



CSA Newsletter

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Welcome!

Welcome to everyone starting this week 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 fourth season doing a workplace delivery! Along with your share, you'll be receiving a newsletter with news from the farm and recipes for the contents of your share. Starting Thank you all for supporting local agriculture and our efforts to farm organically! As I mentioned in your email two weeks 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. Eric re-tilled a couple more sections yesterday to knock out one more week flush. In go the transplants!

Our Interns and Volunteers

We are so lucky to have a great crew this season and to have had some early starters. We've had some awesome short-term volunteers: Ashlyn from North Carolina and Nick and Zoey from New York City. We also have three incredible interns: Gaby from New York City, Andrew from Connecticut and Amy from Wisconsin. We'll soon be joined by Grace from the Rochester, New York area. This is a hard-working, dedicated crew eager to learn it all!

On the Farm

We decided to make round bales this year for our winter feed for the cattle. Eric did it all in one four-day run a few weeks ago, mowing for 19 hours the first day. By baling 120 acres all at once, he'll have very consistent, high quality feed all winter long. We had the unfortunate news of our herd being 100% open this year...Harvey the bull didn't work out after producing four calves the year before. But we're making the best of it! We've added some beautiful white Galloway breeding stock, two who will calve this fall. We're also shopping for another proven bull or two to get the genetics we want into the herd. We're moving away from the black Galloways and toward the red and white because of their better heat tolerance. They all put on an extra coat of hair in the winter.

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. Please place your orders for Monday by Sunday noon and we'll bring it along with your vegetable share. 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, or pass their address on to us so that we may mail or email them a brochure.

We also still have a few 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

Wild Leek OR Garlic Scape Pesto

adapted from <http://nami-nami.blogspot.com>

a bunch of wild garlic and/or garlic scapes, rinsed and drained

1/2 cup Parmesan cheese, grated

1/2 cup raw whole almonds

5 Tbsp extra virgin olive oil

sea salt and freshly ground black pepper

Place almonds and cheese into a food processor and blitz into fine crumbs. Add wild garlic, process again until you've got a coarse pesto. Now add the oil little by little, with the machine still running.

Season with salt and pepper.

If you want to keep your pesto for a few weeks, then place into cool sterilised jars and pour a layer of olive oil on top. Keep in the fridge.

Vegetarian Wilted Salad

adapted from <http://neatstuff.info/vegetarian-no-bacon-wilted-lettuce-salad>

Most wilted lettuce salads call for bacon – delicious, but not always the right choice for dieters. If you'd like to enjoy a vegetarian version of this interesting salad, give this recipe a try.

fresh leaf lettuce, chopped or shredded (tender types like Romaine work best)

salt and pepper to taste

1/4 cup apple cider vinegar

1/4 cup water

2 Tbsp. sugar

1 1/2 tsp olive oil

1/4 cup finely chopped onions

dash of liquid smoke (optional)

Wash and chop lettuce. In measuring cup or small bowl, combine water, sugar, and vinegar and mix well. Heat oil in frying pan and cook onions over medium high heat until they just begin to brown (this happens fast, so keep an eye on them!) When the onions have started to turn brown, add the liquid mixture and stir. Bring to a boil, then remove from heat. Add liquid smoke now, if desired.

Pour hot dressing over lettuce and toss well.

An alternate way to achieve the wilted lettuce salad texture is to cook your veggies and add them to your shredded lettuce while they're still hot.

***If you want to go the traditional way, instead of water, use bacon grease.**