



www.rockvillemarketfarm.net

Rockville Market Farm

June 30, 2010

In your vegetable box
this week:

Small Share

- * 1 lb. shelling peas
- * 1 lb. snap peas
- * 1b. chioggia beets
- * 1b. golden beets
- * Broccoli
- * Garlic scapes

Large Share

- * 2 lb. shelling peas
- * 2 lb. snap peas
- * 1b. chioggia beets
- * 1b. golden beets
- * Broccoli
- * Garlic scapes
- * Red leaf lettuce



Chioggia beets



Golden beets

News From the Farm

This is an extremely busy time of year for farmers. There's never enough light in a 24-hour day and the days fly by. When it rains we transplant. When it's dry we cultivate, weed and hoe. In between, we take care of the animals, string tomatoes, and attend to a long list of chores. Harvesting and selling also take up a lot of time.

One question people ask us is, "Got everything planted?". We are constantly planting. We start seeding in early March; transplanting outdoors in early May; and our last seeding of salad greens is usually around Sept. 15th. So to answer the question, we've planted most everything, but there's still a ways to go.

Another question we get a lot is, "What do you do in the winter?". Much of what we're planting currently will be harvested in the late fall and sold throughout the winter months. The bulk of our wholesale selling takes place in the winter months. We are also making plans for a winter CSA!! We'll keep you posted.

We hope you enjoy this weeks box. Tomatoes and basil next week!

The beet is on!

Heirloom **Chioggia Beets** are of the first to harvest and are a bit milder than other varieties. Originating in the coastal town of Chioggia, Italy, these beets reveal a beautiful striped pattern when sliced raw, but turn a pale pink when cooked.

Golden Beets are also an early, milder beet variety. Milder and less messy than red beets, they can be prepared the same way as your more familiar red beets and served warm or cold. While beets are highly nutritious, the leaves are an even higher source of potassium, beta-carotene and folic acid.

See page two for recipes...



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Share the Harvest!!!



Baked Chioggia Beet Chips

- * 2 medium beets with stems trimmed to 1 inch
- * 1 cup water
- * 1 Tablespoon canola oil
- * Sea salt

Peel beets with a vegetable peeler, then slice thinly (but not too thinly) with mandolin or sharp knife, using stems as handles.

Bring water to a boil in a saucepan. Add beets, then remove pan from heat and let stand 15 minutes. Drain beets in a colander, discarding liquid, then let stand in colander 15 minutes more. Toss beets with oil and salt.

Put oven rack in middle position and preheat oven to 225°F.

Line a shallow baking pan with nonstick liner, then arrange beet slices snugly in 1 layer. Bake beets until dry, about 45 minutes to 1 hour. Immediately transfer chips to a rack to cool (chips will crisp as they cool).

Source: <http://www.lemonbasilpdx.com/2009/03/baked-chioggia-beet-chips.html>

Golden Beet Salad:

- bunch of golden beets with greens attached
- aluminum foil
- balsamic vinegar
- olive oil
- clove of garlic (or garlic scapes!)



- Do NOT peel the beets. Wrap however many you are going to use in aluminum foil (all in the same packet) and bake at 425 degrees until tender - about 35 minutes.

While the beets are roasting, wash your greens - wrap them in a piece of paper towel and put in the refrigerator to stay crisp until the beets are done. Also, thinly slice at least one clove of garlic - set aside.

When beets have finished roasting, the skins should slip right off. Slice the beets when they have cooled enough to handle, then set aside.

In a large skillet or wok, heat a tablespoon or so of olive oil over med-high heat. Add your sliced garlic and saute a minute or so, until it starts to soften. Add your greens and saute until they are bright green and just wilted. Remove from heat.

Add the sliced beets and toss with a couple shakes of Balsamic vinegar. Serve immediately.

Source: http://www.ehow.com/how_4920482_prepare-golden-beets.html