



CSA Newsletter

Volume 7
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July 28, 2011

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 getting popcorn back from our local grower in Franklin in a couple weeks. 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

Summer squash and beet green torte

from Laurie at <http://www.teenytinykitchen.com>

Olive oil

3 summer squash, sliced

2 large onions, sliced in thick rings

1 bunch of beet greens, chopped

1 tablespoon of fresh garlic

1 pint of cherry tomatoes

1/3 cup of fresh basil

1/2 cup of shredded parmesan

1/3 cup of Panko bread crumbs

3 large sprigs of thyme, remove leaves

1 tablespoon of butter

Preheat oven to 400 degrees.

Divide the onions and squash into one large roasting pan, place the cherry tomatoes in another. Season both with salt and pepper and add olive oil to coat. Mix and add more olive oil if needed. Roast until soft, about 15 minutes.

While the vegetables are roasting, quickly saute the beet greens with chopped garlic, salt and pepper. Set aside.

In a small frying pan melt the butter and add the panko and thyme. Saute until the panko is covered in the butter.

In a well greased springform pan layer the the squash, onions, tomatoes and beet greens. Top with a layer of parmesan and basil. Repeat until all of the vegetables are used. Press down firmly with a spatula. Cover with the panko-thyme mixture. Bake for 30-35 minutes. Let the torte sit for 10 minutes before removing the side of the springform pan.

Serves 4-6.

Tabbouleh

from Laurie at <http://www.teenytinykitchen.com>

1 cup of bulghur wheat

1 1/2 cups of boiling chicken broth

1/4 cup of lemon juice

1/4 cup of olive oil

1 bunch of sliced scallions (white and green parts)

1 cup of chopped flat-leaf parsley

1 cucumber, diced

2 cups of cherry tomatoes, cut in half

Pepper

In a large bowl combine the bulghur, chicken broth lemon juice and olive oil. Stir and let sit covered for an hour.

Add the remaining ingredients and stir well to combine. Refrigerate for at least 2 hours to allow the flavors to combine.

Serves 4.

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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