



Fast Times at Heifer Ranch

We are happy to report that this has been an exciting week at Heifer Ranch. The summer season has begun, which means we have a lot of work to do in the CSA garden and wonderful groups to help us.

With the help of our participants, we planted four rows of tomatoes that had been started in the greenhouse and were ready for the field. In addition, we transplanted a number of peppers, sunflowers, and zinnias which appear in your baskets later this summer!

This week, our groups helped us to pick squash bugs from our squash and zucchini, set up flash tape (the unreeled film from old VHS cassettes) in our tomato trellises to scare away

With the help of our fantastic participants, we picked over nine hundred carrots this week!

hungry crows, and to harvest potatoes, carrots, broccoli, squash, and cabbage.

Harvesting carrots with our kids was the highlight of Thursday morning. As we pulled our long-awaited carrots from the beds, the kids were eager to see who could find the most unique specimen.

Though there are still many reminders of the flood here at the Heifer Ranch CSA, we are happy to be back on our feet.



Picking zinnias in the St. Francis garden!

We are sad to have lost most of our potato field, but are glad to be able to provide you with this week's yield from our humble, persistent plants.

In the coming weeks, we will stay busy in the CSA as we plant new beds, work with service-learners, and prune our tomatoes as we await their arrival. The four of us are extremely excited to have kids working with us in the garden and are looking forward to a great summer. We will keep you updated on our progress as we continue to replant and prepare new items for delivery!



We planted four beds of tomatoes with the help of our participants.



As always, we are grateful for your support, and are excited to see you this Friday from 4-6 in Little Rock.

Your Farmers,
Ryan , Rachael, Chris, and Caroline

In Your Basket This Week

Collards

Potatoes

Dill

Chard

Squash

Carrots

Sunflowers

Zinnias

Green Beans



Getting Cozy with: Potatoes!

Our potatoes are grown in the bottoms, near the CSA barn. We planted our potatoes in March and harvested them this week with the help of our service learning participants. Despite flood damage, our plants have provided us with a harvest of red and yellow new potatoes.

Originating in present-day Peru between 7,000 and 10,000 years ago, potatoes have been bred to number over a thousand different varieties. The potato was brought to Europe from the Inca empire in the 1550's by returning Spanish conquistadors.

The potato was the first food ever to be grown in outer space.

Acceptance of the strange new crop was slow in Europe, causing it to be used primarily as animal feed. In 19th century France, the popularity of the potato was enhanced a number of publicity stunts approved by King Louis XVI, who was eager to promote the new crop. Under the guidance of agronomist Antoine Parmentier, he kept a plot of potatoes surrounded by armed guards, to convince the public of the potato's worth. Left conspicuously un-

guarded at night, civilians were free to steal potatoes to plant on their own farms.

Today, the potato is an important part of cuisine worldwide, with the average global citizen consuming about 73 pounds of potatoes a year. In recent years, the popularity of the potato has expanded across southern and eastern Asia, with China as the world's largest producer of potatoes.

A potato by any other name...

Mandarin: 土豆 tǔ dòu

French: pommes de terre

Spanish: patata, papa

Swahili: viazi

Irish: prátaí

German: kartoffel



Spinach with Chickpeas and Fresh Dill

2 tablespoons olive oil	1 pound spinach
1 large onion, thinly sliced	1 1/2 cups canned chickpeas, drained
2 lemons, juices	1/2 cup minced fresh dill weed
salt and pepper to taste	

Heat olive oil over medium heat in a large skillet. Add onion and sauté until soft, add chickpeas. Clean, drain, and cut spinach and dill, and add to skillet. Cook until tender. Stir in lemon juice, season to taste, and serve warm.

Collard Greens with Bacon

1 table spoon olive oil	3 cups chicken broth
3 slices bacon	1 pound fresh collard green, cut into 2-inch pieces
1 large onion, chopped	2 cloves garlic, minced
pinch of red pepper flakes	1 teaspoon salt
pinch of pepper	

Heat oil in a large pot over medium-high heat. Add bacon, cook until crisp, and remove. Crumble bacon and return to pan. Add onion, cook about 5 minutes or until tender. Add garlic, cook until fragrant, then add collard greens and fry until they begin to wilt. Pour in chicken broth, season, reduce heat to low, and simmer for 45 minutes or until tender.

Garlic Dill New Potatoes

8 medium new potatoes,	1 tablespoon chopped fresh dill
2 teaspoons minced garlic	3 tablespoons butter, melted
1/4 teaspoon salt	

Bring a pot of salted water to a boil and add potatoes. Cook 10-15 minutes, or until tender. Drain, cool, chop into 1-2 inch cubes, and transfer to serving bowl. In a separate bowl and stir together butter, dill, garlic, and salt. Pour seasoned butter over potatoes and toss until evenly-coated.

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