



CSA Newsletter

Volume 7
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Week 5

Yay new potatoes! We've already had them in cheesy kale and potato casserole, in frittatas and just boiled up with some butter and sea salt.

We served kale chips to two groups this week - a grazing class and Tyler Place guests here for a tour. They were a hit! The kids were standing by the bowl eating them like potato chips.

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 (I've picked 7), 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!

Sunday, 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. Sunday 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. The crew has been working on weeding in the big garden this week in the parsnips, carrots, beets, Brussels sprouts, and fennel. The leek row is the next to get tackled.

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 *All recipes today from www.teenytinykitchen.com*

Grilled Potato Salad with Snap Peas

6 new potatoes, halved

1 cup of sugar-snap peas, trimmed, halved

4 sliced radishes

4 sliced scallions

¼ cup of olive oil plus 1 tablespoon for coating potatoes

Salt and pepper

3 tablespoons lemon juice

1 tablespoon of dijon mustard

1 tablespoon of fresh dill

Preheat grill. Brush potatoes with olive oil and sprinkle with salt and pepper. Cook potatoes on grill approximately 7 minutes a side or until easily pierced by a fork. Let the potatoes cool slightly and then add to a bowl with the peas, scallions and radishes. Mix together the olive oil, lemon juice, dijon and dill. Pour dressing over the potato salad.

Garlic Lovers Garlic Scape Pesto on Grilled Scallops

4 garlic scapes, bulbs removed, sliced

½ cup of olive oil

½ cup of grated parmesan cheese

¼ cup of pine nuts

¼ cup of almonds

2 teaspoons of lemon juice, or the zest from 1 small lemon

Salt and pepper

In a small frying pan lightly toast the pine nuts with salt. Add the pine nuts, garlic scapes, olive oil, parmesan, lemon juice or zest and almonds to a food processor. Process until smooth.

Grilled Scallops

8 scallops

2 tablespoons olive oil

Salt and pepper

Skewers

Coat both the scallops and the grill in olive oil. Season the scallops with salt and pepper. Place the scallops on a skewer and grill for 3 minutes on each side. Serve topped with the garlic pesto.

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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