

# Fair Fields News

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## On the Farm

We have been doing a lot of transplanting on the farm these days. Some of our crops are seeded directly into the field, multiple times with crops such as salad mix. Others we start indoors and then plant out when the weather gets warmer. This allows us to get a jump on the season for plants that take a long time to mature or that we want to start producing extra early for you.

We transplant all of our strawberries, alliums (onions, leeks and garlic), all of our nightshades (tomatoes, peppers, eggplants and potatoes) and all of our cucurbits (zucchini, squash, cucumbers and melons). Most of these are transplanted before the middle of June. A happy time for the garden but a hard time on the back!

The warm weather we have had through much of May and early June is making us excited for the summer ahead. Last season was very cool and wet, making it difficult for our hot crops to thrive and mature. This year we have been able to transplant early. We hope this early start and the hotter temperatures predicted with the mild El Nino event this summer will give us better luck and crops this year. The silver lining with climate change is we might get a really good tomato year more often...

The rains over the past two weeks have been much appreciated. The dry weather we had been having and the predictions of the potential for warmer drier weather

with El Nino made us a little concerned about the potential for drought this summer. We can irrigate, but not if the pond runs dry

We will soon be getting into a nice variety of crops including arugula, chard, peas, and early broccoli. We also hope to offer annual and biennial herbs soon. The dill and cilantro has all germinated, the parsley is sizing up and we are starting to pinch the tops of the basil so it will bush out.

This years strawberries are looking very good and we anticipate a little taste for the CSA as early as next week. The strawberries for next year are just starting to settle in now and should

jump with the rain we have been having.

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## Harvesting

- **Green Onions**
- **Head Lettuce**
- **Herbs**
- **Kohlrabi**
- **Pak Choy**
- **Rhubarb**
- **Radishes**
- **Spinach**
- **Tatsoi**



## Asian Greens—Pak Choy and Tatsoi

We have had many questions about pak choy and tatsoi and so thought it would be good to feature them in this news letter.

First off let's talk names. Pak choy also goes by the names pak choi, bok choi, and bok choy, depending on where you are from. It also falls under the umbrella of

Chinese cabbage. Even the Chinese have a long list of names for it depending on the variety and part of the country. So don't worry, we are all confused!

Tatsoi is another vegetable on its own, though its taste, nutrient content and time to maturity are very similar.

We grow these vegetables because they mature very quickly and are nutrient dense, especially vitamins A and C making them perfect for this time of year.

Our favourite way to prepare both of these greens is lightly cooked in a stir-fry or soup. They are also delicious braised or

sautéed with garlic in a little broth and/or soy sauce. These greens pair well with mushrooms, beef, miso and other earthy ingredients. Enjoy!

# Recipe Ideas

We are trying something new this year. Instead of providing recipes for each vegetable we feature, we will provide a variety of preparation and cooking tips and if inspired include a link to websites with our favourite recipes.

Websites we generally like to visit for ideas include:

Riverford, a very successful organic farm in the UK that also does cooking classes and provides recipes and YouTube videos for cooking with some unusual items (like radicchio).

<http://www.riverford.co.uk/recipes>

Mama Earth Organics, with a recipe section that lists the recipes by the main vegetable.

<https://www.mamaearth.ca/recipes/>

Julie, a Canadian author of cookbooks and also a food blogger. We have tested many of her recipes with great success.

<http://dinnerwithjulie.com/>

Foodgawker, a meeting place for various bloggers to get their recipes out. Simply

search the ingredient or name of a dish and it gives you many recipes to choose from.

<http://www.foodgawker.com>

Other favourites include:

<http://www.foodnetwork.ca/recipes/>

<http://www.epicurious.com/>

<http://ohsheglows.com/>

<http://allrecipes.com/>

<http://www.finecooking.com/>

If we have time later this season, we would also like to compile a recipe list from CSA members of their favourite recipes with less common vegetables. We would then offer an electronic copy of this to present and future CSA members. A little bit of peer support to get through the maze of new vegetables!

We still encourage you to ask us about new vegetables and ways we suggest preparing them. We will also be providing some of our favourite recipes as the season goes on. Some really need to be shared!

# Help Wanted



We are getting into the heaviest part of the season for some tasks and so are putting out a call for help. Specifically, **we need help weeding, mulching, transplanting and rock picking.** As the season progresses we would also be very appreciative of help with the harvests. We will have the following set times for people to help out and would happily make arrangements for other times as people are available.

**Tuesdays** 6 - 8:30 pm

**Fridays** 6 - 8:30 pm

**Wednesdays** 9 - 11:30 am

**Saturdays** 9 - 11:30 am

Please let us know if you can make it out. If you have anymore questions about the **working share rebate**, please don't hesitate to ask.

Hope to see you soon,

Devan, Nicole, Lilly and Kassia