



CSA Newsletter

Volume 7
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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. Sunday, we had Swiss chard ribbons in our green salad and wilted in our scrambled eggs. Yesterday we had them sautéed with green onions over rice pasta. 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

Check out our July 5, 2011 newsletter for a recipe from this website:

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.

Chicken With Roasted Lemons and Olives on Swiss Chard from *Launie Kettler of www.teenytinykitchen.com*

2 large lemons

4 thin chicken breasts

3/4 cup of Flour

Olive oil

Salt and pepper

2 cups of chicken broth

1/3 cup of vermouth

1/3 cup of chopped olives

A handful of chopped **parsley**

1 bunch of **swiss chard**

2 teaspoons of dried chili flakes

Preheat the oven to 325 degrees. Cover a baking pan with parchment paper and brush with olive oil.

Slice the lemons, brush with olive oil and salt lightly. Roast the lemons for about 20 minutes, or until they are dried out and slightly brown around the edges.

While the lemons roast, start the chicken. Preheat a large frying pan on medium heat, with enough olive oil to cover the bottom of the pan. While the pan preheats, take the flour and put it in a shallow pan with salt and pepper to taste. Dredge the chicken in the flour. When the pan is hot but not smoking add the chicken breasts and cook approximately 7 minutes on each side, until brown.

When the chicken breasts are done, let them dry on paper towels. Then add the chicken broth and deglaze the pan. Make sure you get all of the brown bits up, there's gold in that brown sludge. When you finish deglazing the pan, add the olives, roasted lemon slices, olives, vermouth and parsley. Let the pan sauce reduce a little bit. Taste it, and hum.

Rinse the swiss chard really well and pat it dry. Preheat a couple of tablespoons of olive oil and the chili flakes in a large frying pan.

Add the swiss chard and stir constantly with tongs until it shrinks down and is done.

Serve the chicken on the swiss chard and top with the pan sauce.

Serves 2 people for 2 nights, or 4 people in 1 night.

Green Olive Tapenade

from Launie Kettler of www.teenytinykitchen.com

1 cup of green olives

1/4 cup of parmesan.

2 tablespoons of olive oil

2 tablespoons of capers

a handful of **parsley**

1 tablespoon of lemon juice

Mix all of the ingredients in a food processor.

Serve on a bed of baby greens lightly dressed with olive oil.

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>