

Summer Creek Farm

2009 CSA Newsletter

About Garlic Scapes

Week 3
June 1, 2009

Garlic scapes are the sprout of the garlic plant—a thin green stalk that curls above the ground and is more tender and sweeter than the bulbs that grow below ground. The season for garlic scapes is only a couple weeks; after that, they become tough.

Scapes can be used in place of garlic, scallions, onions or ramps in most recipes. They have a garlic taste, but it is milder and “fresher” than that of garlic cloves. They are a great addition to salmon croquettes (see this week’s recipe), guacamole, omelets and more.

Scapes store well for a couple weeks. To make a quick pesto combine in a food processor: ½ cup almonds, ½ cup olive oil, ½ cup grated parmesan and 1 cup garlic scapes.

Sources: SeriousEats.com and StarChefs.com.



Image: www.avalon-acres.com

From Farmer Rick

Weather is an ever important part of farming. Too little rain and crops die or fail to produce; most vegetables are 80% water by volume. Too much rain and crops become lacking in flavor, rot or drown. Some crops like it hot, some like it cool.

This season we have been all over the spectrum with a general cooling trend in place. We have seen this late spring cooling over the last several years. Today, on June 1 it was in the low 40's when we woke

up. This is certainly delaying the development of crops. We try each week to give you a full box, with this weather we could hit some slow spots mid-June. The great thing is that our potato crop is looking great, you will see five different varieties over the season. Our greenhouse crops are doing well and our field crops are growing slowly. As I walked around the farm this AM the sky was clear and the smell of honeysuckle is in the air. This evening we will be making hay; all is progressing at the farm.

Link of the week

Frederick Farm Fresh – Dedicated to Farmer’s Markets in Frederick Co.

<http://www.frederickfarmfresh.com/>

Recipe Feature

On a Budget? Try...

Salmon Croquettes

2 fillets canned salmon, flaked (1 tall can)
1 egg, beaten
¼ cup garlic scapes, diced or chopped finely
½ cup bread crumbs
3 tbsp. vegetable oil

Heat oil in medium skillet over medium heat (you can use less oil if you use a non-stick pan). Combine canned salmon, beaten egg, garlic scapes and ¼ cup bread crumbs. Form into patties and dust with additional bread crumbs. Fry until golden brown, about -3 minutes on each side. (Note: when garlic scapes are not in season, try scallions or chives.)

Recipe adapted from Paula Deen, [Salmon Croquettes](#).

This week’s box

- ☀ Garlic scapes
- ☀ Strawberries
- ☀ Radishes
- ☀ Chard or salad greens
- ☀ ...and more!

Items may vary by location/pick-up day. Don't forget your green bags!

Contact us: farmer@summercreekfarm.com