

# CSA Share Week 6:

1.5 lbs. Red Norland new potatoes      1 bunch radishes  
1 bunch red beets                              2 kohlrabi  
1 lb. plums                                        2 cucumbers  
½ lb. bag salad mix (lettuce and mustard greens)  
Fresh herbs (for the potatoes)



## About the Produce/Recipe Ideas:

We cut the leaves off today's **kohlrabi** so it will store in your refrigerator for a long time *in a plastic bag*. For half share members getting **Kohlrabi** for the first time, refer to the Week 3 newsletter for suggestions. We usually eat it raw, but here's a delicious recipe idea: [Kohlrabi Fritters](#)

Returning CSA members know how good the **Red Norland New Potatoes** are! Steam them whole (or halved if a big one) until fork tender. Melt some butter and mix with some chopped **fresh herbs** and pinches of salt.

We like our **beets** boiled till fork tender then sliced and marinated in the fridge for a sweet, cool summer treat. However, possibly the easiest thing to do is peel them with a potato peeler then grate them raw on top of your salad mix. Mark Bittman has great raw beet salad ideas, some that include parsley and cabbage if you have any left over from last week:

[Bittman's Raw Beet Salad](#)

### Recipe of the Week:

#### **Miso and Honey Glazed Radishes**

From *Dishing up the Dirt* by Andrea Bemis.

*I rarely use radish greens, but this week's radishes have nice tender greens that it would be a shame to toss in the compost.*

Stir together **2 tbsp white miso** with **1.5 tbsp unsalted butter**. Separate greens from **1 bunch radishes**, roughly chop them, and set aside. Slice radishes in half. Add radishes to a skillet with  $\frac{3}{4}$  cup water, **1.5 tbsp honey**,  $\frac{1}{2}$  **tbsp butter**, and a pinch of salt. Cover the pan, bring mixture to a boil. Remove the lid, keep the heat high and cook for 8-12 more minutes, stirring often until most of the liquid has evaporated. Reduce heat to low and cook until sauce is almost evaporated and reduced to a glaze, 3-5 minutes. Stir in radish greens and miso butter and cook 1-3 minutes more. Serve warm.

## News from the Farm

We always seem to have a heat wave when we are trying to get our fall crops into the ground. This week we have put over 2,000 broccoli, cauliflower and cabbage plants in the ground. They don't enjoy being planted when it's hot outside, so we've been starting work early (7am) to beat the heat. Pictured below is Emily putting in broccoli starts.



We turn on the drip irrigation before we start planting to make sure that the little broccoli plants get a cooling drink of water right as they go in the ground. They languish and look almost dead most of the day, but perk up when it cools off in the evening and their little roots start to stretch out into the dirt.

Our honey bees have their own way of coping with the heat. Each hive is home to more than 30,000 bees at any one time and all those flapping wings generate a lot of heat on their own. When it's over 90 degrees outside, it becomes almost unbearably hot for them all to be in the hive, so when they come in from a day of gathering nectar we will find them hanging off the edge of the box, a phenomenon known as "bearding":

