



# JERICHO SETTLERS' FARM

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## On the Farm

So what does it take to grow all these vegetables? Below is our abbreviated list of tasks for the vegetable fields for the last 2 weeks. It gives you a glimpse of what we do around here:

- ◆ Finish building second hoophouse
- ◆ Trellis tomatoes and cukes in hoophouses
- ◆ Check winter squash, irrigate if necessary
- ◆ Fertilize cucumbers and melons after heavy rains
- ◆ Seed third round of beets and carrots and all winter storage roots
- ◆ Seed greens
- ◆ Transplant head lettuce
- ◆ Transplant fall brassicas (broccoli, cauliflower, brussel sprouts, cabbage)
- ◆ Irrigate hoophouse
- ◆ Seed third round of parsley, dill, cilantro
- ◆ Fertilize and hill potatoes
- ◆ Topline pea trellis and cherry tomato trellis
- ◆ Till in first round of greens and pac choi bed
- ◆ WEED, WEED, WEED

....and that's just the vegetables. Then there's the eggs, meat chickens, pigs, beef steers, lambs, markets, etc....

**Check out our blog at  
[www.jerichosettlersfarm.com](http://www.jerichosettlersfarm.com) to see  
what's happening on the farm!**

## More Notes on How the CSA works

Listed are a few other details/reminders about how the CSA program works for the summer. Several members have asked some good questions over the last week, which prompted us to put this together:

- ◆ Egg shares: You may pick up your eggs anytime during the week – it doesn't have to be on a CSA pickup day. Our egg supply is a bit low right now as we wait for our new flock to start full production. We are going to set aside eggs for those of you who have purchased egg shares to make sure they are available for you on your CSA pickup day. This means there may be a shortage of eggs for on-the-spot purchase for a few more weeks. We collect eggs every day, so if we are short one day please check back the next day after noontime.
- ◆ Bread & Cheese Shares: Sign up for these shares is now closed. The bakers have decided to bake extra loaves of bread available for purchase on most weeks – first come first served.
- ◆ Swap Table: You do **not** have to leave something in the swap box in order to take items left there.
- ◆ Cutting gardens: We will list the herbs available for cutting each week on the chalkboard in the farmstand. You will find all herbs that are ready to cut with labels in the cutting gardens. Most herbs you can cut as much as you like. If an herb becomes particularly cut-back we will temporarily remove it from the cutting list so that it does not get cut back too hard and can continue to grow strong throughout the season. Feel free to ask if you are not sure about the best way to cut an herb. We will have a complete list of the herbs and their uses available shortly. Email us any recipes/ideas you have on using the herbs.

## Garlic Scapes

We plant garlic in October the season prior and begin harvesting in July. In June, before harvest begins, some garlic varieties send up seed stalks – these are called garlic scapes. We cut them off to allow the plants to put their energy into growing big bulbs (and not growing the seed stalk) – but the benefits of cutting off the scapes are two-fold, as they are excellent to eat! They can be used like scallions, though some of you may find them too strong to be eaten raw. They are crisp with a sweetness and incredible garlic essence. They are excellent roasted or sautéed with other vegetables. They compliment most summer veggies well and are a great addition to an omelet! You can also coat them lightly with a little olive oil and salt and pepper and roast them on the grill or under the broiler.

## Garlic Scape Pesto

4 garlic scapes (chopped into 1” sections)  
½ cup olive oil  
1 cup grated parmesan cheese

In blender combine scapes and olive oil, drizzling in oil until you reach a consistency you like. Pour mixture into bowl and blend in cheese by hand. Great on pasta, pizza, sandwiches or as a dip.

## Broccoli, Radish, Scape Stir Fry

4 garlic scapes (chopped into 1” sections)  
fresh ginger  
¼ cup peanut oil  
1-2 cups cubed tofu, chicken, or pork  
1 head broccoli, chopped  
1 bunch broccoli leaves, chopped  
1 bunch radishes or salad turnips, sliced thin  
½ cup shitaki mushrooms  
¼ to ½ cup chicken broth

Heat peanut oil in pan on high heat – add garlic scapes, radishes, and fresh ginger. Cook lightly to season oil, remove ginger/scapes/radishes and set aside. Add tofu or meat to hot oil and cook until just browned – remove and set aside. Combine mushrooms and broccoli in pan, toss to coat with oil. Add chicken broth, the ginger/scapes/radishes, and the tofu/meat and cover allowing to steam lightly until broccoli leaves are deep green. (Don’t overcook the broccoli!) If desired any remaining liquid in the pan can be thickened to a sauce by adding a little cornstarch and stirring over heat until thickened. Serve with brown rice.

## Grape and Feta Salad

Some of you will recognize this recipe from last year, but it’s such a good one I couldn’t resist putting it in the newsletter again. If you still have some of that great Doe’s Leap feta cheese in your fridge – try this salad recipe courtesy of member Renie Ashley.

1 head red romaine lettuce and 1 head green romaine lettuce - rinsed, dried and torn into bite-size pieces  
2 carrots, sliced  
8 ounces broccoli florets  
5 radishes, chopped  
3 roma tomatoes, diced  
1 pound red seedless grapes  
1 cup chopped almonds  
1 5/8 cups crumbled feta cheese  
salad burnet (herb) chopped, to taste  
1 cup Greek vinaigrette salad dressing (optional)

Dressing - In a screw-top jar combine:  
4 tablespoons olive oil  
4 tablespoons fresh lemon juice  
4 teaspoons snipped fresh oregano  
1/8 teaspoon black pepper

Cover and shake well.

To prep the salad:

In large serving bowl, toss together lettuce, carrots, broccoli, radishes and tomatoes. Place grapes on top. You may chill the salad until needed at this point if you wish. Just before serving, sprinkle in almonds and feta cheese. Toss with the salad dressing to taste, if desired.



## See the Farm

### COMING SOON!

You are always welcome to walk around the farm. Come see how things are growing in the back gardens. Peek into the hoophouse – you won’t believe how fast the tomato plants grow in there. The plants are already loaded with large green tomatoes. Walk back and talk to the pigs. REMEMBER: All fences are electrified – please use caution. Feel free to ask us any questions you may have about how we grow and raise your vegetables, meats, and eggs. We are always happy to inform you about what we are doing and why. There’s a lot going on back there in the fields, so feel free to check it out!