



12 Birches Farm

Week 1

Shallots

French Fingerling **Potatoes**

Rhubarb or **Radishes**

Salad Mix

Lovage

Bok Choy

Raab (these flowering brassica tops are like

broccolinis—most of these are from kale plants, but there's some collard tops in there, too)

Lettuce either Panisse or Romaine

Kale

Arugula

Farm news: What a cold spring we've had! This week's warm weather should help everything catch up a little, but a lot of our crops are 2-4 weeks behind last year. Luckily, we have a few overwintered things to tide us over: the shallots and potatoes have been snuggled up in the barn all winter. Out in the fields, most of the kale and all the swiss chard succumbed to the colder-than-usual winter weather, but the kales that did survive are now doing their best to bloom, giving us lots of little broccolinis to eat.

You may have noticed many odd rectangular things inside the barn—these are panels for a walk-in cooler—this summer's project! It will help keep things fresh in hot summer weather, but more importantly, with a little help from a space heater, it will keep our potatoes and onions and winter squash more comfortable this coming winter.

This Week's Recipe: Potato-Lovage Soup

Modified from: Nourishedkitchen.com

Ingredients

2 tablespoons butter

2 medium shallots, (peeled and chopped)

2 quarts chicken stock

2 lbs French Fingerling potatoes, (chopped into bite-sized pieces)

1 bunch lovage leaves, (chopped fine)

Salt and pepper, to taste

heavy cream, (to serve)

Instructions

Melt the butter in a heavy-bottomed stock pot over medium-high heat. When it froths, reduce the heat to medium and stir in shallots. Fry until fragrant, about five minutes.

Pour in chicken stock and stir in chopped potatoes. Simmer, covered, about thirty minutes or until potatoes are tender. Stir in lovage and simmer, covered, a further five or six minutes.

Remove from heat and blend with an immersion blender until smooth. (Personally, I'd skip this step because I prefer my soups chunky.) Season with unrefined sea salt and freshly ground pepper. Stir in a spoonful of heavy cream and serve.