

Fresh off the Turnip Truck



Please join us in giving a warm welcome to our new garden volunteers! Chris and Caroline fell off the turnip truck last week and will not be picked up until the end of summer.

Chris is an environmental science major from the University of Arkansas in Fayetteville. Originally hailing from Jonesborough, AR, Chris enjoys tomatoes and pickles (but not together). His is

most excited about this summer because of his stellar coworkers.

Caroline, on the other hand, is an Environmental Studies major who just graduated from the University of Vermont. She has spent the last two summers on the ranch working in the kitchen and is happily anticipating seeing the other side of food production. Her favorite vegetable is the Beet, partially due to the following Tom Robbins quote: "The beet is the most intense of vegetables. The radish, admittedly, is more feverish, but the fire of the radish is a cold fire, the fire of discontent, not of passion. Tomatoes are lusty enough, yet there runs through tomatoes an undercurrent of frivolity. Beets are deadly serious."

In addition to gaining our new volunteers, we spent the week preparing new beds for our second succession of summer crops, cleaning up pathways, trellising tomatoes and beans, and harvesting your vegetables. We finished up orientation and ate our very first cherry tomatoes!

Your Farmers,
Ryan, Rachael, Chris, and Caroline



We are so excited for our new volunteers! (Can't you tell?)

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In Your Basket This Week:
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Squash/Cucumbers

Beets

Onions

Kale

Arugula

Chard

Zinnias

Sunflowers



Swiss Chard and Summer Squash Frittata

1 lb. Swiss chard
4 garlic cloves, minced or pressed
2 tsp. Olive oil
2 whole eggs
1/4 tsp. Salt
grated Parmesan cheese (optional)

1 summer squash, sliced thin
1 cup chopped onions
6 egg whites
3 Tbs. Chopped fresh basil
1/2 tsp. Ground black pepper

Wash the Swiss chard, remove and discard the large stems, and finely chop the leaves. In a cast iron skillet, saute the garlic, summer squash and onions in 1 teaspoon of the oil for 3 minutes on medium heat. Add the Swiss chard, stir, cover, lower the heat, and cook for a bout 10 minutes. Remove the skillet from the heat and drain the Swiss chard if juicy. In a large bowl, beat the egg whites, eggs, basil, salt, and pepper until blended. Stir in the sauteed Swiss chard. Coat the bottom of the skillet with the remaining tsp. of oil and return it to medium heat.



When the skillet is hot, pour in the Swiss chard-egg mixture. Cook for 5 to 8 minutes, until the edges are firm and the bottom is golden and beginning to brown. Place in a preheated 400 degree oven and cook for about 5 minutes, until the eggs are fully cooked. Serve immediately or at room temperature, topped with grated Parmesan if you wish.

Thanksgiving Beets

2 pounds beets, peeled and sliced
3 tablespoons vinegar
1 tablespoon cornstarch
1/4 teaspoon ground nutmeg
2 tablespoons butter

3 tablespoons brown sugar
1/4 cup water
1/2 teaspoon ground cinnamon
1/4 teaspoon ground cloves

Place the beets into a large saucepan. Pour in enough water to cover the beets by 1 inch. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the beets are easily pierced with a fork, about 10 minutes; drain. Whisk together the brown sugar, vinegar, water, cornstarch, cinnamon, nutmeg, and cloves in a saucepan. Add the beets and the butter, turn the heat to medium, and cook, stirring constantly, until the mixture comes to a boil. Cook until the sauce thickens slightly, about a minute or two. The sauce will not be sticky-thick, but will still pour nicely. Serve beets hot or cold.