



CSA Newsletter

Volume 7
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Welcome!

Welcome to Maplewood's 2011 CSA season! We're so happy to have you as a CSA member this year. This is our seventh CSA season and our third season delivering to 179 High Street! Thank you to Kathy and Bill Dudley for hosting our FREE St. Albans site again. Every week I'll have a brief newsletter for you to keep you up to date on the happenings at the farm. I'll also include tips and recipes for the contents of your box. Thank you all for supporting local agriculture and our efforts to farm organically! As I mentioned in your email last week our shares are starting out very light this year due to the ridiculously wet spring's effect on our soils. Just remember that come mid-summer, you're going to be receiving \$30-\$40 worth of produce each week! We are catching up on planting and everything is looking good.

Our Interns and Volunteers

We are so lucky to have a great crew this season and to have had some early starters. We kicked off our greenhouse season with Ashlyn from North Carolina who stayed for about a month before heading to Farm and Wilderness Camp for the rest of the season. She had never been in the Northeast during the winter. Next came Gaby from Manhattan who will be with us into August when she leaves to start engineering school. Gaby dove right in to working with the cattle and the greenhouse. She makes a killer granola and traditional Challah bread. She'll be baking bread for our bread shares while she's here. Andrew arrived on the farm next. He hails from Connecticut with a music degree and is a classical guitar player. One of his early jobs was helping to plant our 500 pounds of seed potato. He and Gaby learned very quickly how to handle our cattle in the field. This enabled Eric and I to take a business trip in May. Less than a month ago, Amy flew in from Wisconsin where she is a college student with an Applied Science major and Plant Science minor. Her internship here counts for school. She is psyched about learning every bit she can and let me know early that she'd be "picking my brain" this summer. We were also very fortunate to have two volunteers, Gaby's close friends, Nick and Zoey, spend a few weeks with us to help us get caught up on planting. We have one more intern yet to come in July...Grace. I'll tell you more about her when she arrives!

100% Grass-fed, Certified Organic Beef

We have beef on hand right now and can deliver it to you at your weekly pick-ups. We also have larger freezer beef packages available. Visit our website for details about our delicious beef:

<http://maplewoodorganics.biz>.

Preview Your Weekly Share Every Friday!

Every Friday you can go online to Maplewood Organics' website to view what will most likely be in your share the following week. Just go to <http://maplewoodorganics.biz> and view the section on the home page labeled "Farm Posts". This is where I'll post CSA share contents this year. We hope that this helps you plan your weekend shopping and your meals for the week! Please let us know if you use this Maplewood CSA feature!

Still Room in the CSA – Summer and Winter

We do still have room for CSA members! If you know of someone who might enjoy participating, please send him or her our way (<http://maplewoodorganics.biz>), or pass their address on to us so that we may mail or email them a brochure.

We also still have some winter shares left! If you are interested in this option this year, it would be a good idea to reserve your spot soon with a \$50 deposit! The last three years we sold out and had a waiting list! Don't wait too long!

Recipes of the Week

Risotto with Leeks and Radicchio

There's something so wonderfully subtle about a creamy risotto. This one gets some extra zest from leeks, garlic, radicchio, Parmesan, and Italian parsley.

Ingredients:

- 2 Medium leeks, white part only, cleaned and sliced thin
- 2 Cloves garlic, minced
- 1 Tablespoon olive oil
- 1 Cup Arborio rice
- 3 Cups chicken or vegetable broth
- ½ Cup radicchio (or endive)
- ¼ Cup fresh Parmesan, shredded
- 3 Tablespoons snipped Italian parsley
- Green onions
- Cracked pepper

Cook the leeks and garlic in hot oil in a large saucepan until they're fork tender. Add the uncooked rice. Cook and stir over medium heat for about five more minutes. Bring the broth to boiling in a medium saucepan, reduce heat and simmer.

Slowly add 1 cup of the broth to the rice, stirring constantly. Be careful of spattering, as the broth will steam when it comes in contact with the hot pan. Cook and stir over medium heat until the broth is fully absorbed. This should take about five minutes.

Add 1 ½ cups of the remaining broth, just a half-cup at a time, stirring constantly after each addition until the broth is absorbed. Stir in the remaining broth. Continue to cook and stir until the rice is slightly creamy and just tender. If necessary, you may add additional broth. When the rice is just tender, stir in radicchio, Parmesan cheese, and parsley.

Garnish with green onions and serve immediately. Pass cracked pepper.

This recipe makes 6 first-course servings.

Cilantro Pesto

- 1 garlic clove, peeled and coarsely chopped
- 1 bunch fresh cilantro, lightly packed
- 1/8 cup olive oil
- 1 tablespoon toasted sesame oil
- 1 tablespoons lemon juice
- salt and pepper to taste

Directions

1. Place the garlic and cilantro in a food processor fitted with a metal blade. With the processor running, slowly add the oils, lemon juice, salt, and pepper. Process until smooth.

Please email or call with any questions about your share!

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Check out Hannah's new website <http://theorganicmother.com>. Please comment on posts.