

THE ROOT CONNECTION PO Box 267 Woodinville Wa 98072

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Dear Members, Welcome! This week, we have lettuce, white Asian turnips, Tokyo green, Komatsuna, and Kohlrabi. See below for use suggestions

*RULES TO LIVE BY TO AVOID GETTING DEMERITS:*

**Wed/Thurs pickup:** come Wed AFTER 12 NOON until 6 PM or Thurs 10 AM to 3 PM\*  
Do NOT come on Fri or Sat - those days are for the Fri/Sat pickup members

**Fri/Sat pickup:** come Fri AFTER 12 NOON until 6 PM or Saturday 10 AM to 6 PM\*

**THERE IS NO SUNDAY PICKUP**

if you are going to be gone all weekend, call or email the Monday before and change your pickup to Wed/Thurs for that week and then wash and store in your fridge until you get back

**U-PICK – Except for the herb garden in front of the store, don't pick anything that doesn't have a "U-PICK" sign on it and stick to the limits. If you can't use that much (for your family) don't pick that much. It'll still be there next week.**

**U-PICK items available:** Kale, Collards and Chard.

**PICK LIMITS: CHARD:** TOTAL 10 stems of Chard per week.

**KALE and COLLARDS:** LIMIT up to 7 leaves of each kind of Kale and Collards  
(please don't pick more than you will use for your family.)

**Note** that this year the U-Pick greens are along the driveway so be especially careful to enter where indicated and stick to the growing area and don't let kids be in the driveway.



So why did you put them there?

The spring greens are one of the first things we plant and most of the rest of the farm had standing water in April. So it was put 'em there or don't put 'em anywhere!

**IN THE HARVEST:** Really big lettuce! Also Kohlrabi, White turnips with greens, Tokyo greens, Komatsuna. Don't forget there are lots of herbs in the herb garden that you can mix with lettuce. **Spearmint, Anise Hyssop and chives** are my favorite! According to a nutrient density study, open headed Nappa (which is what the Tokyo is) and turnip greens are way ahead of Kale and Chard!! So don't throw them away. The tender **turnip greens, Tokyo greens and Komatsuna** cut up with lettuce are great! Kohlrabi bulbs and turnip bulbs can be chopped or shredding into a salad. Many vegetables are better raw, so before you think you need a recipe and cook a lot of the flavor out of them, cut a piece and taste.

**The turnip bulbs** are really good raw – a kid's favorite. The leaves are very tender to cook, with a mild flavor. **Kohlrabi** is REALLY good raw – Try some! Slice, marinate, or dip with Hummus. Makes a great slaw too. Komatsuna is a Japanese green that we trialed last year and it was a hit. **Stems are juicy.** I just slice the whole thing, leaves and stems, and stir fry gently with some garlic salt or a splash of soy sauce or flavored oil or vinegar.

MORE IMPORTANT STUFF ON REVERSE

**Picking up your share:** please check off on the member list. There is another checkoff list for Fruit Shares-very important that you check your name off there too, if you purchased a fruit share. FRUIT SHARES are a separate purchase, only for those who have paid for one. You can still purchase a fruit share for the season.

**U-Pick items:** Basic rule is don't pick anything without a "U-Pick" sign (except in the herb garden in front of the store **When you pick, please use scissors to cut off the leaves, as pulling on the plant damages the root system. NEVER cut the whole plant – just the outside leaves. These plants continue to grow from the center so we can keep picking all summer. Never let children carry scissors – please take one pair for your group and let them handle them after you get to the u-pick**

**Kids garden:** A few things may be ready, for sure lettuce. – please just 1 or 2, and kid's only! (adults can help)

**Just a few cautions** (these were reviewed in the first newsletter you were sent) – **watch your kids, NO CHILDREN OUT THE BACK DOOR OF THE STORE WITHOUT A PARENT** **Driveways:** kids get excited running out to see the chickens and get to the gazebo. **Our driveways carry vehicles!** So teach kids to not run across a driveway. Please walk with your children.

Please take time to walk the farm (did you know you can access the Burke-Gilman trail at the rear of the property?) and enjoy seeing how the planting plans develop, and the changes you will see from week to week. And then there is the sky and the air, and the quiet (unless Jeff is roaring around on the tractor)..... Good seeing everyone!  
Claire

