



CSA Newsletter

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Week 7

The blueberries have been amazing! I hope you're enjoying them too. I hope we're able to work out a similar deal in future years for our members. Right now I'm working on having a soap vendor on a regular basis. I'm also trying to get popcorn back from our local grower in Franklin. If there are other products you'd like to see in your CSA share or as extras to purchase at your pick-ups, please let me know and I'll see what I can do!

The Gardens

Weeds seem to be the rulers of the gardens right now. We have a new strategy for tackling them...go through and pull the biggest ones first before they go to seed and then go back and do it again! The interns made some amazing progress at the end of the week. The celery row and the beets look really great. Maggie, Eric's mom, has been helping in the early mornings too.

This week we'll be planting some crops for the fall: turnips and rutabagas. I've never grown rutabagas before, so this will be a new crop for the winter share. (There's still room, by the way. A \$50 deposit saves your spot.) We had an unfortunate misunderstanding with the sweet potato order, so we will not have those this year. They will make a return next year. Our celeriac and fennel are looking great! These are two new crops for us this year too! I'm so thrilled to have some of you try them.

Yesterday when I walked through the gardens, I noticed the broccoli starting to form on a few plants. Cabbage heads are starting to form. There are flowers on the eggplant. The pole beans are covered in blossoms. There are small beans on the bush bean plants. So much is happening! Most everything looks healthy and happy. With a little rain over the next couple weeks, the gardens will be ecstatic (and so will I!).

On the Farm - 7th Annual CSA Member Picnic

We are busy planning for our 7th Annual CSA Member potluck picnic on Friday, August 5th. This is the first year that all of our interns will be here to meet you all and enjoy the fun. We also have live music planned provided by two of our talented interns. We plan to have a few simple children's activities (face painting and making butter) in addition to our usual hay ride given by Eric with numerous tour guides on the wagon. We'd also like to throw in some speed weeding and garlic cleaning for anyone who wants to participate. Let's not forget about the food! We'll provide burgers, homemade rolls and fixings and some refreshing non-alcoholic beverages. We'll have compostable plates, but feel free to bring along your own non-disposables. We'll send out an Evite where you can let us know what you'd like to bring for the pot-luck. We also encourage you to invite family, friends and neighbors who are considering joining the winter CSA or the main season CSA next year. Introduce them to your farm!

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 (that's next Monday). 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!

Recipes of the Week

All Raw Cucumber Salad

- 2 large cucumbers, peeled and thinly sliced crosswise
- 1/2 medium red onion, thinly sliced
- 1 teaspoon raw honey
- 1/4 cup raw apple cider vinegar
- Coarse sea salt and ground pepper

1. In a large bowl, combine cucumbers, red onion, honey, and apple cider vinegar. Season with sea salt and pepper and toss to combine.

Herbed Roasted Potatoes

- 2 tbsp. olive oil, divided
- 2 lb. potatoes, halved or quartered
- 2 cloves fresh garlic, minced
- 1 1/2 tsp. fresh summer savory
- 1/2 tsp. dried thyme (or 1 1/2 fresh)
- 1/2 tsp. dried marjoram (or 1 1/2 fresh)
- sea salt and fresh ground pepper

Preheat oven to 450° F. Use some of the oil to coat a heavy baking sheet or pan. Combine potatoes, herbs, garlic, and remaining oil in pan and toss well. Season with salt and pepper. Roast until potatoes are golden brown, stirring frequently, about 40 minutes.

To shorten the cooking time, you can parboil the potatoes for 4-6 minutes before roasting. Drain well, add oil and seasoning and roast for about 20-25 minutes.

Simple Greens (eat plain as a side dish or add to omelets, frittatas, pasta, quiche, risotto, or in soups)

- 1 pound beet greens (2 large or 3 small bunches) - *combine with Swiss chard to make up the difference*
- Salt

- 1 to 2 tablespoons extra virgin olive oil, to taste
 - 2 garlic cloves, minced
 - 1/4 teaspoon dried red pepper flakes (optional)
- Freshly ground pepper

1. Bring a large pot of water to a boil while you stem the greens and wash the leaves in 2 rinses of water. When the water comes to a boil, add 1 tablespoon of salt and the greens. Blanch for 2 minutes, until tender. Transfer immediately to a bowl of ice water, then drain and squeeze the water out from its leaves. Chop coarsely.
2. Heat the oil over medium heat in a large, heavy nonstick skillet. Add the garlic and hot red pepper flakes (if using) and cook, stirring, until the garlic is fragrant and translucent, 30 to 60 seconds. Stir in the greens. Stir for a couple of minutes, until the greens are nicely seasoned with garlic and oil. Season with salt and pepper, remove from the heat, and serve.

Note: Some people enjoy a few drops of lemon juice with their cooked greens, so you might want to pass a plate of lemon wedges.

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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