

THE ROOT CONNECTION PO Box 267 Woodinville Wa 98072

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**Dear Member *Reminder: CSA and Fruit share payments due by the 15<sup>th</sup>***

June 14 2017

"What happens in Vegas stays in Vegas"- many of you may have heard those commercials. At the farm, we say "What happens in April does not stay in April". Record rains in April and May plus cold temps are affecting how things we planted (sometimes in mud) are growing now. The spring greens, chard and our second crop of kohlrabi are smaller. This does not affect the flavor but definitely how they grow. So leaves are smaller, or in some cases we have to wait an extra week before harvesting. It was definitely a challenging Spring!

**Changing pickup days:** Please let us know if you need to change, and if it is permanent or not, and if you have a fruit share. Changes need to be emailed or called in by the Monday of the week of the change

**SUNDAY PICKUPS:** although Sunday was never an official pickup day, more folks have started coming on Sunday. New Food Safety Rules (called GAP) are now out for farmers. I've learned a lot from reading them. We are already doing all of what is required EXCEPT the "48 hour rule" which is the time frame when field produce can be held (after picking) **So we no longer have Sunday pickups available.**

Following safe food handling means that you should always separate your produce, and rinse it well, pat dry before storing in the fridge.

**What to do if you are going out of town on the weekend?** Plan ahead and call by Monday to change your day to Wed/Thurs, take your produce home, separate wash and store in your fridge. Remember, you can come after hours. Or, come late on Friday after work and collect it. JULY 4 holiday soon, so plan ahead – consider picking up on Fri/Sat that week, but only if you email or call by Monday July 3 – better yet the week before.

**Want to know what's going to be in the harvest before you come?** Each weeks harvest is posted on Tuesdays on our Facebook Page. Go to our website to link to it. **You do not have to be a Facebook member to read it.** Why can't I just tell you that in the newsletter the week before? Well, I don't know till Monday when I do a field survey and see what the plants have been up to out there in the fields. So many things can affect the growth pattern, that predicting a whole week ahead just doesn't work. Be aware that even with a Tuesday post, an item may be different by the time we get to Friday harvest. Such as the varieties, of lettuce, etc.

The first week of pickups went pretty well, a few glitches with the pickup rosters not being correct, members listed on a wrong day, members forgetting to come, etc.

Everyone, including myself enjoyed getting some real fresh produce (didn't it smell and taste good?) I chopped up the Tokyo, lettuce, turnips & greens, and made 2 huge bowls of salad, which I just finished yesterday. Of course, I threw in some herbs too. Did you know we have a recipe file on the RC website? (Click on "Recipes" on the top bar) Also a link to my daughters farm (Take Root Farm in Buckley) which has a larger recipe file. Here's one of my favorites: (which isn't on the website)

**Martha's Hot Rice Salad:**

Cook some breast of chicken, chunk & chill                      Cook some rice, keep warm      Boil some hard boiled eggs  
Make a green salad with lots of herbs      Toss chicken with salad and favorite dressing. Add sliced eggs  
Serve over hot rice. **Note: for food safety**, do not put all the salad and cold chicken on the hot rice – just what you are going to eat at that time. Something about hot rice that makes the flavors better.

*Now GO FORTH AND CHEW - Claire*