

# Community Supported Garden at La Vista

## THE WEEKLY WEEDER

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### THE HEAT IS ON!

**Heat waves are underrated** as a weather event. Unlike thunderstorms, floods, ice storms, and blizzards, heat waves are silent. An extreme silence. It's just hot and sunny, an otherwise beautiful day. But working in a heat wave is quite dangerous, and we must be as careful as if we were threatened by lightning or high winds.

**Heat waves can be rough** on plants, too, but it depends on the time of the season. Last week's heat wave signaled the end of the "cool" season and many of our "cool season" crops like chard and kale. Our lettuce suffered, too, although we have a few more late plantings out there. You'll notice that the lettuce in your share is different than from a few weeks ago. You'll now be getting lettuce that is rated as "heat tolerant," which means that it can handle heat better than the early varieties. Even so, any kind of lettuce prefers something less than extreme heat.



**Many of our crops**, though, love heat, especially peppers, eggplant and tomatoes. They have been growing noticeably every day. We have lots of green fruit set in our tomatoes, and peppers and eggplant are just about ready to start flowering heavily. This is where we'll put most of our attention in the coming weeks. Once these crops begin setting fruit, they need lots of water, which is usually what we lack during heat waves. We always have to work with what nature gives us. And nature doesn't worry about the finer details of a small farm. It gives what it gives and leaves the rest to us.

**When it gets as hot** as it was last week, we have to be patient and humble, which is not always easy. Work is never ending this time of year because weeds grow voraciously and constantly threaten to outgrow our crops. And the bugs go nuts in this hot weather. Their metabolism is off the charts.

**We have to remind ourselves** that, as farmers, we don't work miracles. But we work. That's where the patience and humility come in. We cannot do



### WHAT'S IN YOUR SHARE?



- Beets
- Fennel
- Scallions
- Lettuce
- U-Pick herbs and flowers
- Turnips
- Squash
- Cabbage
- Raddishes
- Chinese Cabbage
- Cucumbers
- Basil
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### WHAT'S FOR DINNER?

#### Bow Ties with Fennel and Leeks

(from *Good Housekeeping Light and Healthy Cookbook*)

- 2 medium leeks
- 1 Tbsp olive oil
- 1 medium fennel bulb, trimmed and thinly sliced, feathery tops reserved
- 1 garlic clove, finely chopped
- 1/2 Tbsp sugar
- 8 oz bow-tie or gemelli pasta
- 1/2 cup chicken or vegetable broth
- 1/8 cup heavy or whipping cream
- 1/4 cup grated Parmesan cheese
- 1/4 tsp salt
- 1/8 tsp coarsely ground black pepper
- 1 ripe, medium tomato, finely chopped



1. Preheat oven to 400 F. Cut off root ends and tough green tops from leeks. Cut each leek lengthwise in half, then crosswise into 1/4-inch-wide slices. Place in large bowl of cold water. Use hands to swish leeks around to remove any grit or sand. Repeat process, changing water several times. Drain well.

2. In nonstick 12-inch skillet, heat 1/2 Tbsp oil over medium heat. Add leeks and cook, stirring frequently, until tender and golden, about 15 minutes. Add fennel, garlic, sugar, and remaining 1 Tbsp oil; cook, stirring frequently, until fennel is tender and light golden, about 20 minutes.

what the elements do not allow us to do. Nature works its magic in many different ways. Most of those ways work well for us, but some don't. But it's all good and perfect. Heat waves are just as perfect as a cool evening. We have to work with heat waves like we work with any type of weather and accept what it provides and takes away. May it provide tomatoes!

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### ***LOOKING AHEAD***

Tomatoes, carrots, onions, and cherry tomatoes, are ready soon.

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### ***UPCOMING EVENTS***

Garlic Harvest, July 11, 8 a.m.

3. Meanwhile, cook pasta as label directs. Drain; return pasta to saucepot and keep warm.
4. When fennel is tender, add broth, cream, all but 1 Tbsp Parmesan, salt, and pepper; boil 1 minute.
5. Spoon pasta into deep 2-quart casserole. Add leek mixture; toss well. Sprinkle top with chopped tomato and remaining Parmesan. Cover and bake until hot and bubbly, about 20 minutes. Garnish with fennel tops.



**Shareholder Potluck**

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The *Community Supported Garden at La Vista* is one branch of the **Oblate Ecological Initiative**, a ministry of the Missionary Oblates of Mary Immaculate. The other branch, the *Ecological Learning Center*, offers seasonal celebrations, retreats, presentations, discussion groups and a week-long Earth Literacy course. For more information visit [www.lavistaELC.org](http://www.lavistaELC.org).

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