



www.rockvillemarketfarm.net

Rockville Market Farm

June 23, 2010

In your vegetable box this week:

Small Share

- * 1 pint strawberries
- * 1 bunch kale
- * 1 bunch scallions
- * 1 bunch garlic scapes
- * 1 head butter lettuce
- * 1 head romaine lettuce

Large Share

- * 2 pints strawberries
- * 2 bunches kale
- * 2 bunches scallions
- * 1 bunch garlic scapes
- * 1 head butter lettuce
- * 1 head romaine lettuce



2600 chicks growing big enough to head out to pasture



Piglets seeking shade

News From the Farm

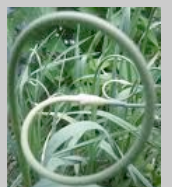
The last two weeks have been on the cool side with plenty of moisture, which has been great for planting, but not for growing. CSA farming is an ebb and flow process, some weeks are big, some weeks, not so much. We have an incredible amount of produce growing. Next week should see peas, broccoli, beets and maybe carrots. In the near horizon we'll have tomatoes and basil. Melons, corn, etc. will follow and we're well positioned for a huge fall harvest. The farm looks great! We hope you enjoy the strawberries and greens in this week's box. Hold tight, a produce tsunami is close!



What is a garlic scape?



Garlic (and its allium family buddies – leeks, onions, chives), grows beneath the soil surface as a bulb and sends up a green flower stem before the bulb matures. By clipping the shoot (scapes), we enjoy an early summer treat and allow the plant's energy to focus on producing a larger garlic head.



Continued on next page....



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Share the Harvest!!!



Garlic Scapes (continued)

The scapes are a quick, crunchy mild garlic fix that can be used with anything and everything – raw, cooked, sautéed. No peeling necessary. Chop and go. You can use the whole shoot, but if you use the bulb itself, simply peel the outmost layer. Here are a few ideas:



Chop them up into ¼ inch slices and toss them in:
 stir fries pasta salads
 omelettes pesto recipes soups

June 23rd Summer Pasta

Chop all your **garlic scapes** into 2 inch slices, sauté with 1 cup chopped **kale** and 5 chopped **scallions** in olive oil.

Add to linguini (or any favorite pasta) and top with parmesan cheese and olive oil, (add any other ingredients – chicken, tofu, shrimp). Serve warm or as a cold pasta salad (perhaps with bowties or another smaller pasta) over **romaine lettuce** with balsamic vinaigrette and olive oil.



Lambs in the pasture