



# CSA Newsletter

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## Week 3 - Bounty is around the corner!

I rode out to our far garden this Sunday with my daughter, Madeleine, to check out a few vegetables planted there. I was able to find a handful of radishes ready and the Swiss chard is almost ready too. On our way back to the barn to report our findings, we stopped in the potato patch and decided to dig into the side of a hill with flowering potato plants. We saw little, tiny nickel sized potatoes forming! It won't be long now! I'm so excited to get more in your shares very soon.

## The Gardens

We are continuing to plant both transplants and seeds to keep the favorites coming regularly starting in a few weeks. This week we put out more Swiss chard, lettuce, kale, and onions. This week we'll be planting more carrots, beets, radishes. We're still working on getting all of the plants out of the greenhouse so we can plant in the ground there too.

We've also been weeding by hand and by hoe. It moves quickly with four people weeding away! It looks like tomorrow will be dry enough for the tomato twine to go up to support our tomatoes as they grow. We're noticing fruit forming now.

Our first whole garden application of Sea Crop went on yesterday too! These amazing sea minerals, stimulate plant growth and soil microbial activity. It's really exciting stuff! We'll be adding in our other organic fertilizers for the field this week too!

The gardens are looking good. I think you'll be pleased with what will be coming out in the coming weeks!

## On the Farm

This year we are hosting Tyler Place guest tours every Tuesday afternoon. Eric and I tell them a bit about the history of our farm and Maplewood Organics and walk them around to different areas of the farm. We introduce them to greenhouse production, garden implements that we use on the tractor and four-wheeler, our pasture-raised chickens, and our bull paddock. The visiting children have transplanted vegetables into pots, have tasted garlic leaves and green onions, have fed, held and pet our chickens, collected eggs, and have sat on our tractor. We've had many visitors with great questions about what is involved in being a certified organic farm, the specialized system of grazing we use, what we do about pests and predators, just how many hours we put in, and how we attempt to balance our lives. We've really loved the interactions so far and are really enjoying teaching families every week about regenerative agriculture. We want to do more of it.

## 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 Thursday by Wednesday noon and we'll bring it along with your vegetable share. Visit our website for details about our delicious beef: <http://maplewoodorganics.biz>.

## New Partnership!

We are excited to announce a new partnership between Maplewood Organics and TeenyTinyKitchen.com. Our CSA member Launie Kettler and her husband Jedd are the amazing writer and photographer for this blog. Please visit it soon and read about their adventures with this year's CSA share!

<http://www.teenytinykitchen.com>. You can also jump to their site from our two websites where I've also introduced them: <http://maplewoodorganics.biz> and <http://theorganicmother.com>.

***Please find us on Facebook and Twitter (maplewoodvt and organicmother74).***

## 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

**Ev's Salad** (provided by *Launie Kettler* of <http://www.teenytinykitchen.com>)

Lettuce  
Tomatoes  
Onions or scallions  
Toasted sesame seeds  
Toasted sunflower seeds  
Green beans  
Pea pods  
Carrots  
½ of a pear or apple or ¼ cup of dried cranberries

**Lemon Dill Vinaigrette** (provided by *Launie Kettler* of <http://www.teenytinykitchen.com>)

1/3 cup olive oil  
3 tablespoons fresh lemon juice  
1 tablespoon of fresh dill  
1 tablespoon minced shallot  
1 1/2 teaspoons Dijon mustard  
1/2 teaspoon grated lemon peel  
Salt and pepper

**Wine Battered Fried Scallions** (provided by *Launie Kettler* of <http://www.teenytinykitchen.com>)

1 cup of flour  
1 cup of white wine  
Pepper and paprika  
Vegetable oil for frying  
2 bunches of scallions  
Sea salt to finish  
Heat 1 inch of vegetable oil in a large frying pan to 350 degrees. Mix the wine, flour, pepper and paprika together in a large bowl. Wash and trim the scallions, then dredge in the batter. Fry until golden, about 3-5 minutes.

**Mustard horseradish dipping sauce** (provided by *Launie Kettler* of <http://www.teenytinykitchen.com>)

1 tablespoon of grainy mustard  
1 tablespoon of horseradish  
1 tablespoon of chives (*green onions*)  
Mix together the mustard, horseradish, and chives.

**White Bean and Garlic Scape Dip** *from* [www.2sistersgarlic.com](http://www.2sistersgarlic.com)

1/3 cup sliced garlic scapes (3 to 4)  
1 tablespoon freshly squeezed lemon juice, more to taste  
1/2 teaspoon coarse sea salt, more to taste  
Ground black pepper to taste  
1 can (15 ounces) cannellini beans, rinsed and drained (*or dried beans, soaked overnight and precooked*)  
1/4 cup extra virgin olive oil, more for drizzling.  
In a food processor, process garlic scapes with lemon juice, salt and pepper until finely chopped. Add cannellini beans and process to a rough purée.  
With motor running, slowly drizzle olive oil through feed tube and process until fairly smooth. Pulse in 2 or 3 tablespoons water, or more, until mixture is the consistency of a dip. Add more salt, pepper and/or lemon juice, if desired.  
Spread out dip on a plate, drizzle with olive oil, and sprinkle with more salt. Serve with bread, tortilla chips, etc.