allergies came after us with vengeance yet unseen this season. According to master gardener Ryan, the onset of sneezing, itching, and running noses proves that vegetable season has arrived. And though we suffer, we are glad. In our pollen paradise the bees are jubilantly jumping to every flowering plant in sight, keeping our fields full of fresh vegetables for you to eat and blossoming flowers to grace your home.



In addition to the robust blooms in our fields, this week also felt a kind of official start due to our Organic certification inspector coming to visit. He took soil samples, surveyed our fields, barns, and greenhouses, checked fertilizer, water, and spray records, and reviewed our paper work for the

certification. Though this is a necessary part of keeping our CSA certified, we appreciated his visit for more than just meeting requirements. Talking with him gave us information on other organic growers in Arkansas and on organic practices around the country. It also encouraged us in our efforts to provide safe, local food to you.

While filing paperwork and sneezing took up a



small portion of the week, most time was spent working on a variety of projects in the fields. We mowed pathways and fixed irrigation in some of the previously flooded fields. We sprayed our cucumbers, zucchinis and squash in hopes of ward off the dreaded cucumber beetle. The cows finished grazing the cover crop and we mowed and disked the fields to help the rest of the organic matter start decomposing in the soil. We tied up our rapidly growing tomatoes to their trellis for the third time. We planted basil, parsley, lettuce, watermelons, cantaloupes, and sunflowers. Lastly of course, we will be harvesting all the crops listed below for your basket this week.



Seeing you all at delivery last week was a great encouragement. Thank you, as always, for your continued support of the CSA!

Your Farmers,
Ryan and Rachael



In Your Basket This Week:

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|------|----------|------------|--------|
| | Broccoli | Beets | Onions |
| Kale | Arugula | Turnips | |
| | Radishes | Sunflowers | |



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Beet Salad with Arugula

1 1/2 to 2 lbs beets
1 clove garlic
Salt to taste
2 tsp. lemon juice
2 Tbs. virgin olive oil
2 handfuls arugula
4 ounces ricotta salata
8 olives

Steam or roast the beets and peel them. Cut into wedges or large slices. Pound the garlic with 1/4 tsp. salt in a mortar then whisk in lemon juice and olive oil. The dressing will be tart! Toss the beets in enough dressing to coat lightly. Arrange on a platter with arugula underneath. Just before serving toss in cheese and olives. Drizzle the remainder of the dressing on top.



Broccoli Humus

8 ounces broccoli
1 large onion
8 ounces tofu
1/2 cup soup mix (or bullion cube)
1/2 tsp. paprika
1 large scallion
1/2 tsp. black pepper

In a food processor or blender, blend all ingredients until smooth. Add 1-2 Tbs. of water if too thick. Add salt to taste. Refrigerate until ready to use. Great on whole-grain bagels or pita! Add to a sandwich for a health condiment.



Mizuna Salad with Kohlrabi

2 celery stalks
1 small pomegranate
2 tablespoons vinegar
1/8 teaspoon ground pepper
1/2 teaspoon Dijon mustard
1 kohlrabi bulb trimmed and peeled
3 1/2 cups mizuna or arugula
1/8 teaspoon coarse salt
1/8 teaspoon sugar
3 tablespoons extra-virgin olive oil

Thinly slice the celery and kohlrabi. Cut kohlrabi slices into 1/4-inch-wide strips. Halve pomegranate; remove enough seeds to yield 1/2 cup (reserve remainder for another use). Add seeds, celery, kohlrabi, and mizuna to a serving bowl. Whisk together vinegar, salt, pepper, sugar, and mustard. Whisking constantly, add oil in a steady stream. Whisk until emulsified. Toss with salad. This is a great one if you've got leftover Kohlrabi from last week.

Any and all recipe suggestions are welcome at CSA@heifer.org