

Welcome to the first week of vegetables! Here’s what’s in your share this week:

Pink Beauty **Radishes**

Hakurei **Turnips**

Spinach

Oakleaf **Lettuce**—this one is named Lingua de Canarino

**Green** **Garlic** (chop it up—white and green parts-- and use it like baby leeks!)

**Mustard Greens** (either Ruby Streaks, Green Wave, or Mizuna)

**Bok Choi**

**BROCCOLI!** (The broccoli is actually misbehaving. It got too hot in this last spell of sunny, dry weather and so it made tiny little heads. Let’s hope the plants keep producing side shoots—in the meantime, hurray for broccoli!)

**Raab** (these flowering brassica tops are like broccolinis—most of these are from collard plants, but there’s some kale tops in there, too)

**Cilantro**

**Kale!**

Farm news: What a weird spring we are having—the vegetables and I are trying to adjust to these hot, dry days. We are lucky to be able to irrigate from our spring-fed pond, but please, can we slow down this climate change? At least the heat-loving crops should be happy this year: I am attempting to grow okra, which totally didn’t work last time I tried it, back in 2011. The plants just sort of sat there, shivering, even in the greenhouse soil. Also, sweet potatoes: I just got a box of sweet potato slips from Maine (I’m not sure what sweet potatoes are doing that far north, but it gives me confidence that they’ll work OK here). As soon as I can clear out the last of the radishes, those sweet potato slips are getting planted and tucked in with some nice compost.

Recipe of the week: Which, for this first week, is just general recipe advice—while I do like including specific recipes, let’s start out with the meta stuff this time. Now that the internet is everywhere, including my kitchen, I don’t worry as much about sending you home with odd vegetables—if you’ve got their names, you can google them and find 1,347 ways to cook them.

Still, an internet recommendation: I love **epicurious.com** because it’s searchable, lets you specify vegetarian or gluten free or whatever is required to keep you and your tablemates happy and healthy, and last but definitely not least, because the recipe reviews are often detailed and useful for improving recipes. (I am forever meddling with recipes. I can’t help it.)

And next, a recommendation on substitution: Don’t be afraid to change up your favorite recipes by substituting one veggie for another—leeks and shallots and onions and green garlics can substitute nicely for each other; many greens (spinach, kale, swiss chard, mustard greens) can be switched in a recipe—just remember to chop greens more finely and cook them a bit longer if they’re on the sturdy end of the spectrum—and the different flavors can really add new dimensions to old favorite recipes.

Finally, advice from Arwen of Skyroot Farm: have fun using the same base ingredients with different cultural palettes—i.e, be traditional with your Hakurei turnips and greens one week by simmering them in miso broth; next week, chop and slice them the same way but cook them up with some bacon, vinegar, and hot sauce for a New Orleans-style dish. Try stir-frying the bok choi with a spoonful or two of Thai curry paste, then contrast that next time by stir-frying it with some sesame oil and Chinese 5-spice. It’s fun to see what each spice palette brings out in the veggies.