

Beets with Greens  
Radishes  
Red Lettuce  
Arugula  
Lettuce  
Peas  
Romaine Lettuce  
Dill  
Joi Choi  
Garlic Scapes  
Green Onions

Welcome to week 2!

We've been enjoying the beautiful summer days. The weather has been delightful! The boys have been spending more time in our little pool, while Claudia enjoyed a few days at 4-H camp. The dry days have allowed us to get caught up on some much needed weeding. Weeding is never finished at this time of the year, but we feel good with where we are at with it.

We continue to transplant new crops into the field. Our greenhouse is still not empty. We have some fall crops that need to go in. Mike's also been busy tweaking the wash shed. A few adjustments were made after our first week.

This will be the last week for peas. They are here for such a short time and are a lot of work picking, but we think they're worth it! As peas prefer cooler temperatures, we will try to plant some again for a fall crop. Within a few weeks we should start seeing beans.

The garlic scapes are an early treat from our garlic plants. These scapes can be chopped into dishes and eaten raw or cooked. They can be sautéed in butter or olive oil or steamed and eaten whole.

We are sending 3 types of lettuce this week. Great for lots of salads! The smaller, Bibb lettuce has a stronger flavor while the Romaine has a light, crisp flavor. The red lettuce is a great color addition to any salad.

If you ordered Strawberries, you should have received them last week or this week. Demulling Farms was able to provide us with 55 pounds, well over the 20 we were originally taking orders for. Thanks for the forms and prompt payments everyone!  
The raspberries still aren't ready, but I'll be sure to let you know as soon as they are.

#### Ham and Vegetable Fried Rice

½ cup peas (in the pod is fine)  
2 ½ cups cubed ham  
3 carrots  
1 ½ pounds Joi Choi  
2 green onions  
3 Tbs. oil  
3 cups cooked rice  
Soy sauce

Slice carrots, Joi Choi and Green Onions. In a frying pan or wok, warm the oil over high heat. Add the carrots and cook until tender, about 5 minutes. Add the rice and cook, stirring constantly, until beginning to brown. 2-3 minutes. Add the ham, Joi Choi and peas. Cook until the Joi Choi softens, about 3 minutes. Stir in the green onions and soy sauce to taste and cook until heated through, 1 -2 minutes.

#### Roasted Beets and Sautéed Beet Greens Ingredients

- 1 bunch beets with
- greens
- 1/4 cup olive oil, divided
- 2 cloves garlic, minced
- 2 tablespoons chopped onion (optional)
- 1 slice cooked crispy bacon (optional)
- salt and pepper to taste
- 1 tablespoon red wine vinegar (optional)

#### Directions

1. Preheat the oven to 350 degrees (175 degrees C). Wash the beets thoroughly, leaving the skins on, and remove the greens. Rinse greens, removing any large stems, and set aside. Place the beets in a small baking dish or roasting pan, and toss with 2 tablespoons of olive oil. If you wish to peel the beets, it is easier to do so once they have been roasted.
2. Bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet. If beets are smaller they won't take quite that long, you want them dark, but not burnt.
3. When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either red-wine vinegar, or butter and salt and pepper.

#### Roasted Beet Salad

- 6-8 small beets
- 4 T. white wine vinegar
- olive oil
- ½ cup extra-virgin olive oil
- salt and Pepper
- 4 cups salad greens
- ¼ cup pecans, roasted
- onion to taste
- 1 T. Dijon mustard
- ¼ cup crumbled Feta cheese

Scrub beets, and trim tops to 1 inch. Place beets on heavy foil, drizzle with olive oil and sprinkle with salt and pepper. Wrap tightly. Place on grill, or in oven at 350. Roast until you can pierce with a fork, about 30 minutes. Let cool, gently rub off the outer skins, stems and tails. Quarter the beets if large.

Mix mustard and vinegar in a bowl. Whisk in olive oil until thickened. Add salt and pepper. Toss salad greens in a bowl with a little dressing. Portion the greens onto 2-4 plates. Top with beets, onions, cheese and pecans. Drizzle with more dressing if you'd like.

Happy Eating!

Mike, Jody, Claudia, Malcolm and Jonas Lenz