

Erehwon Farm

Newsletter Week 2-June 13, 2011

Farm Report

Hello from sunny, temperate Erehwon!

Finally the ten day forecast shows a stretch of temperatures near normal. The plants will like that better than the thirty to forty degree swings we have been experiencing. Unfortunately there is still a lot of rain in the forecast. When the soil is too wet, we can't work it to get it ready for planting, we can't direct seed, and it is even difficult to transplant. We're trying to get some of everything in the ground right away and then we can fill in the quantities later, but it's a challenge.

But enough about the weather. Before we farmed we could never understand why farmers always seemed to complain about the weather. Now we get it.

Last week was so hot that Bucky the Farm Dog spent a lot of time in his pool. He likes to be able to lie in the pool to cool off and drink at the same time. If the pool isn't available he has been known to climb into a cooler filled with water. The problem with the coolers is that even though he can stand in them and drink from them, there isn't quite enough room for him to lie down in them. It was so hot that we sent him home early on Wednesday, so he wasn't available



to greet subscribers. Friday, however, he was front and center to play with the kids and get some very welcome attention. He was especially happy to greet returning subscribers.

We still don't know when we will be able to complete our pick up area so pick-up on the farm will be

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continue to be a little haphazard until we can get the permanent place set up. Please remember to not park in front of the house. That space is reserved for the people who live in the house.

This week's produce:

[Swiss Chard](#), lettuce, Farmer Tim's Health Mix, [cabbage](#) (either a small round head or a pointy head variety), garlic scapes, green onions, [kale](#), broccoli for Wednesday subscribers (because they didn't get it last week) and either herb or tomato plants.

Farm Pick-up Times

Wednesday 4:00-6:30

Friday 2:30-5:30

Don't forget to bring your bags!

Please don't park in front of the house.

Delivery Times (Tuesday)

1:00-1:30 Van leaves farm

1:45-2:15 Drop off at Wheaton

2:00-2:30 Drop off in Lombard

2:30-3:00 Drop off at Bartlett

3:00-3:30 Drop off at Elgin

Edible Farm Tours

This summer we are introducing a series of Edible Farm Tours. These tours will consist of a tasting tour of the farm conducted by Farmer Tim. On these tours you will get to nibble on veggies as they ripen and see what how others are progressing. Throughout the season you will get a feel for how the plants grow and how they form fruit.

The tour will be followed by cooking demonstrations conducted by Robin Migalla. Robin is a long-time friend of the farm and is an expert on preparing nutrient dense meals that are tasty. Every tour will feature different veggies and Robin will discuss the best way to prepare them to receive the optimum flavor and nutritional benefit. Tasting will follow.

Tours will start at 1:30 and the cooking demonstration should be winding up by 3:00.

Edible Farm Tours are available to the general public at \$10.00 apiece, but subscribers receive 50% off. Children under 12 are free.

June 18'
July 02
July 16
August 06
August 20
September 24

Events

Saturday, June 18 1:30-3:00
Edible Farm Tour
Thursdays all summer long
[Geneva Green Market](#)
Saturdays starting June 26
[Batavia Farmer's Market](#)
Sundays all summer long
[Logan Square Farmer's Market](#)
Wednesdays in June

Organic movement pushing forward in Geneva

from the *Geneva Republican*

This article is about friends of ours. We helped them the first year, so we are excited about what they are doing.

It began as an idea to reconnect people, especially those in urban environments, with the land that their food comes from.

And as the organic farming and gardening movement takes shape in the area, one Geneva family is looking to push the envelope.

“We want to restore vibrancy to the land and to the community,” said Elan Margulies, who manages his family’s 14-acre farm, Pushing the Envelope, on Averill Road in Geneva. The farm surrounds the family’s factory, Continental Envelope, which makes envelopes.

The Margulies are creating a natural farm, meaning no pesticides are used.

While not technically an organic farm — which must be certified by the USDA — the family uses organic methods with no chemicals in the growing process. In the past, some viewed organic food as something only those with higher incomes could afford because it costs more to produce.

But some in Geneva, such as the Margulies family, are looking to change that and make organic food available to people of all income levels.

The family offers small plots of land for free to anyone who’s willing to follow organic guidelines. They believe growing food close to home is better for the environment because transportation is cut and produce is fresher. There are currently about 10 plots being tended by 30 to 40 people, but several plots are still available. The produce grown includes blackberries, raspberries, tomatoes, cucumbers, cabbage and several more. ([More](#))

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Garlic Scapes

Garlic and its relatives in the allium family, (leeks, chives, onions) grows underground, where the bulb begins its journey, soft and onion-like. As the bulb gets harder (and more like the garlic we know), a shoot pokes its way through the ground. Chlorophyll-green like a scallion (maybe even greener), the shoot is long and thin and pliable enough to curl into gorgeous tendrils.

This stage of growth is the garlic scape, folks. If left unattended, the scape will harden and transform from green to the familiar opaque white/beige color of garlic peel. Keeping the shoot attached will also curtail further growth of the bulb. So, in an effort to allow the garlic to keep growing, the farmer is getting a two-fer with this edible delectable that cooks are just beginning to discover.

Garlic Scape Pesto

Garlic scapes
Grated Parmesan cheese to taste
Olive oil (about 1/4 to 1/2 cup)
Pine nuts (if available) or almonds

Chop the garlic scapes into 3 inch lengths. Put them in the food processor and process until pureed. Add the cheese and pine nuts and process until smooth. Add the olive oil as needed while the food processor runs and continue until all the oil is combined into the garlic. Pesto should be a pasty consistency, easy to spread but not runny. If necessary, you can store it in an air-tight container in the refrigerator or even freeze it. Around our house it doesn't last long enough to need to worry about storage. It's very good on crackers or with veggies; it makes an excellent spread for sandwiches, and is good on top of baked or roasted potatoes.

Garlic Scape Hummus

1 can of chickpeas, drained
6-8 garlic scapes
1 lemon
1/4 cup sesame tahini (optional)
1/4 tsp salt, or to taste

Cut scapes in one-inch pieces and food-process until finely chopped. Zest the lemon and reserve the zest. Add the chickpeas, the juice of the lemon, tahini, and salt. Process the mixture until smooth. Add small

amounts of water to get the mixture to the consistency you want. Once refrigerated this mixture will thicken somewhat. Coarsely chop the lemon zest and add, pulsing the food processor to mix. Taste and add more lemon juice and/or salt to taste. A dusting of cayenne pepper is not out of line if you enjoy a little heat.

Kale and Garlic Scape Salad

1 large bunch kale
10-12 large curly-leaf kale stalks
10-15 garlic scapes
1/3 cup extra virgin olive oil
1 shredded carrot (optional)
2 tomatoes, seeded and finely chopped (optional)
1 cucumber, peeled and finely chopped (optional)
1/4 tsp salt, to taste
1/3 cup salad dressing such as low-fat Italian or balsamic vinegar

Wash kale then strip the leaves from stems, reserving the stems. Cut the garlic scapes in one inch pieces. Place in food processor and process with steel blade until finely chopped. (The next step is optional, but the stems have a lot of fiber and once processed are very easy to chew.) Cut the kale stems in one-inch pieces. Place in food processor and process with steel blade until finely chopped.

Take the stripped-off kale leaves and roll into a "cigar". You may have to do this several times, depending on how much kale you have. Take a sharp knife and very finely chiffonade the kale. (Chiffonade is a cooking technique in which herbs or leafy green vegetables are cut into long, thin strips. This is generally accomplished by stacking leaves, rolling them tightly, then cutting across the rolled leaves with a sharp knife, producing fine ribbons.) Make sure the kale is very finely chopped.

Put the chopped kale, processed scapes, stems, and salt in a large bowl and add the olive oil. Roughly "massage" the kale for several minutes until the volume has reduced by half and ingredients are thoroughly mixed and coated. Add the salad dressing, mix and taste, adjusting the seasoning as necessary. At this point add the optional ingredients, as well as any others that might add to the appearance, flavor and nutritional value.