



July 2, 2020

Dear Friend,

As the weather warms and the rains nourish our plants, the vegetables here at Round the Bend Farm are beginning to manifest! The part of our farm that is dedicated to growing vegetables for project **Manifest Love** is truly coming to life, so you can expect much of the produce moving forward coming directly from our farm. You'll notice many vegetables making a debut this week including garlic scapes, beets, and crunchy, red salad turnips, all grown with love here at Round the Bend Farm.

This week we've included a few notes on vegetable storage of cucumbers, zucchini, and squash, as you'll be receiving these vegetables for many weeks this summer. It's important to note that many grocery store cucumbers, zucchini, and summer squash are covered in a thin, protective wax to hold in moisture and keep the vegetables looking "fresh." The wax ingredients and additives vary, from natural to petroleum-based products. Because our vegetables come straight to you from our farm without a wax coating, it's ever more important to properly store your vegetables to ensure they keep their optimal nutrition.

Items you will be receiving this week include: **please remember to wash all produce**

From Humble Hands Farm and Round the Bend Farm:

- **Cucumbers:** Finally a taste of summer! Contrary to popular belief, the best way to store cucumbers is at room temperature (they are actually sensitive to temperatures lower than 50 degrees F). Place them in a shaded, cool spot on the counter (not in direct sun). Cucumbers are also highly sensitive to ethylene - a natural gas that is emitted from fruits and vegetables that causes certain foods (such as cucumbers) to ripen & spoil quickly. Not only should you keep your cukes on the counter, but be sure to keep them separately from high ethylene producing fruits/veggies, such as bananas, tomatoes, and melons. If you want a cool cucumber and must store it in the fridge, be sure it is dry first, wrap it in a towel and put it in the crisper.
- **Zucchini/summer squash** Storage of zucchini (green) and summer squash (yellow) is similar to cucumber storage. Zucchini and summer squash can be kept at room temperature for a few days. Like cucumbers, they are also sensitive to "chilling injury" if kept for long periods in the fridge below 50F - symptoms include surface pitting, water loss, yellowing, and decay. If keeping in the fridge, wrap in a towel and keep in the crisper for no longer than a few days.
- **Cilantro:** Cilantro is a good source of antioxidants, making it great for pain and inflammation, for skin health, and possibly as an anticancer agent. It can be used as a flavorsome addition to soups, salads, curries, salsas and more.



From Round the Bend Farm:

- **Lettuce Mix**
- **Hakurei Salad Turnips** are crisp, mildly sweet, and juicy. Contrary to other turnips that can be a tad spicy, Hakurei turnips are incredibly mild and succulent. Try biting into them like an apple for a snack, or thinly chopping them into your lettuce mix salad!



- **Beets** will be a staple of our shares throughout the season. Beets are best stored in a bag in the refrigerator and they will keep for weeks (even months!). This summer and fall we will be providing both golden and red varieties. Beets are a unique source of phytonutrients (nutrients found in plants) called betalains. Betalains provide antioxidant, anti-inflammatory, and detoxification support! Try this [Kale and Roasted Beet Salad](#) with the kale in this week's share!
- **Curly Scarlet Kale:** This variety of kale comes bagged this week. Kale is rich in a phytonutrient called lutein - which is linked to promoting eye health and heart health. "Eat more kale!"
- **Tuscan Kale:** This Italian kale (also known as dinosaur kale) comes bunched this week, with large, dark green leaves. For a twist on a kale salad, try making a half-roasted, half-raw kale salad. Roast the leaves (like [kale chips](#)) and crunch into small pieces. Then mix with raw kale cut into ribbons and add a dressing of your choice!
- **Red Salad Turnips (Scarlet Ohno and Hirosaki Red):** New to the shares this week, these beautiful red salad turnips add color and crunch to a salad. They contain glucosinolates, sulfur compounds, which may aid in cancer prevention.
- **Garlic Scapes** are the flowering part of the garlic plant. They taste like garlic and can be used in [numerous ways](#) in the kitchen, including [garlic scape pesto](#). (Remember you can add any other greens and use any nuts in the pesto!) Roasted, grilled, or sauteed, scapes can be added to egg scrambles, pizzas, and rice bowls.
- **Mint:** The easiest way we like to use mint at the farm is by adding it to our water for a refreshing and rehydrating drink during these warm summer months. Mint should be stored in a glass of water filled about one inch (after trimming the ends), loosely covered and placed in the refrigerator.



Wainer Family Farm herb bundles:

- **Sage:** Try this [iced sage tea](#) for relief on these hot days!
- **Chives**
- **Oregano**
- **Thyme**

Note: Most fresh herbs are best stored in the refrigerator. Wrap them loosely in a damp paper towel and place in an airtight container and put in the crisper of your refrigerator.

We challenge you to make pizza (or calzones) this week, using as many items as possible from this week's share.

Renegades Rising brings you another baking delight - pizza dough made from New England grain! Try [garlic scape pesto](#) with [herbed ground beef meatballs](#) (use this week's **Paradox Acres 100% grass-fed beef**), **Shy Brothers Farm fresh mozzarella** (included this week), roasted beets or zucchini/summer squash, a mix of the herbs and [braised kale](#) on top! Send us your photos- we would love to see your creations!

We hope you are enjoying the colorful [ChicoBag](#) your share is wrapped in each week. We ask that you please return your ChicoBag to your CSA distributor every week. Once the bags are returned to RTB, we launder them (using Chef Shaun's [laundry detergent](#)) and re-use the clean, sanitized bag for the next week's share. We will be using these bags for the duration of the **Manifest Love** project.

We would like to continue to acknowledge the many hands & hearts devoted to making project **Manifest Love** possible, especially our partners (see below).

Wishing you all good health- from the farm to your table! You are loved....

With love and positivity,

Desa

Desa VanLaarhoven
Executive Director
Round the Bend Farm

