

Happy Solstice from River Road Farm!

Now we can all find comfort that it is officially summer! With summer comes loads of the fresh foods we love most, picked ripe in the prime of the season. Now that greens season is behind us we can now look forward to the likes of cucumbers, strawberries, broccoli, and eventually, sweet peppers and tomatoes. Yum!



Time sure flies by. This is our sixth season of River Road Farm. We started with barely one quarter of an acre and a 30ft. x 48ft. high tunnel greenhouse. Now we are at just a little over six acres in production and soon to be 3 high tunnels. A portion of that ground is continually being rotated into green manure crops (a blend of grains and legumes) that are grown and then worked into the soil to maintain fertility. The latest addition to the farm is a 30ft. x 96ft. moveable greenhouse. That's right, it rides on tracks! We do not have to wait for a crop to be done before starting the next one, we can just get a crop established and then move the tunnel in anticipation for the next. Thereby maximizing the benefits of the high tunnel over more crops.

We have a new apprentice on the farm this year. His name is Hans and he is 5 years old. This little guy loves to tag along and constantly asks what he can do to help.

Baseball cap on and work gloves in hand, Hans gladly fills seedling trays or rides on the water wheel transplanter tucking in the newest baby plants. What a delight it is for us as parents and farmers to see our child's enthusiasm to be a part of the hard work we are doing on the farm every day.

Thank you to each and every one of our cherished supporters of the Lake Superior CSA. You make this farm life possible for us. We feel proud to know we are contributing to the health and vitality of our community.

—Todd and Family at River Road Farm



Fun Facts About the Solstice

1. The word “solstice” derives from Latin and means “sun stands still.”
2. In some ancient cultures such as Egypt, the solstice signified the New Year.
3. On the solstice in 1633 was when Galileo was allegedly forced to recant his declaration that the Earth rotates around the sun. He spent the rest of his life under house arrest.
4. In ancient Greece the solstice marked a time of social equality.



Recipe Challenge

What are you doing with your Rhubarb?! Have any favorite recipes that you go to this time each year? How about any new ones that you've discovered. We'd love to hear about them on the Facebook!

Know anyone who still wants to sign up for CSA?

July 18th and September 5th are going to act as mid-season and late-season start dates for boxes that have already begun this season, such as Meat and Veggies! Do you have any friends who are wishing they had joined after seeing your box? Pass this info on to let them know they still have a chance.

Fruit boxes are just around the corner!

WHAT'S IN THE BOX?

VEGGIE BOXES

~ Great Oak Farm ~

Chard OR Cucumbers, Strawberries

~ River Road Farm ~

Spinach, Kale

~ Raspotnik Farm ~

Rhubarb

~ Yoman Farm ~

Cilantro, Radishes

~ Twisting Twig Gardens ~

Head Lettuce

MINI VEGGIE

~ Great Oak Farm ~

Strawberries

~ River Road Farm ~

Kale

~ Raspotnik Farm ~

Rhubarb

~ Yoman Farm ~

Radish

~ Twisting Twig Gardens ~

Head Lettuce

MEAT BOXES

~ Hidden Vue Farm ~

Ground Beef

~ Maple Hill Farm ~

Assorted Pork

MINI MEAT BOXES

~ Hidden Vue Farm ~

Ground Beef, Beef Steak

~ Maple Hill Farm ~

Assorted Pork

~ Bodin's Fishery ~

Whitefish

PLUS ITEM

~ Maple Hill Farm ~

Pancake Mix

June 27th, 2018

How To Store Your Veggies

Chard: Keep dry, unwashed greens in a sealed plastic bag in the refrigerator up to 2 weeks. Will wilt quickly when exposed to air.

Cilantro: For short-term storage, stand upright in a container with an inch of water. Then cover the herbs loosely with plastic bag and refrigerate for up to 2 weeks.

Radish: Remove radish leaves if they are still attached. Store the unwashed greens in a loosely wrapped plastic bag in the crisper bin of your refrigerator and use ASAP. Store radish roots dry and unwashed in a plastic bag in the refrigerator for 1 week.

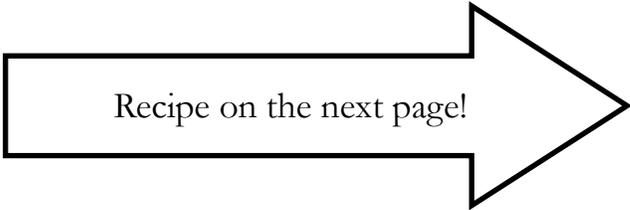
Rhubarb: Store in a sealed plastic bag in the fridge. Will keep for several weeks.

Kale: Keep dry, unwashed greens in a sealed plastic bag in the refrigerator up to 1 week.

Lettuce: store unwashed lettuce in a plastic bag in the refrigerator.

Spinach: Ensure that the moisture is removed by patting the spinach dry with a paper towel. Leave a paper towel in the bag with the spinach to absorb excess moisture.

Strawberries: Berries can be kept in the plastic shell in your fridge, where they will keep for up to 5 days. Do not wash until you eat them. Strawberries taste best at room temperature.



Recipe on the next page!

SNEAK PEEK AT NEXT WEEK

June 4th 2018

VEGGIE BOXES

~ **Great Oak Farm** ~

Chard, Cucumbers

~ **River Road Farm** ~

Spinach, Kale

~ **Yoman Farm** ~

Cilantro, Radishes

MINI VEGGIE

~ **Great Oak Farm** ~

Collard Greens, Cucumbers

~ **River Road Farm** ~

Salad Mix

~ **Yoman Farm** ~

Cilantro, Radishes

MEAT BOXES

~ **Hidden Vue Farm** ~

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

MINI MEAT BOXES

~ **Hidden Vue Farm** ~

Assorted Beef, Beef Steak

~ **Maple Hill Farm** ~

Assorted Pork

PLUS ITEM

~ **Spirit Creek Farm** ~

Dilly Beans

~ **Happy Hollow Creamery** ~

Cheese

Korean Ground Beef Rice Bowl

Ingredients: Ground Beef, Garlic, Brown Sugar, Soy Sauce, Sesame Oil, Ginger, Red Pepper Flakes, Pepper, Brown Rice, Scallions

Step 1: In a large skillet cook the ground beef and chopped-up garlic over medium heat until no longer pink.

Step 2: In a small bowl whisk brown sugar, soy sauce, sesame oil, ginger, red pepper flakes and pepper. Pour over the ground beef and let simmer for another minute or two.

Step 3: Serve over hot rice and garnish with green onions and sesame seeds.



Check out the Cookery Maven on our website for **Mary's Roasted Beet and Rhubarb Salad** —a delicious veggie recipe this week!

Or venture out of the ordinary and try another fun recipe like **Rhubarb Ketchup!**