



## Garden Progress

We are finally getting close to having everything in the ground - expanded and existing! We're quite a bit behind where we wanted to be, but doing what we can. If you interested in coming and help weed or throw a few seeds/plants in the ground, please let us know, we are very short on help.

We got the lower garden completely enclosed two weekends ago, with a creative hodge-podge of fencing from new fencing, to free chainlink and barbed wire, to old wooden fence from the neighbors, to old top netting from the turkey run. Regardless of its beauty, it is enclosed and so far is successfully keeping the pesky deer out of the new garden. We're working on getting the watering system set up down there, so far its hand watering and drip-lines, since there isn't a lot of water pressure.

The new potato bed is coming along nicely, with potatoes popping up everywhere. We already need to put more straw down in that garden! In the other existing beds the weeds are trying to overpower the plants - so we're constantly weeding and working to get straw down in those beds too. I think one of our first failures of the garden is the American Groundnuts I was so excited about - been in the ground for weeks, and still no growth at ALL! Oh well, better luck next year!



## YOUR CSA BOX - Week 6

Each week you will find a list of what will be in your CSA box from Lord & Lady! Read more of the newsletter for suggestions for utilizing some of the more unusual ingredients!



*This week's box includes:*

- Spiderwort
- Shasta Daisies
- Wild Flowers
- Lavender
- Chioggia Beets
- Scarlet Queen Red Stem Turnips
- Red Romaine Lettuce
- Mustard Greens
- Shiraz & Sugar Snap Peas
- Max-igolt & Sienna Shelling Peas
- Scapes
- Sage
- Thyme
- Oregano
- Lambsquarters
- Eggs (*if you have an egg share*)





# Spiderwort

Spiderwort has been in our boxes for the past two weeks. Though very pretty flowers, don't sell them short. For one, they are GREAT at dying things, especially young children's clothes, as they run through them. An added bonus: Spiderwort is edible – the flower, the stalks and the leaves. The herbage may be eaten raw or added to stews. The flowers (which may be either pink, blue or rose-purple) make an attractive edible garnish for salads.

Break the tip off a spiderwort leaf and wait for a drop of sap to appear, then touch it with your fingertip and notice how far you can stretch a thread of sap. This resemblance to a spider's silk helps explain where its name came from. The gooey quality of the sap definitely explains its familiar nickname of "cow slobber"! While you are up close, look at the lo-ong purple hairs on the stamens!

And speaking of those purple haired stamens; the cells of the stamen hairs of some Tradescantia — the wispy hairs that look webesque when moist with dew — are "bioassays for ambient radiation levels." Or said another way: The hairs are blue. When exposed to gamma radiation they turn pink. So if you think you've been near a nuclear explosion, just check your nearest Tradescantia.



## Cream of Spiderwort Soup

- 4 cups chicken stock
  - 2 cups water
  - 1 tbsp butter
  - 1 med. onion, chopped
  - 2 cloves garlic
  - 1/2 cup white wine
  - 1 1/2 pounds tender Spiderwort stems & leaves, chopped in 1" pieces
  - 1/2 cup half-and-half, or heavy cream (or any combination, or you can use milk)
  - salt and pepper
1. Heat stock, water and butter to boiling.
  2. Reduce heat and add onions, garlic, white wine and spiderwort stems and leaves.
  3. Simmer 5-6 minutes, or until tender, then puree all in a blender or food processor till silky smooth. Return to pot.
  4. Stir in half-and-half or heavy cream and add salt and pepper to taste. Heat until warmed completely through.
  5. Serve garnished with fresh chopped leaves and stems. Can also be served cold, and freezes well!

# STRAWBERRY SEASON IS HERE

There isn't really a large enough font for me to express my level of excitement over this. We will unfortunately not have strawberries in our shares, not enough to go around, but please don't forget to go to market and pick up some local deliciousness for now and for your freezer!



The past three weeks haven't gotten a newsletter! OH MY, OH ME, OH DEAR! Here's a recap for those counting!

## CSA BOX - Week 5

Previous week's box included:

- Scapes
- Lambsquarters
- Lavender
- Mustard Greens
- Roses
- Mint
- Shiraz and Sugar Snap Peas
- Baby Chioggia Beets
- Red Romaine Lettuce
- Spiderwort
- Wild Flowers
- Feverfew
- Eggs (if you have an egg share)

## CSA BOX - Week 4

Previous week's box included:

- Spiderwort
- Double Mock Orange
- Peonies
- Wild Flowers
- Rover, Nero Tondo, Red Meat Radishes
- Spring Onions
- Baby Chioggia Beets
- Red Romaine Lettuce
- Mint
- Sage
- Oregano
- Lambsquarters
- Eggs (if you have an egg share)

## CSA BOX - Week 3

Previous week's box included:

- Rhubarb
- Peonies
- Daisies
- Lilacs
- Rover, Nero Tondo, Red Meat & Cherry Belle Radishes
- Wisteria
- Spring Onions
- Nettles
- Common Thyme
- Sage
- Lambsquarters
- Eggs (if you have an egg share)

# Mother Hen

Four weeks ago we were eagerly anticipating our final batch of new chicks for the year. In this batch were more Olive Eggers (*dark green eggs*), Silver Laced Wyandottes, Golden Lakenvelders, Assorted Rare Birds (*which means we get leftovers of any of the rare breeds from the week's hatch*) and a Meyer Meal Maker (*which is a free bird that they send you that lays a lot of eggs, in exchange for you agreeing to donate eggs to a shelter or food pantry*).



As mentioned in the last newsletter we were hoping to put them with one of our chickens that was acting very broody (*meaning she wanted to sit on the eggs all day long, which therefore makes her stop laying eggs*). This chicken just happened to be our Blue Laced Red Wyandotte, though that isn't actually very surprising, as they are a very motherly breed.

So we tried it, she went into a converted version of one of our cages that is used when a chicken is injured or being picked on too much (*transformed into a chick escape-proof cage*). It was pretty cold the first two nights we had them, and they went sans-heat lamp. We lost a couple of babies, but overall, we feel it was a success and she is still with them in the garage. If you didn't see the videos Laura posted on her facebook page of the hen and chicks, we strongly recommend it. They are adorable and constantly climbing on her back and riding around on her.

And now, we have moved the babies into the run with the "teenagers" and ole mother hen is taking her role very seriously. I pity any and everyone who has to come into contact with her, including myself. She is protective beyond the definition. If you walk by the run, she puffs up and flaps at you. If you dare try to enter, beware. She will attack you and is one of the only chickens who has ever been able to draw blood with her dinosaur beak and velocepraptor reflexes.

All-in-all though, we are excited by this extreme level of motherly duty. We are hopeful that this means, that when these babies are grown and introduced into the rest of the flock, she will help protect them, and maybe, just maybe, they won't have to be subject to the same awful pecking order/hazing that happens when new birds are introduced.



## Chioggia Beets

The smooth, medium-height tops beets are all green with pink-striped stems. They have excellent flavor and when you cut into them, you should find beautiful stripes.

Roast them, sauteed them, use them in salads, pickle them, make some delicious borscht, juice them! Because they are smaller, they will need less cooking time and be more tender, even if eaten raw!

And don't forget to utilize those beet greens, they are just as delicious and can be sauteed and served as their own side, or mixed with mustard, spinach, arugula or any other number of greens for soups, dips and more! Google those recipes folks!

## Lambsquarters

Lambsquarter, Pigweed, Fat-hen, goosefoot, bacon weed, dirty Dick, Muck Hill weed - we've seen it before, and we'll see it again. This is technically a weed, and therefore, we can't get rid of it. In some portions of the gardens, it is growing far better than what was actually planted....sigh.... Thankfully, it is a tasty edible as well, so as long as it keeps rearing its head, we're gonna keep picking it and eating it.

Once upon a time, lambsquarters greens received more respect. Their ancient name was "all good," and all good they are. They contain more iron and protein than raw cabbage or spinach, more calcium and vitamin B1 than raw cabbage, and more vitamin B2 than cabbage or spinach.

Ancient people revered it. English writer Audrey Wynne Hatfield in *How to Enjoy Your Weeds*, says that lambsquarters were "once the most valued vegetable for human beings and fodder for their animals... It lost favor only after its relative, the novel spinach, was introduced [to England] from Southwest Asia in the sixteenth century," and lambsquarters even grew so profusely in some areas that settlements were named for it. So let's show it some respect and bring it back to the table!

## Mustard Greens

Our variety of mustard greens is called, Golden Frills. They are bright green, intricately serrated leaves and quite spicy. Because of the curly leaves and edges, they can hold sand and dirt, so be sure to wash thoroughly. They wilt and sadden quickly, so add these bad boys to your menu soon!

They can be enjoyed raw in salads (though I would mix them with other greens) or used in recipes like sauteeing, dips, soups, etc.

Here's a quick and simple way to make them an awesome side dish tonight:

### Mustard-Sweet Onion Saute

In a large skillet, heat one tablespoon olive oil over medium-high. Add one sweet onion, thinly sliced; season with salt and pepper. Cook, stirring frequently, until onion is tender and golden, 6 to 8 minutes. Add as many mustard greens to skillet as will fit; season with salt and pepper. Cook until wilted, tossing and adding more greens as room becomes available, 2 to 3 minutes. Stir in two teaspoons cider vinegar; season with salt and pepper, and serve.

## Red Scarlet Queen Stem Turnip Greens

This week, these turnips are mostly greens, which is nothing to frown about. To thin out the turnips so they can get bigger and round, we have to thin them, this leaves us with splendid turnip greens to enjoy!

This variety of turnip will be beautiful, red salad turnips. But for now, the hairless, dark green tops have attractive red stems and can be used in salads, or cooked on their own or with the roots.

A Southern tradition, stewed turnip greens are a common dish, but they can also be turned into chips, dips, soups and more, message me for my favorite dishes.



## Peas

This week we have included four different varieties of peas: two shelling peas, Maxigolt and Sienna; and two snap peas, Sugar and Shiraz. Snap peas can be used whole, eating both the peas inside and the "casing" outside, whereas the shelling peas you will want to open up and use just the peas inside (*saving the casings for vegetable stock or compost*).

Shiraz peas are best used raw in salads or slightly sautéed. The color will become "muddy" if blanched or oversautéed. Sugar Snap has become a household name in the U.S. since its 1979 introduction. Both peas and pods are sweet. You'll want to remove string from pods before cooking.

Maxigolt peas are known for their great flavor, they have very sweet, dark green berries. Sienna peas are also very flavorful and produce a lot on small vines, so we should have these again in next week's boxes!

In addition to tasting great, did you know that they are great for weight management, prevent stomach cancer, are anti-aging, support strong immune system and high energy, prevent wrinkles, Alzheimer's, arthritis, bronchitis, osteoporosis and candida and can regulate your blood sugar! WOW! I need to be eating more peas!

There are countless recipes for using both snap and shelling peas, from side dishes to pot pies. Below is one of Laura's favorites, but if you don't have time to try it, you can always blanch and freeze the peas, they take to it extremely well, hence the grocery freezer aisle full of peas!

### Snap Pea Sesame Meatloaf

- 2 teaspoons extra-virgin olive oil
- 1 small yellow onion, diced medium (3/4 cup)
- 2 garlic cloves, minced
- 1 1/3 cups snap peas, sliced 1/2 inch thick
- 1 celery stalk, diced medium (1/2 cup)
- 1 3/4 teaspoons minced peeled fresh ginger
- 1 teaspoon toasted sesame oil
- coarse salt and ground pepper
- 1 1/2 pounds ground pork or turkey
- 6 scallion greens, sliced (1 cup)
- 1 to 2 slices white sandwich bread, diced medium (1 cup)
- 1 large egg

1. Preheat oven to 350 degrees. In a medium skillet, heat oil over medium-high. Add onion, garlic, snap peas, and celery and cook, stirring occasionally, until onion is soft and vegetables begin to brown, 5 minutes. Add ginger and sesame oil, season with salt and pepper, and cook, stirring, 1 minute.
2. In a large bowl, combine pork, scallions, bread, and egg. Add vegetable mixture and season with 2

teaspoons salt and 1/2 teaspoon pepper. Using your hands, mix until ingredients are combined.

3. Transfer to a parchment-lined rimmed baking sheet; form into a 4-by-10-inch loaf.
4. Bake until meatloaf is cooked through, 40 minutes, rotating sheet halfway through. Let rest 15 minutes before slicing.







## Lavender

Lavender is best known for its fragrant, delicate Provencal appearance in soaps, sachets, essential oil and other body care products. Lavender use has broadened over the past years with recipes showcasing the aromatic herb in everything from desserts to cocktails with savory dishes in between. I keep culinary lavender in my spice pantry and enjoy incorporating it in everything from salads to simple favorites like Roasted Lavender Potatoes. Being particularly compatible with the flavors of honey and lemon, lavender is a perfect summer-time herb to brighten seasonal foods.



You could also let it steep for 48 hours in almond oil or jojoba oil and make your own essential oil for use in balms, salves, perfumes, cosmetics, cleaners and topical applications!



## Red Romaine Lettuce

This is the first lettuce we planted and therefore the largest so far. Soon we should be getting some additional varieties into boxes! This delicious, flavorful lettuce brings color and zest to salads. The red coloring develops best in cool weather, which we have had a good amount of, hence the deep red.

Be sure to thoroughly wash your lettuce before using, as we do not wash it. This prevents it from wilting excessively before you get it. If you wash all your lettuce and then don't use it all, be sure to let it dry before packaging it and putting it in the fridge, you might even want to wrap in paper towels before bagging for storage.

### Pink Lemonade Lavender Thyme Sorbet

- 4 cups naturally-flavored Pink Lemonade (I use Santa Cruz)
- ½ cup cane sugar
- 6 small sprigs of fresh Thyme
- 1 teaspoon of dried (culinary) Lavender
- 2 tablespoons Citronage (or equivalent orange liqueur), optional

1. Combine the lemonade, thyme, lavender and sugar in a heavy small pan. Bring to a light simmer, stirring to dissolve the sugar. Allow to simmer for 2-3 minutes. Turn off heat, allow to cool for 5 minutes, cover and refrigerate until chilled or overnight.
2. Strain mixture (*discarding the thyme and lavender*), stir in the Citronage if using and process in an ice cream maker until frozen. Place in a sealed container in the freezer until fully set or overnight. Garnish if desired and serve!

## Roses

Beautiful and stunning, they can be enjoyed in a vase on the counter, or remove the petals and use them in cocktails, baking, cold desserts, honeys, jellies, essential oils, rose water or potpourri!

This week we have included mostly English roses, the flowers are densely filled with petals, much like antique roses, and most possess a strong fragrance that harkens back to old-fashioned tea roses.

Roses have a wide variety of health benefits, so consider giving them a try! They contain Vitamin A, C, D, and E and some B Vitamins too! Rose Petals also contains antioxidants, and they are a mild sedative, anti-depressant, and mood-enhancing agent. Rose water is easy to make by boiling rose petals and is antibacterial, anti-inflammatory, and can be used for all kinds of skin ailments like eczema, psoriasis, and works great for sunburns too!

Note: if you do not own an ice cream maker, you can freeze the sorbet as follows. Place sorbet in a shallow freezer-proof pan. Allow to almost freeze, and stir the mixture. Repeat the freeze/stir process a few times to ensure a consistent texture. The alcohol prevents the sorbet from a completely rock hard freeze allowing the mixing not to be too difficult.



## Scapes

Garlic scapes are the "flower stalks" of hardneck garlic plants. They have to be removed from the garlic plants, so that the plant doesn't divert its energy to producing seeds, rather than the bulb in the ground (*which is obviously the part we want!*)

Scapes have a mild garlic flavor. You can chop them into salads or use them as a topping, like scallions. They can also be sautéed lightly and used over pasta, with eggs, mixed with cooking greens, pickled or pretty much in any dish that would be complemented by garlic. Another favorite way to use them is to make a garlic scape pesto. (*and they freeze really well, just chop first*)



## EXTRA BOX AVAILABLE

That's right, an extra produce box is available most weeks, due to mid-season changes in people's subscriptions. This means if you or someone you know is interested in our deliciously fun produce box, they can purchase it, on a week-to-week basis.

This additional box is \$20 for produce, \$26 if you want produce and a dozen eggs.

If you or someone you know is interested, contact us by Tuesday evening or Wednesday early morning.  
Email [Laura@LordandLadyConstruction.com](mailto:Laura@LordandLadyConstruction.com)  
or call/text (231)218-3612.

## What's up Next Week?

We can't ever guarantee what will be in the upcoming weeks share boxes, but next week we're hoping to have roses, sugar & shelling peas, lavender, beets, romaine lettuce, maybe new potatoes, sweet cherries, thimbleberries, gooseberries & more!