



Greetings!

I hope the contents of last week's box were a good precursor to the coming produce. The strawberries that you received last week, as well as those that you will be receiving today are all from the patch here at RGG; I hope you could tell the difference between these and what comes from California.

The first batch of spinach germinated poorly so this is it for a while. We are working on growing a second batch in a cooler, shadier spot as spinach does not like the heat. We will start more for late summer/fall harvest (when it tastes its best). The green onions are all gone for now, it will be a few weeks before the bulbing onions will be big enough. The radishes include a mix of several varieties; a few may be superficially damaged by insects. Despite their fuzzy bumpiness, the peppery greens are edible too. I recommend cooking them as it helps to temper the texture and flavor. The arugula is somewhat damaged by flea beetle. I have sprayed once for them (using Pyganic, an OMRI certified insecticide). If you get any in your box I apologize in advance. They are not related to fleas and in no way pose any harm to you or your pets. They sure can jump though! The arugula is at its best in fall when it develops a sweet, deep nuttiness into its peppery foreground. I recommend cooking with it; it will augment any soup, sauce or stir fry, just be sure to add it towards the end. You can also make a pesto with it (see recipe).

This week's box includes: Baby lettuce, Radishes, Strawberries, Arugula, and Spinach

In the coming weeks you will be seeing more radishes, more lettuces (possibly heads next week), arugula, chard, raspberries, and beets, snow peas.

Farm News

Weather / Growing It has been nice but dry, a bit cool for some crops, fine for others. We are trying to keep up with the increasing soil moisture demand of crops with the irrigation system, which takes extra time and resources. You may have heard me say this before, the irrigation we use (trickle tape) can only do so much and there is no substitute for rainfall. Besides the downpour I mentioned last week, we have had little significant rain this spring. This season is looking very similar to 2006, spring flooding followed by a dry early and mid summer. One positive note is that the dry ground has allowed us to keep up with the weeds, though there is still work to do on that front.

Housekeeping Thank you to those who have sent me your final payment. Please bear with it through the leaner weeks as the crops develop. The boxes will be overflowing soon.

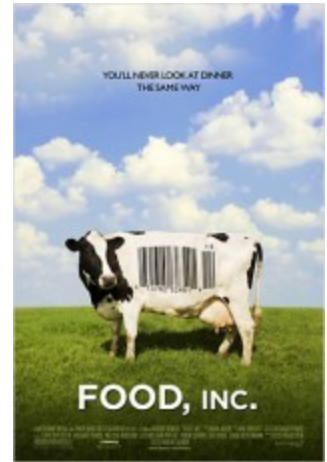
Helping me out at the farm this summer are interns Hanju, Matt, and Derek.



Things to Check Out

FOOD, INC. is showing at the Fargo Theatre this week. Visit <http://www.fargotheatre.org/> for show times.

Filmmaker Robert Kenner lifts the veil on our nation's food industry, exposing the highly mechanized underbelly that's been hidden from the American consumer with the consent of our government's regulatory agencies, the USDA and FDA. Our nation's food supply is now controlled by a handful of corporations that often put profit ahead of consumer health, the livelihood of the American farmer, the safety of workers and our own environment. We have bigger-breasted chickens, the perfect pork chop, herbicide-resistant soybean seeds, even tomatoes that won't go bad, but we also have new strains of e coli, the harmful bacteria that causes illness for an estimated 73,000 Americans annually. We are riddled with widespread obesity, particularly among children, and an epidemic level of diabetes among adults. Featuring interviews with such experts as Eric Schlosser (Fast Food Nation), Michael Pollan (The Omnivore's Dilemma) along with forward thinking social entrepreneurs like Stonyfield Farms' Gary Hirschberg and Polyface Farms' Joe Salatin, Food, Inc. reveals surprising and often shocking truths about what we eat, how it's produced, who we have become as a nation and where we are going from here.



Food Preservation Workshop offered in Crookston on August 28th.

UM Northwest Regional Sustainable Development Partnership: Building a local food system is offering the following workshop:

Methods and Safety for Food Preservation

Learn the safest and most current ways to preserve foods by canning, freezing and pickling. Whether you are new at preserving food or have been preserving for years the "Methods and Safety for Food Preservation" workshop is for you.

Join University of Minnesota Extension Food Science Educators for a 2009 update on safe home food preservation methods and research based resources.

http://www.regionalpartnerships.umn.edu/public/Food_Preservation_Crookston_Aug28.pdf

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Happy Eating!

-Thor

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Recipes

Roasted Radishes with Soy Sauce and Toasted Sesame Seed



- 20 medium radishes, trimmed and cut into fourths (use all red, or a mixture of red and white)
- 1 1/2 T roasted peanut oil
- 1-2 T soy sauce (I used about 1 1/2 T)
- 2 green onions (scallions) sliced thin
- 1 T sesame seeds, toasted in a dry pan

Preheat oven to 425 F. Wash radishes, trim ends, peel if needed, and cut into same size pieces. I cut the white icicle radishes into diagonal pieces, and the red ones into half or fourths, depending on how big they were. Cut green onions into thin slices.

Toss radishes with peanut oil, then roast about 20 minutes, stirring one or two times. When radishes are tender and starting to brown, remove from oven, toss with soy sauce to coat and mix in green onion slices. Put back in oven and roast about 5 minutes more.

During final five minutes roasting time, put the sesame seed in a dry pan and toast over hot stove for about 2 minutes, or until starting to brown. Remove radishes from oven, place in serving bowl and sprinkle with toasted sesame seeds. Serve hot.

(Makes 3-4 servings, recipe adapted from *Vegetables Every Day* by Jack Bishop.)

Arugula Pesto Recipe

- 2 cups of packed arugula leaves, stems removed
- 1/2 cup of walnuts
- 1/2 cup fresh Parmesan cheese
- 1/2 cup extra virgin olive oil
- 6 garlic cloves, unpeeled
- 1/2 garlic clove peeled and minced

Brown 6 garlic cloves with their peels on in a skillet over medium high heat until the garlic is lightly browned in places, about 10 minutes. Remove the garlic from the pan, cool, and remove the skins.

Toast the nuts in a pan over medium heat until lightly brown, or heat in a microwave on high heat for a minute or two until you get that roasted flavor. In our microwave it takes 2 minutes.

A. *Food processor method* (the fast way): Combine the arugula, walnuts, roasted and raw garlic into a food processor. Pulse while drizzling the olive oil into the processor. Remove the mixture from the processor and put it into a bowl. Stir in the Parmesan cheese.

B. *Mortar and pestle method*: Combine the nuts and garlic in a mortar. With the pestle, grind until smooth. Add the cheese and olive oil, grind again until smooth. Finely chop the arugula and add it to the mortar. Grind up with the other ingredients until smooth.

Because the pesto is so dependent on the individual ingredients, and the strength of the ingredients depends on the season or variety, test it and add more of the ingredients to taste.

Mix with freshly prepared pasta of your choice. You may need to add a little bit of water or more olive oil to mix the pesto more evenly with the pasta.

Makes enough pesto sauce for an ample serving of pasta for four people. [from <http://simplyrecipes.com/>