

THIS WEEK'S HARVEST

- o Sugar Snap Peas
- o Boc Choi Flowers (salad garnish)
- o Mint
- o Parsley
- o Basil
- o Napa (Chinese) Cabbage
- o Swiss Chard
- o Head Lettuce – Iceberg type
- o Scallions
- o Garlic Scapes
- o Bread: Baguettes

Hear Ye, Hear Ye

- Mark your calendars for Saturday, September 17th. Our annual Farm Feast is on the horizon.
- Hungry for something more than you found in your box this week? You may consider visiting us at the **Green Lake Farmer's Market on Fridays from 3-6.** We have an array of vegetables and herbs as well as pastured pork. The market is growing, and looking great for a small town venue. There are 8-12 vendors each week boasting European breads, bison, grass-fed beef, fruits, potted plants, pottery, and more.

BOERSON FARM HOSTS INTERNATIONAL VISITORS

The farmhouse is ample in size, but when two musical couples from the pampas of southern Argentina arrived in late May we plead no room at the inn. They shrugged and headed to the fields making themselves at home among the bunches of tall brome grass we grow for hay.

We felt bad at first, but soon those travelers were singing and making themselves very helpful guests. They started with removing unwanted insects and weed seeds from the fields, and proceeded to incite joy around the farm.

Our dear guests are the bobolinks, migrating song birds with a most inspiring story. Theirs is the longest of song bird migrations, having been recorded flying upwards of 12,000 miles a year. The chain, as a group is known, found at Boerson Farm is the same one that has been here for the last several years. The males have a distinctive black belly and white back with a splash of yellow on the back of their head.

Their song is simply delightful, and it has entertained the most weary of weeders in the long rows that sit beside the hay field. The bobolink and their siren song have given us pause to think about what it means to be stewards of the land. Their populations have been in decline for many years because there are fewer hay fields, and those that remain are mainly alfalfa which is not preferred by the birds and it is cut too early for the young to fledge. So our hay still stands and that is ok.

EMILY
DICKENSON
WROTE...

*The Bobolink is gone — The Rowdy of the Meadow —
And no one swaggers now but me —
The Presbyterian Birds can now resume the Meeting
He gaily interrupted that overflowing Day
When opening the Sabbath in their afflictive Way .
He bowed to Heaven instead of Earth
And shouted Let us pray —*



LISTEN TO
THE
BOBOLINK
SONG
HERE

*Bobolink
Dolichonyx orizivora*

Swiss Chard Stuffed Pizza Source: Margie Roti-Roti

The local 4-H chapter came out to the farm last week and one of the organizers, Mrs. Roti-Roti shared the following idea for convincing the most hesitant eaters to enjoy greens. In a former life she ran her own pizzeria and as we suspected her advice was sound!

Basic Pizza Dough:

| | | |
|---------------------------|---------------------|---------------------|
| 4 ½ cups unbleached flour | ¼ cup olive oil | 2 tsp. brown sugar |
| 1 tsp. salt | 1 package dry yeast | 1 ½ cups warm water |

Measure ½ cup warm water in a measuring cup and stir in brown sugar. Be sure the water is only warm. Dissolve the yeast in the water and set aside. Meanwhile sift 4 cups flour into a large mixing bowl with salt. Make a depression in the middle and add 3 tbsp. of olive oil and 1 cup warm water. When the yeast mixture has risen for 5 minutes, add it to the flour. Mix all of the ingredients in the bowl with your hands, gather together and place on a floured work surface. Knead the dough for 8 to 10 minutes, adding flour as necessary. Rub a clean bowl with olive oil and place the kneaded dough in it. Place a dish towel over the bowl and let it rise in a warm, draft-free place for about 1 ½ hours (an oven with a pilot light is perfect)

Stuffed Pizza

Preheat oven to 450. Chop swiss chard, kale or other greens and place in a metal bowl in the warming oven. Keep watch and remove when the greens are wilted. Sprinkle coarse cornmeal in the bottom of a deep dish pan or cast iron skillet. Separate the dough into 2 parts and roll them thin. Place the first piece in the bottom of the pan and brush with olive oil. Place mozzarella cheese, greens, parmesan, onions and any other fillings you would like on the dough, but no sauce yet. Put the other piece of rolled out dough on top of the fillings and crimp the edges together. Brush the second layer with olive oil (especially the edges) and spread tomato sauce over the top. You can add cheese on top if you want, but it is not necessary. Bake for about 25 minutes or until crust is done.

Breakfast Migas

Our good friend Dan has been visiting and he wins the greatest guest award for many reasons, but particularly for making us fantastic morning fare! This is an easy recipe to adapt to what ever you have in the refrigerator for cheese and veggies.

Take a short stack of corn tortillas and bake at 300 for about 5 minutes. Remove from oven and slice into bite size pieces. In a bowl combine enough eggs to feed your crew, sliced green onion, minced garlic, sliced up swiss chard, pepper jack cheese cubes, and chopped parsley. Add in the tortillas and stir together.

Pour mixture into a large skillet over medium heat. Cook long enough for the bottom to set then stir and cook as you would scrambled eggs. This is great with refried beans or fried potatoes.

What a delicious time of year!
We have been eating well and
are excited to share what's
doing in our kitchen!
Buen Provecho!!

Scape Pesto

1/3 c walnuts or other nuts
3/4 c olive oil
1/2 c grated parmesan
1/2 t salt
black pepper to taste
1/2 c garlic scapes cut into
¼-inch slices
½ c parsley leaves

Instructions:

Place scapes, parsley and walnuts in the bowl of a food processor and whiz until well combined and somewhat smooth. Slowly drizzle in oil and process until integrated. With a rubber spatula, scoop pesto out of bowl and into a mixing bowl. Add parmesan to taste; add salt and pepper. Makes about 6 ounces of pesto. Keeps for up to one week in an air-tight container in the refrigerator. For ½ pound short pasta such as penne, add about 2 tablespoons of pesto to cooked pasta and stir until pasta is well coated.

Chicken Lettuce Wraps

Source: Food.com

3 tablespoons oil
2 boneless skinless chicken breasts
1 cup water chestnuts
2/3 cup mushrooms
3 tablespoons chopped scallions
1 teaspoon minced garlic
4 -5 leaves Chinese cabbage or lettuce

Stir Fry Sauce

2 tablespoons soy sauce
2 tablespoons brown sugar
1/2 teaspoon rice wine vinegar

Special Sauce

1/4 cup sugar
1/2 cup water
2 tablespoons soy sauce
2 tablespoons rice wine vinegar
2 tablespoons ketchup
1 tablespoon lemon juice
1/8 teaspoon sesame oil
2 tablespoons hot mustard
2 teaspoons water
1 -2 teaspoon garlic scapes
red chile paste

1. Make the special sauce by dissolving the sugar in water in a small bowl.
2. Add soy sauce, rice wine vinegar, ketchup, lemon juice and sesame oil.
3. Mix well and refrigerate this sauce until you're ready to serve.
4. Combine the hot water with the hot mustard and set this aside as well.
5. Eventually add your desired measurement of mustard and garlic chili sauce to the special sauce mixture to pour over the wraps, and/or for dipping.
6. Bring oil to high heat in a wok or large frying pan.
7. Sauté chicken breasts for 4 to 5 minutes per side or done.
8. Remove chicken from the pan and cool.
9. Keep oil in the pan, keep hot.
10. As chicken cools mince water chestnuts and mushrooms to about the size of small peas.
11. Prepare the stir-fry sauce by mixing the soy sauce, brown sugar, and rice vinegar together in a small bowl.
12. When chicken is cool, mince it as the mushrooms and water chestnuts are.
13. With the pan still on high heat, add another Tbsp of vegetable oil.
14. Add chicken, garlic, onions, water chestnuts and mushrooms to the pan.
15. Add the stir-fry sauce to the pan and sauté the mixture for a couple minutes. Scoop 2-3 tbsp into the center of the cabbage leaf, then roll the bottom end of the leaf over the chicken and roll into a wrap. Press a toothpick through the center to hold the wrap in place.
16. Serve with "Special Sauce" for dipping or drizzling over the wraps.

Hints and Tips!

Chinese Cabbage (aka Napa Cabbage) is a versatile green, working equally well raw or cooked. A favorite in stir fry or other sautés, but it cooks quickly, so keep an eye on it. If you have a hankerin' for egg rolls, this is the ingredient for you. Try substituting it for regular cabbage in coleslaw or other cabbage recipes.

Sugar Snap Peas need little description; the taste speaks for itself! A treat of early summer that can be eaten whole, raw, and one after the next.

Boc Choi Flowers are the flowering stalk of boc choy. In the heat of summer when crops like choy start to bolt, there is a still a consolation prize. Snip these tiny yellow flowers from the stalk and dress up a salad with peppery goodness. The stalks can be chopped and sautéed as well.

Garlic Scapes These shoots are the flower stalks of the garlic plant. If left to their own devices, the white, pointy tip would open into a flower and produce many seeds. When we cut the flower stems off, the plant redirects its energy into the roots so that the bulbs we will eat all winter will be plump and easy to peel.