



The June Buzz

Kim Tait

June on a vegetable farm is a bit like having 50 young children who all just started an 8 week summer camp. Everyone needs attention in six different ways. At Camp Tait, the kids in field 4 need water, a groundhog trap, some mechanical cultivation and mowing. The field 6 gang needs to be hand-weeded, sprayed for bean beetles, protected from deer and rototilled. The asparagus group in field 3 is patiently waiting their daily weeding, while the campers in field 2 are still napping, but we expect them to wake up at any second screaming. Honestly, there are so many particulars to keep in mind and so much to do, it keeps 3-4 people's minds and bodies constantly buzzing.

This week's camp report is pretty good. There were only a few casualties brought about by attacks from other nearby campers. The groundhogs and deer were caught stealing food. Otherwise, things are growing and we expect the early roots (young carrots, beets, turnips and new potatoes...) to start rolling in soon. It also looks like we will have a good supply of lettuce and greens for the foreseeable future. That's it for now- got it back to the buzz.

IN THE HARVEST SHOP



Spring Bank Natural Yogurts
Plain, Maple & Vanilla
A cool summer treat!



Gemelli Organic Artisan Breads
Delivered Tuesday & Thursday



IN THE GREENHOUSE

There is still plenty of time for
Planting!
Summer Flowering Perennials
Long blooming Summer Annuals
Natives for Naturalizing

Spring Stew

If you like, use turnips and spinach in place of the rutabaga and chard.

- ~ 2 T extra virgin olive oil
 - ~ 1 medium rutabaga or turnip (about 1½ pounds), peeled and cut into 1-inch cubes
 - ~ 3 medium garlic cloves, or garlic scapes, minced
 - ~ 1 cup chicken or vegetable stock
 - ~ Salt & Freshly ground black pepper
 - ~ 1 pound chard or spinach, stems and thick ribs discarded, chopped roughly
1. Heat the oil in a large deep saute pan. Add the rutabaga and cook, stirring occasionally, over medium heat until lightly browned, about 8 minutes. Add the garlic and cook until fragrant, about 1 minute.
 2. Add the stock and salt and pepper to taste. Cover the pan, reduce the heat, and simmer gently until almost all the liquid has evaporated and the rutabaga is almost tender, about 35 minutes.
 3. Add the chard, cover and continue cooking, stirring once, until all the chard has wilted, about 6 minutes. Uncover, raise the heat, and cook briskly until all the excess liquid in the pot evaporates, 1 to 2 minutes

Harvest Shop and Greenhouse

Mon. to Fri. 9:00 a.m. to 6:00 p.m.

Sat. 9:00 a.m. to 5:00 p.m.

Sun. 10:00 a.m. to 4:00 p.m.

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Cook's Column

By Steve Spanelli & Erin McKinney
~ **Garlic scapes** are the budding flower stems of garlic bulbs. I don't really know that much about garlic scapes but I would like to try them brushed with butter, salt, pepper and grilled. They are used in a lot of Asian dishes. They have a strong garlic flavor and can be used sparingly, as you would scallions.

~ **Swiss Chard** is a member of the beet family. The leaves can be prepared like spinach or beet greens, the stalks like asparagus. It is a good source of vitamins A and C, as well as iron.

Garlicky Chard

Serve over pureed white beans, rice, or polenta as a vegetarian main course for three or four, or as is for a side dish.

- 2 T extra virgin olive oil
 - 2 med. onions, halved & sliced thin
 - 4 med. garlic cloves, or 4 garlic scapes, minced
 - 2½ pounds chard, stems and thick ribs discarded, chopped roughly
 - Salt & Fresh ground black pepper
1. Heat oil in a stockpot deep enough to hold the greens. Add the onions and saute over medium heat until golden, brown, about 8 minutes. Add the garlic and cook until fragrant, about 1 minute.
 2. Add the damp chard, stir well to coat with the oil, cover, and cook, stirring two or three times, until wilted, about 5 minutes. Season with salt and pepper to taste. If desired, simmer, uncovered for several minutes to evaporate any excess liquid, or use the liquid to moisten rice, polenta, mashed potatoes, pureed beans or meat.



COMMUNITY CALENDAR
State College Farmers Market
Fridays on Locust Lane
11:30 am to 5:30 pm