**Farm Update:** After a stretch of 30+ days without any rain, we have had more than 2 inches of rain in the past 2 weeks and the gardens and pasture are growing well again, which makes us happy. We haven’t had any severe storms or hail which we are thankful for. Although, with two of our kids birthdays happening last week, and parties and fun times, we’ll have to get back to weeding before they take off on us, as moisture and heat equals rapid growth. We didn’t have quite enough peas or Kohlrabi, so you’ll get one this week and the other next. These first weeks are a bit heavy on the greens, but soon there will be much more. Enjoy your salads.

Box Includes:

* Arugula
* Mirco-Green shoots (pea and sunflower)
* Lettuce
* Snap Peas (Lanigan/Watrous) **or** Kohlrabi (Saskatoon)
* Garlic Scapes (curly shoots)
* Cucumbers
* Green Onions
* Herb (1tsp dried = 1Tbsp fresh): Basil
* Large Share only: Bok choy

Recipes:

**Lemon Arugula Pasta**

12 oz spaghetti

1 tbsp butter

2 tbsp olive oil

6 green onions (white and green parts), chopped

1 large clove garlic, minced

2 tsp finely grated lemon zest

3 to 4 tbsp freshly squeezed lemon juice

1 tsp coarse sea salt

1⁄4 tsp ground pepper

1⁄3 cup heavy cream

1 bunch arugula or spinach (whole bag for small shares), chopped

-In a large pot of boiling salted water over medium heat, cook spaghetti for 15 minutes or until al dente. Drain, reserving 1⁄2 cup cooking water.

-In a large skillet over medium heat, melt butter with oil. Add onions and cook, stirring, for about 1 minute, until softened. Stir in garlic for about 20 seconds. Stir in lemon zest, 2 tbsp lemon juice, salt and pepper.

-Stir in cream and simmer for about 1 minute, until slightly thickened.

-Add remaining lemon juice to taste.

-Add arugula, then cooked spaghetti. Using tongs, toss until arugula wilts and spaghetti is well coated. If pasta seems dry or difficult to toss evenly with the sauce, loosen the mixture with some or all of the reserved cooking water. Season with salt to taste.

**Garlic Scapes** -The flower shoot of hard neck garlic that gets planted in October. When we trim off the flowers the plant puts its energy into growing a bigger blub rather than making seed. As a bonus they taste delicious. Scapes are milder than garlic cloves. Chop (all but the very tip) and fry in butter till tender.

Other ideas:

- add it to stir fries

- pizza topping

-scape pesto and serve with pasta

-add to potato foil dinner

-infuse your olive oil with garlic scapes

-puree and add to butter

-quiche

- or anything where some garlic would be nice.

**Kohlrabi** -This tennis ball looking veggie can be eaten raw or cooked, and usually best peeled. It cooks much like turnips and rutabagas.

-Add to sliced to stir fry’s for a little crunch

-Slice small pieces into a salad

-Add to ham and scalloped potatoes