



CSA Newsletter

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Week 4 - cooking greens

We are thrilled to be including kale and Swiss chard for the first time this week! I've already sautéed kale and have put it in a cheesy potato casserole. Yesterday, we had Swiss chard ribbons in our green salad and wilted in our scrambled eggs. These greens are so versatile! You'll find some recipes on the back side of your newsletter.

The Gardens

The far garden where we hoed last week looks so good! Everyone worked very hard to get the garden in good shape. The tomatoes have the first level of twine to hold them up. Yesterday, we started trellising the peas and hand weeding the carrots.

After all the rain we got Sunday night (3 inches in about an hour) the gardens are mushy again. With the heat and sun this time of year, everything should dry out quickly. We're trying not to walk in it more than necessary while it's still soft. Walking in the mush will just compact the soil.

Richard, Eric's dad, helped us out by cutting more maple saplings in the woods and bringing them back for our pole beans. We were about 12 teepees short. Amy and Grace put them in on Friday. The pole beans look amazing and are starting to climb. We planted a traditional Three Sisters garden this year by our old creamery with pole beans, Maddy and Calvin's sweet corn and Jack-o-lantern pumpkins. When you come visit ask to see it!

One of our projects this week is to weed the garden behind the house. The mulch worked to keep the weeds down for a little while, but they're starting to come through. With many of the vine crops there, we won't be able to mow in between. I'd like to get more mulch to pile in...we'll see what we come up with.

On the Farm

We'd like to welcome our last summer intern, Grace, to the farm! Grace is from the Rochester, New York area. She is entering her senior year of high school. Grace has an interest in farming and environmental science. She is a friend of our former intern, Hannah, and may end up going to the same college Hannah graduated from. Grace is having an adventure tenting in the open hay mow this summer. After a short tour with her family on Friday, she jumped right into work on the farm. We're so happy to have her here to complete our summer crew!

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 for the month of August. Please place your orders by August 1st. 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

Oh my gosh!!! Visit this website for LOADS of ideas for your cooking greens!

http://www.eatingwell.com/recipes_menus/collections/healthy_winter_greens_recipes

Here's one recipe from there:

Skillet Gnocchi with Chard & White Beans *From EatingWell: January/February 2009*

In this one-skillet supper, we toss dark leafy greens, diced tomatoes and white beans with gnocchi and top it all with gooey mozzarella. Serve with a mixed green salad with vinaigrette.

- 1 tablespoon plus 1 teaspoon extra-virgin olive oil, divided
 - 1 16-ounce package shelf-stable gnocchi
 - 1 medium yellow onion, thinly sliced
 - 4 cloves garlic, minced (you can substitute your garlic scapes!)
 - 1/2 cup water
 - 6 cups chopped chard leaves, (about 1 small bunch) or spinach
 - 1 15-ounce can diced tomatoes with Italian seasonings
 - 1 15-ounce can white beans, rinsed (*or soak dry beans over night, change water and cook for about 30-40 minutes*)
 - 1/4 teaspoon freshly ground pepper
 - 1/2 cup shredded part-skim mozzarella cheese
 - 1/4 cup finely shredded Parmesan cheese
1. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add gnocchi and cook, stirring often, until plumped and starting to brown, 5 to 7 minutes. Transfer to a bowl.
 2. Add the remaining 1 teaspoon oil and onion to the pan and cook, stirring, over medium heat, for 2 minutes. Stir in garlic and water. Cover and cook until the onion is soft, 4 to 6 minutes. Add chard (or spinach) and cook, stirring, until starting to wilt, 1 to 2 minutes. Stir in tomatoes, beans and pepper and bring to a simmer. Stir in the gnocchi and sprinkle with mozzarella and Parmesan. Cover and cook until the cheese is melted and the sauce is bubbling, about 3 minutes.

Drying herbs

Before you go to bed, rinse your herbs in cold water. Pat dry. Lay out single layer on cookie sheets. Turn oven on the lowest temperature (170-200) and allow to preheat. When preheated, place cookie sheets in the oven and close the door. Turn the oven off and leave yourself a note on the oven door. In the morning, your herbs should be dry and ready to jar up for use all year! Dried herbs make a great holiday gift too!

Mixed greens salad

You can make a large salad with lettuce, kale and Swiss chard ribbons, radishes (sliced thin), parsley and basil (chopped fine), green onions (chopped), and garlic scapes (chopped)! You could use everything in your share to make a giant salad to last the week. Toss with flax or sunflower oil and apple cider vinegar. If the cooking greens are too much for you in the salad, try cutting just a leaf or two into ribbons.

Please visit our website to read our past newsletters and recipes if you're looking for more ideas. Only this year's newsletters are there so far, but I'll be working on getting all of our newsletters from 2005 on archived on our website.

<http://maplewoodorganics.biz>