

Weeding Carrots and Leeks

The big project this week is weeding carrots and leeks. The good news is that these crops are growing very well!

The leeks love their new home this year, back in the far corner of the east field. They're tucked right up against a line of trees that provide shade until 9 or 10 each morning. They've loved the extra rain this May, and are on "drip lines" during dry spells. However, the weeds, especially lamb's quarters, also love these conditions. Several of you will remember the futile attempt to keep the leeks weeded in their brick-dry, out-in-the-hot-sun location last year. This year will be much better!

Carrots, too are doing very well, but they also tend to be very weedy. Carrots grow in long, straight lines, four to a bed, all tight against each other, perfect for weeds who like close quarters. Grasses grow very well within the lines of carrots. Luckily carrots are quite hardy and can survive some rough competition, but we want excellent carrots, and excellent, long, crisp, juicy carrots need space.

All of this requires lots of time. Weeding, though, is always time well spent. The act of weeding is actually great for the soil and the plants in many ways. Pulling a weed out aerates the soil, which sparks life in the microbes that feed the plant and enhances water penetration. Weeding also makes the organic material of the weed itself, including the roots of the weeds, available to the soil.

A farmer I once worked for said that weeding is like scratching the backs of your crops, and it's true. You gotta give a little love to receive all the goodness of the land... See you at the farm!

Upcoming Events

Farm Work Day

This Saturday, June 9, at 8 a.m., join us in the field for weeding! We need your help! Great fun at the farm!

Check the Shareroom boards for more information.

What's in Your Share

Beets

Chinese Cabbage

Broccoli (small quantities)

Turnips

Radishes

Lettuce

Scallions

Kale, Collards and Swiss Chard

*Cilantro

*Spinach

*Herbs and greens available until they "bolt" (i.e., flower)

What's For Dinner:

BASIC MOO SHOO CHICKEN (or TOFU)

Source: Weight Watchers- Cut the Fat Cookbook p. 92

- * 1/4 cup soy sauce, low sodium, divided
- * 4 cloves garlic, minced, divided
- * 10 ounces skinless boneless chicken breast (or tofu), cut into 2" strips
- * 1 teaspoon ground ginger
- * 2 cups shredded **Chinese cabbage**
- * 2 cups shredded **bok choy**
- * 1 cup shredded carrots
- * 1/2 cup straw mushrooms, canned, drained, rinsed thinly sliced
- * 1/2 cup bamboo shoots, canned, drained, rinsed, thinly sliced
- * 1/4 teaspoon hot chili oil

To prepare marinade: In gallon-size sealable plastic bag, combine 2 tbsp of the soy sauce and half of the garlic. Add chicken and refrigerate 1 hour, turning bag occasionally. Drain chicken and discard marinade.

In small bowl, combine the remaining 2 tbsp of soy sauce and the remaining garlic with the ginger and set aside.

Spray large nonstick skillet with cooking spray and place over medium heat 30 seconds. Add chicken and cook, stirring constantly, til cooked through, 2 to 3 minutes. Remove to plate and keep warm.

Return skillet to medium heat and add cabbage, bok choy, carrots, mushrooms and bamboo shoots. Cook, stirring frequently, until cabbage and bok choy begin to wilt, 4 to 5 minutes. Add cooked chicken, the reserved soy sauce mixture and the hot chili oil, toss lightly to combine.