



CSA Newsletter

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Week 5

It was so much fun to dig the new potatoes for you yesterday! Sunday night is family dinner night at Eric's parents' house and intern dinner night at our place. The interns just couldn't resist those fresh new potatoes. Combined with kale and cheese, they make an awesome comfort meal!

We also had the pleasure of picking our first sugar snap peas! If you don't know, eat the whole sweet, crunchy pod. This is one of the kids' favorites. I'll never forget the first time I met a dear friend at the farmers' market with her little one just 11 months old munching on these delicious peas.

The Gardens

The garden behind the house is weeded! ...for now. It looks really great! The vines are just taking off. There are tiny cucumbers forming, yellow squash growing and lots of blossoms everywhere. We took one final sweep of the garlic to get any scapes that we missed last week. It won't be long now and we'll be digging up our garlic to dry. Exciting!

Yesterday, Eric and Andrew hilled the potatoes again after we dug out your new potatoes. We may till in between the rows and hill one more time. I noticed the onions started to bulb up now that the days are getting shorter. This is their cue to fatten up. The kale in the big garden is just beautiful. We planted mostly lacinato kale this year, our favorite for color and flavor. We end up freezing and drying a good deal of kale to get us through the winter.

You should see the pole beans climbing the poles now! It won't be long and they'll reach the top! I'm looking forward to our first beans this year. We planted more pole beans and less bush beans for ease of picking. I'd like to continue to move away from the bush beans for that reason. We had a lot of beans for you last year and it was tough on the back and the morale. Pole beans will make the crew a lot happier!

Our far garden is really producing great now. We have beautiful lettuce, peas, Swiss chard, radishes. Soon we'll be harvesting beet greens. The broccoli plants look great. And we have a good number of green tomatoes working on ripening. Last night we planted the last space we had left out there in a couple hour rush before supper. What's still in the greenhouse needs a little help from the organic fertilizers we have, so we watered in the transplants really well with our special drench.

On the Farm

Madeleine and Calvin are home with us now more. Last summer since we were short-handed, the children went to day care four days a week. This was difficult for me to do. This year we have them home all but two days. So you'll be seeing them most weeks at the hospital deliveries. They've gotten so big now and can help out and play well together while work is being done. They have all kinds of places to make fun around the farm. The latest favorite spots are upstairs in the barn where we're collecting large boxes with which to build a castle and on Andrew's hammock over in the horse barn section of the big barn. They've been having black raspberry and red raspberry picking adventures with their Memere. They've gone out in the woods with their Pepere. They take rides on the four-wheeler with whoever will take them, and spend time with Eric and I while we work. They've also managed to fit in some splashing in their little pool and lots of sports and gymnastics practice. Life is good!

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. Our beef has been selling out fast, so act soon! Visit our website for details about our delicious beef:

<http://maplewoodorganics.biz>.

Please find us on Facebook (Maplewood Organics and The Organic Mother) and Twitter (maplewoodvt and organicmother74). We have a new email list sign up on Facebook!

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

Sauteed Greens

1 1/2 pounds young kale and Swiss chard, stems and leaves coarsely chopped
3 tablespoons olive oil or sunflower oil
2 garlic scapes, finely sliced
1/2 cup vegetable stock or water
Salt and pepper
2 tablespoons balsamic vinegar

Heat olive oil in a large saucepan over medium-high heat. Add the garlic scapes and cook until soft, but not colored. Raise heat to high, add the stock and kale and toss to combine. Cover and cook for 5 minutes. Remove cover and continue to cook, stirring until all the liquid has evaporated. Season with salt and pepper to taste and add vinegar.

Quinoa Salad with Sugar Snap Peas

1/2 pound sugar snap peas
1 1/2 cups quinoa, rinsed and drained
1/4 cup plus 1 tablespoon extra-virgin olive oil (substitute local sunflower oil)
3 tablespoons apple cider vinegar
Sea salt and freshly ground pepper
1/2 cup salted sunflower seeds
1/2 cup minced chives or green onions

1. In a small saucepan of boiling salted water, simmer the peas until bright green and crisp-tender, about 1 minute. Drain and spread out on a large plate to cool, then pat dry. Cut the peas on the diagonal into 1-inch pieces.
2. In a small saucepan, combine the quinoa with 2 cups of water and bring to a boil. Cover and cook over low heat until all of the water has evaporated and the quinoa is tender, about 15 minutes. Uncover and fluff the quinoa, then transfer to a large bowl and let cool to room temperature.
3. In a bowl, combine the oil and vinegar and season with salt and pepper. Add the peas to the quinoa with the sunflower seeds, chives and dressing; stir. Season with salt and pepper and serve at room temperature or lightly chilled.

Make Ahead The salad can be refrigerated for up to 6 hours.

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>

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