



# green string farm news

## Farm News

### In the Store

- gold swiss chard
- green swiss chard
- red swiss chard
- chicory
- fava greens
- wild rocket
- green garlic
- onions
- artichokes
- fava beans
- strawberries
- cut flowers
- ground beef
- beef cuts
- Loleta Cheese
- Vella Cheese
- eggs

All of the back-and-forth weather we've had this spring -- a week of sun, two days of rain, a week and a half of sun, another day of rain -- has made planting difficult. Our heavy adobe clay soil has hardly had a chance to dry out enough for us to get some tractors into the fields and till for planting! It's just starting to dry up enough for us to get some of our summer veggies transplanted, and we're all crossing our fingers for a more consistent May.

One of the most frequently asked questions in the farm store is, "When will you start harvesting \_\_\_\_?" Whether it's tomatoes, green beans, or squash, folks are all getting excited about those summer crops! Here are some of our estimated arrival dates:

<b>Early June</b>	zucchini
<b>Late June</b>	cherry tomatoes, early girls
<b>Late July</b>	green beans, potatoes
<b>Early August</b>	hot peppers, bell & sweet peppers, cucumbers
<b>Mid August</b>	heirloom tomatoes, eggplants
<b>Late August</b>	melons

## Featured Veggie: Baby Artichokes

Come into the farm store on a good picking day, and you're likely to find yourself facing Artichoke Mountain! We've got nearly 5 acres planted with artichokes, and they're really pumping out the buds. Luckily, artichokes are some of the most beloved and delicious of the spring crops.

The artichokes we grow are best enjoyed when the buds are still young and small -- no more than 3 inches in diameter. Using baby artichokes may be unfamiliar to many home cooks, but once you get the hang of it you may find you prefer them to their larger, older counterparts.

Since these buds are picked before they develop the inedible choke, all you have to do is peel away the outer, tough leaves, peel the stems, trim the bottom of the stem and the top of the leaves, and cook! For full instructions with photos, see our recent blog post at [greenstringfarm.blogspot.com](http://greenstringfarm.blogspot.com)

You can parboil (or steam) artichokes until just tender, then sauté, grill, add to sauces, or serve with your favorite artichoke fixings, like butter and lemon juice, olive oil, or a nice homemade mayonnaise.

## Events

### Farm tour

First Saturday of each month  
noon - 1:30

### Family Day

Third Saturday of each month  
2pm - 3pm

### more information

[greenstringfarm.blogspot.com](http://greenstringfarm.blogspot.com)

## Marinated Baby Artichokes

- water to cover artichokes
- \* 1 teaspoon vinegar or lemon juice
- \* 12 small artichokes, trimmed and quartered
- \* 1 cup vinegar (try different kinds!)
- \* 1/2 cup olive oil
- 1/2 cup water
- \* 1/4 cup fresh herbs (try oregano, sage, thyme, savory, or a mix)
- 1 teaspoon salt

Loaded with tasty herbs and olive oil, these marinated chokes are great to add to salads and sandwiches, or just to have as a tangy snack. Make a big batch all at once and stash them in the fridge if you want to have them on-hand. *Makes 2 pints*

1. Bring water and vinegar to a boil. Add artichokes, and simmer 2-4 minutes, or until artichokes are barely tender. Drain.
2. Whisk together vinegar, olive oil, water, herbs, and salt.
3. Divide artichokes between 2 pint jars (or put them all in a quart jar). Pour the vinegar mix over the artichokes, cover, and refrigerate overnight.
4. Keep refrigerated, and use within a couple weeks.

## Weeknight Fava Beans

- \* as many fava beans as you care to shell
- \* olive oil
- salt

Fava beans can take a long time to prepare, and even something as simple as fava soup can take hours or shelling, blanching, and peeling. When you're not up for that kind of time commitment, but you're still jonesing for those delicate beans, try this easy method instead. *Serves 1-2*

1. Salt a small amount of water -- just enough to cook the beans -- and bring to a boil. Add beans and cook for 30-60 seconds.
2. Drain beans, and dry in a salad spinner or by tossing in a hot skillet.
3. Toss with just enough olive oil and salt to dress, and serve while hot.

## Green Garlic Tomato Sauce

- \* 2 tablespoons olive oil
- \* 1/2 cup sliced green garlic
- \* 1/4 cup fresh oregano leaves
- \* 1 pint tomato sauce
- salt
- 1/4 cup red wine

For those of us who dream of juicy, sweet, bursting-with-flavor tomatoes, this is a tough time of year; it's been 8 or 9 months since the last taste of fresh tomatoes, and we've still got another few weeks to wait until they're ready again. Whip up a nice pasta sauce using good quality canned tomatoes to help you through the home stretch. *Serves 2-4*

1. Heat the olive oil in a saucepan over low heat.
2. Add green garlic and oregano, and cook until garlic is soft.
3. Add tomato sauce, salt, and red wine, cover, and cook at a low simmer for at least 10 minutes.