

June 25, 2008

Dear Friends,

Thank you for understanding our decision last week about not distributing the CSA boxes. We were happy to see many of you come out to the stand over the weekend to get some fresh produce there. Because of your patience, we have been able to harvest an abundance of fruits and veggies for you this week!

In your CSA box this week you will find fresh strawberries, yummy sugar snap peas, delicious garlic scapes, and crisp lettuce. The lettuce variety will vary from box to box between red leaf, green leaf, and bib lettuce. It's kind of nice that everything in the box this week can be cleaned and eaten as finger food throughout the day. It's so easy to bag up a few strawberries or snap peas and bring them to work for a quick healthy snack.

Be sure to check out the recipes at the end of the newsletter for creative and delectable cooking and preparation ideas. If you have any recipe ideas you'd like us to share with the rest of the CSA, please feel free to e-mail them to schumacher.pamela@gmail.com.

Luckily, our farm has pretty much recovered from the flooding with minimal damage compared to many of our neighbors. We are so thankful that much of our land and crops were not ruined.

If you are interested in stopping by our stand this week, we will be in Oshkosh (in front of Chief's) from 10 a.m. until 6 p.m. Thursday through Saturday and 12 p.m. until 6 p.m. on Sunday. We will not, however, be at the Fond du Lac farmer's market this week. We love this time of year because harvesting is in full swing and the marketplace and stand are full of hustle and bustle.

Enjoy the sunshine and beautiful weather this week!

Your faithful farmers,

Tracy and Dick



We believe the only way to get produce fresher, is if you grow it yourself...or in our case, when you get it locally, from your neighbor's at Olden Produce.

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Melbourne's Caper of the Week

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Strawberry Fertilizer

A farmer was driving along the road with a load of fertilizer. A little boy, playing in front of his house, saw him and called, "What've you got in your truck?"

"Fertilizer," the farmer replied.

"What are you going to do with it?" asked the little boy.

"Put it on strawberries," answered the farmer.

"You ought to live here," the little boy advised him. "We put sugar and cream on ours."

Found online at www.basicjokes.com.

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FOR THE GARDEN OF YOUR DAILY LIVING,

PLANT THREE ROWS OF PEAS:

1. Peace of mind
2. Peace of heart
3. Peace of soul

PLANT FOUR ROWS OF SQUASH:

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

PLANT FOUR ROWS OF LETTUCE:

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

NO GARDEN IS WITHOUT TURNIPS:

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

TO CONCLUDE OUR GARDEN WE MUST HAVE THYME:

1. Thyme for each other
2. Thyme for family

3. Thyme for friends

WATER FREELY WITH PATIENCE AND CULTIVATE WITH LOVE. THERE IS MUCH FRUIT IN YOUR GARDEN BECAUSE YOU REAP WHAT YOU SOW.

-Found online at <http://vric.ucdavis.edu/history/joke.HTM>.

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Have you heard of the garlic diet?

You don't lose much weight, but from a distance your friends think you look thinner.

-Found online at <http://vric.ucdavis.edu/history/joke.HTM>.

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Garlic Scapes

The history of garlic spans as far back as 3200 BCE, when inscriptions and models of garlic were made by the ancient Egyptians. Historians believe that garlic served not only as an important food for the Egyptians, but that it also had a ceremonial purpose. It is known that the Greeks and Romans believed garlic to have magical abilities. They even made garlic “necklaces” for babies to wear to ward off evil. This is where our modern day myth derives about garlic as a means of scaring away vampires.

The garlic scape is the flower part of the garlic plant. They are a great addition to soups, salads and stir fries. It is best to use garlic scapes within two to three weeks for the best flavor and freshness.

GARLIC SCAPES PESTO

Ingredients

1/2 lb. garlic scapes, chopped into 1 inch sections
1 cup olive oil
2 cups grated Parmesean cheese

Combine the garlic scapes and olive oil in a blender. Pour the mixture into a bowl and blend the cheese by hand.

Serve on pizzas, sandwiches, past, or with pita chips.

-Found online at www.freshpicks.com.

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PEAS AND LETTUCE

Do not discard the tough, outer leaves of lettuce—they are delicious if they are shredded and cooked with peas!

Ingredients

6 leaves of lettuce, washed
1 small onion or shallot, sliced
2 tablespoons butter or sunflower margarine (for vegans)
8 ounces frozen garden peas
fresh nutmeg, grated
salt and freshly ground black pepper

Roughly shred the lettuce leaves by hand. In a saucepan, lightly fry the lettuce and onion in the butter for 3 minutes. Add the peas, nutmeg to taste and seasoning. Stir, cover and simmer for about 5 minutes. This dish can be drained or served slightly moist.

-Vegetarian and Vegetable Cooking, by Christine Ingram, page 366.

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HERBAL PUNCH

Ingredients

2 cups honey
4 quarts water
2 cups freshly squeezed lemon juice
3 tablespoons fresh rosemary leaves, plus more to decorate
8 cups sliced strawberries
2 cups freshly squeezed lime juice
2 quarts sparkling mineral water
ice cubes
3-4 scented geranium leaves

Combine the honey, water, 1/4 cup of the lemon juice and the rosemary leaves in a saucepan. Bring to a boil, stirring until all the honey is dissolved. Remove from the heat and allow to stand for about 5 minutes. Strain into a large punch bowl.

Press the strawberries through a fine sieve into the punch bowl, add the rest of the water and lemon juice, and the lime juice and sparkling water. Stir gently. Add the ice cubes 5 minutes before serving and float the geranium and rosemary leaves on the surface.

-Vegetarian and Vegetable Cooking, by Christine Ingram, page 392.

Chocolate-Dipped Strawberry Cheesecake

1 3/4 cups chocolate graham cracker crumbs (about 9 whole crackers)
1/4 cup butter, melted
1 pound fresh strawberries
2 envelopes unflavored gelatin
1/2 cup cold water
2 packages (8 ounces each) fat-free cream cheese, cubed
1 cup (8 ounces) fat-free cottage cheese
3/4 cup sugar or equivalent sugar substitute
1 carton (8 ounces) frozen reduced-fat whipped topping, thawed and divided
13 medium fresh strawberries
4 squares (1 ounce each) semisweet chocolate

In a small bowl, combine cracker crumbs and butter. Press onto the bottom and 1 inch the sides of a 9 inch springform pan coated with nonstick cooking spray. Place on a baking sheet. Cook at 350 degrees for 10 minutes or until set. Cool on a wire rack.

Hull strawberries if necessary; puree in a food processor. Remove and set aside. In a small saucepan, sprinkle gelatin over cold water; let stand for 1 minute. Heat over low heat, stirring until gelatin is completely dissolved. Transfer to the food processor; add cream cheese, cottage cheese and sugar. Cover and process until smooth.

Add strawberry puree; cover and process until blended. Transfer to a large bowl; fold in 2 cups whipped topping. Pour into crust. Cover and refrigerate for 2-3 hours or until set.

For garnish, wash strawberries and gently pat with paper towels until completely dry. Cut tops off berries. In a microwave-safe bowl, melt chocolate and stir until smooth. Dip each berry tip until half of the berry is coated, allowing excess to drip off. Place with the tips pointing up on a waxed paper-lined baking sheet; refrigerate for at least 30 minutes.

Carefully run a knife around edge of springform pan to loosen; remove sides of pan. Arrange berries, chocolate tips up, around edge of cheesecake and place on in the center. Garnish with remaining whipped topping. Refrigerate leftovers.

“Taste of Homes: Light and Tasty,” April/May 2007, page 26.

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TERIYAKI TURKEY TOSSED SALAD

2 cups snap peas
6 cups spring mix salad greens
3/4 pound thinly sliced deli turkey, julienned
1 medium sweet red pepper, chopped
1/2 cup sliced almonds, toasted
3 green onions, thinly sliced
2 tablespoons orange juice
2 tablespoons reduced-sodium teriyaki sauce
2 tablespoons honey
1/2 teaspoon crushed red pepper flakes

In a small saucepan, bring 1 inch of water to a boil. Add peas. Reduce heat; cover and simmer for 2-3 minutes or until crisp-tender. Drain and immediately place peas in ice water. Drain and pat dry.

In a large salad bowl, combine the greens, turkey, red pepper, almonds, onions, and peas. In a small bowl, whisk the orange juice, teriyaki sauce, honey and pepper flakes. Drizzle over salad and toss to coat.

“Taste of Homes: Light and Tasty,” April/May 2007, page 29.

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