

# Otter Hook Farms

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Traditional Family Farming



## Week of July 7, 2009, Harvest Week 5

This week's share includes: Lettuce, Broccoli, Beets with their Greens, Cooking Greens (Kale, Chard, or Collards), and Radishes

Our plans for next week are Lettuce, Carrots, Cabbage, Radishes, Green Beans and Summer Squash

Sun! We have been so happy for this string of beautiful weather! The green beans and summer squash are getting some size to them, so we'll finally have them next week (we had been hoping for them for the last two weeks, but they just didn't want to do anything). Tomatoes, eggplants, potatoes, all the late summer crops – everything has jumped with the sunshine. Just like the kids, we can see visible changes daily.

Our succession plantings have been interrupted by the rain, however, so we will have a span in August/September that will be shy on lettuce and greens. Hopefully you won't notice because you'll be so inundated with tomatoes and everything else!

As long as the weather holds, we are hoping to do the last of the transplanting this week...we just need another day or two of dry in order for Chris to run the Rototiller without damaging the soil. We'll also be weeding, spraying liquid calcium and fish emulsion on the plants, mulching with some composted manure from a neighbor's farm, squashing potato beetles, and, of course, harvesting this week.

Since lettuce has been a weekly staple in the share, I thought I'd share a few simple salad dressing recipes. It's so quick and easy to make your own – you'll never go back to buying it!! And – in case you are getting sick of salads - I've had several people share with me that they cook whatever excess lettuce they have the same way that they cook other greens and enjoy it that way, too.

### Tangy Green Goddess Dressing

*1 avocado, peeled and pitted*

*1 1/2 cups buttermilk*

*1/4 cup fresh chopped herbs (such as tarragon, sorrel, mint, parsley and/or cilantro)*

*2 tablespoons rice vinegar*

*1/2 teaspoon salt*

*Place avocado, buttermilk, herbs, vinegar and salt in a blender and puree until smooth.*

### Creamy Dill-Ranch Dressing

*1 small shallot, peeled*

*3/4 cup cottage cheese*

*1/4 cup mayonnaise*

*2 tablespoons buttermilk powder*

*2 tablespoons white-wine vinegar*

*1/4 cup milk*

*1 tablespoon chopped fresh dill*

*1/4 teaspoon salt*

*1/4 teaspoon freshly ground pepper*

*With the food processor running, add shallot through the feed tube and process until finely chopped. Add cottage cheese, mayonnaise, buttermilk powder and vinegar. Process until smooth, scraping down the sides as necessary, about 3 minutes. Pour in milk while the processor is running. Scrape down the sides, add dill, salt and pepper and process until combined.*

### Cilantro-Lime Vinaigrette

*1 cup packed cilantro*

*1/2 cup extra-virgin olive oil*

*1/4 cup lime juice*

*1/4 cup orange juice*

*1/2 teaspoon salt*

*1/2 teaspoon pepper*

*Pinch of minced garlic*

*Puree cilantro, olive oil, lime juice, orange juice, salt, pepper and garlic in a blender or food processor until smooth.*