



ROBINETTE Farms

MARTELL • NEBRASKA



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A shipping container modified for vegetable production.

MICROGREENS IN SHIPPING CONTAINERS

Some of you have had the chance to try our various microgreens this year, and we're hoping to expand upon that for next year. Arugula, kale, basil, pea shoots, sunflowers, and on and on — we love them and we want to have more available for CSA, market and wholesale customers.

But to do that we need better infrastructure. This year we've been growing them in our greenhouse, which works well during the spring and fall, but summer is too hot and winter is too cold to grow reliably. So we've been excited to research using a shipping container to create a microgreen-specific growing facility.

The south side and portions of the roof are removed and replaced with clear panels, the container is insulated and then retrofitted with power and water — sounds pretty straightforward!

There has been significant buzz around the country lately regarding "container farming," where vertical, hydroponic vegetable production takes place within a small, controlled environment ([see this WSJ article](#)), however the biggest stumbling block is of course energy.

Heating and cooling a facility year round requires a lot of energy, and so we're hoping to use a low-grade geothermal system to maintain steady temperatures. Luckily, microgreens are happiest in the 50-70 degree range, which is the ballpark ground temp about 6 feet down, so by installing tubing deep in the soil and pumping air through it, we can warm the outside air in the winters and cool it in the summers!

...At least, that's what's in my brain right now! Any engineers who want to work for veggies — let us know!

August 31st, 2016

Farm News

This Week's Share

Arugula (Medium & Mini)

Cherry Tomatoes

Melons

Sweet Peppers

Basil

Cucumbers

Tomatoes

Squash or Zucchini

Chickens for Sale!

We have chickens for sale at pickup! This week they will be **FRESH**, and you can reserve yours by following this link:

<http://www.robinettefarms.com/store/3112>

Eggs for Sale!

We will have eggs for sale at CSA pickup for \$5 per dozen. Just ask for them at pickup!

As always, we will happily reuse your clean and sturdy empty egg cartons.

Recipes

Arugula, Melon & Feta Salad

Ingredients

- arugula
- watermelon, rind and seeds removed, and cut in 1-inch cubes
- good feta cheese, 1/2-inch diced
- Basil to taste
- Your fav vinaigrette

Directions

Place the arugula, watermelon, feta, and basil in a large bowl. Drizzle with enough vinaigrette to coat the greens lightly and toss well. Taste for salt, pepper, additional basil and serve immediately.

Gazpacho

- 1 1/2 pounds ripe tomatoes (about 5-7), chopped
- 3 cups stale bread, torn into bite-size pieces
- 3-4 cups vegetable or chicken stock
- 1/4 cup best-quality extra virgin olive oil
- 2 tablespoons freshly squeezed lemon juice

- 1 red onion, finely chopped
- 1 cucumber, peeled, chopped
- 3 tablespoons fresh cilantro, chopped
- 2 tablespoons balsamic vinegar
- 3 cloves garlic, minced
- 1/2 teaspoon ground cumin
- Coarse salt and freshly ground pepper, to taste

Directions

In a large non-reactive bowl, combine all ingredients. For the broth, begin with 3 cups. Working in batches, purée in blender. If consistency is too thick, add more broth. Once entirely blended, pour back into bowl and cover. Chill at least 2 hours in the refrigerator, preferably overnight for flavors to come together. Check for seasoning and adjust if necessary and stirring well, or pulsing in blender before serving. Garnish with cucumber slices, a sprig of cilantro, and/or chopped red onion.

- [Roasted Red Pepper Hummus](#)
- [Video on Cutting Up a Chicken](#)
- [Summer Chicken Stuffing Recipe](#)
- [5 Whole Grilled Chicken Ideas](#)
- [Quick Fresh Tomato Sauce](#)
- [6 Recipes with a Pint of Cherry Tomatoes](#)

Agriculture in the News

A recent opinion piece in the New York Times called [“Health Secrets of the Amish”](#) argues (with some good research evidence!) that astoundingly low levels of asthma and allergies found in Amish children may be due to the very close ties these communities have to agriculture. Specifically, exposure to microbes found in the “cowshed” both in utero and while growing up help build robust, healthy immune systems. Don’t forget, we’re part of nature too, so don’t isolate yourself!



This week we have “extra” sweet corn if you want to try it! It didn’t turn out very beautiful, so it won’t be an official part of your share but it’s still very tasty. Those @\$\$# grasshoppers chewed all the silks resulting in poor pollination, hence the missing kernels. Maybe next year?