

Dharma Ridge Farm

CSA Newsletter

Week Six

July 16, 2008

2# Broccoli* 1#Peas* 2 pints Strawberries* Cilantro * Carrots* Red Leaf Lettuce* Garlic*

Hi all,

This week On the farm is a little thing we like to call...GARLIC FEST! It's the Garlic harvest, we love it, it is a celebration! For this season we grew a variety called "German White", and if I don't say so myself it turned out beautiful. We have been delighted with this year's crop. We have one more bed to harvest and clean tomorrow and then it will all be up curing. As you know the garlic we have been putting into your box is fresh, meaning uncured, just pulled from the earth. The curing process will take 1-2 weeks depending on the weather, you will then have garlic that can be stored up to a nine months in a dark, cool place in your kitchen.

We are also sending you with 2 pounds of broccoli, which may seem like a lot. If it is too much for you to eat, I recommend blanching and freezing it for winter. Check out the recipe on the back for "Raw Broccoli Salad" if you ever got take out at Provisions in Port Townsend, you may recognize it...Yum!!

Cream Of Broccoli Soup (yields 4-6 servings)

2Tbs. butter or olive oil 2 cups milk (ok to substitute soy, rice, almond)

1 1/2 cups chopped onion 1/2 cup sour cream or yogurt (optional)

1 bay leaf 1/4tsp. allspice

4 cups chopped broccoli dash of thyme

2 1/2 cups water 1/2tsp. basil

1 cup broccoli florets, sliced thin and lightly steamed

1 tsp. Salt Black pepper to taste

1. Melt butter/olive oil in a kettle or dutch oven. Add onion, bay leaf and salt. Saute' over medium heat till onion is translucent.

2. Add chopped broccoli and water, cover and cook over med heat till broccoli is tender, about 10 min.

3. Remove bay leaf and puree' the soup little by little with the milk, in a blender or food processor.

Whisk in the sour cream or yogurt and remaining seasonings. Serve hot topped with the steamed broccoli florets. Feel free to play with this recipe as it is very basic..good but basic.

