

## SunSmilin' Times

SunSmile Farms CSA Newsletter

June 2009, Week 2

By Barrett Briske

Today was garlic day at SunSmile. I spent the majority of the afternoon with George, Patty, and Molly cleaning and sorting the three kinds of garlic (Early White, Elephant, and Spanish Roja) that you as CSA members will be enjoying all summer long. Incidentally, I learned a couple of things about garlic: one is that it takes a very long time to grow. Every piece that we touched today was planted from seed—or clove—in October last fall. After six chilly winter months of subterranean maturation, Patty took a pitchfork to the beds and had them up in a couple of hours. I also learned that if stored properly, some of this garlic will be good for a year or more—hence the multi-hour process of cleaning and sorting.

This is the first time that George has instituted a mass garlic planting and harvest. He has definitely grown it in the past, but trust me, eight hundred pounds of dirty garlic is an intimidating opponent for a cleaning team of just four. After a little trial and error, though, we did succeed in developing a pretty efficient system for getting all those cloves in order.

One of the things I like best about working with George and Patty is observing their problem solving and ingenuity—this is where Patty's mechanical engineering background really shines. If you spend enough time here at the farm, you will probably find that though there are ample farm-specific tools around, there are other tools and general bric-a-brac that are utilized somewhat curiously. I was reminded of this today as our team stood working over a large screen covered in drying garlic. I had been laying out the garlic, sorting it, and tying it, thinking nothing about the screen until Joyce stopped by to visit, looked down at our screen and asked George, "is that part of our fence?"

### What's in your box:

- Kale—so yummy sautéed with your onions and garlic
- Chard—Cut out the stems and cook them first to get them soft, then add the leaves. This way you get all those vitamins.
- Broccoli—To retain the most nutrients, steam it, stir-fry it, or boil it in a very small amount of water. Or eat it raw!
- Yellow and Green Zucchini—a great source of fiber
- Raspberries—how about a raspberry tart?
- Blueberries—little bobbles of deliciousness
- Early White Garlic—different from last week. Let us know what you think.
- Basil—can be used to soothe the stomach
- Summer Squash—try them stuffed and broiled
- Onions—Walla Walla and Red. Try the Walla Walla grilled—it's my favorite!
- Rainier and Bing Cherries!!