



CSA Newsletter

Volume 7
Issue 11- Farm and High Street
August 25, 2011

Week 11

We managed to get a good amount of planting done this week behind the house and in the greenhouse. With the rain we've gotten, the seeds should germinate well! This was a weeding week and a week for cleaning garlic as well. We're making headway! Today the compost pile weeds will be tackled while the NMC delivery is being made. We have to clean up the piles for use this fall. Soon, the cucumbers will be tilled in with compost to get ready to plant garlic. We're doubling the amount we planted last year. We strive to do this every year. This year for the first time we have garlic to sell!

Eating is an Agricultural Act - Amy Murray, intern from Wisconsin

"Eating is an agricultural act", or at least that's what the magnet on the fridge of the Noel house says and over the course of three months I have learned exactly how true this statement is. The moment I stepped onto the Noel family farm, I knew I was going to have an interesting summer. For those of you who know me, I am intern number three to come this summer. My name is Amy, and I hail from the lovely state of Wisconsin. As per usual, I was supposed to write an article for the newsletter weeks ago but have left it to the last moment, and will now attempt to sum up my last three months in, as Hannah told me, one paragraph. My last three months was educational, a little bit ridiculous (you try sharing a bathroom with 8 other people) and amazing. I have learned so much at the farm and will go home knowing much more than what I came with. Who knew that in the course of a summer I would find out how to harvest, wash and prepare over 15 vegetables and fruits, bale hay, take care of chickens and cattle and learn how to bake bread. What's even more amazing is that Hannah has taught me that kale can be eaten in any dish, as well as most of the edible and medicinal plants around the farm. Furthermore Eric has taught me if you want to round up a chicken that's loose, go from behind them or you will spend hours trying to catch one chicken as well as changing oil on a car (after all he is the organic mechanic). Not only do the Noels take you in, they feed you, house you and teach you as much as they can about their farm, with not only love but also a little bit of humor. As I round up my last week at the farm, I can only help to think of the magnet on the fridge, "Eating is an agricultural act", and no one will know how true that is until you've worked at Maplewood Organics.

On the Farm - More Good-byes

This week we say farewell to two more interns. It's hard to believe that summer is nearly over and everyone will be going back to school in just a week or two. That is the case for both Amy and Grace both entering a senior year, Amy at University of Wisconsin - Stout and Grace at her high school in Irondequoit, New York.

Amy joined us in May, ready for an adventure far from home. She dove right into her internship building bird houses and fixing things around the farm. She has asked questions and has tried everything this summer, working to get the most out of her summer of hard work. Amy leaves the farm Saturday.

Grace came to the farm last in early July. Her first day was spent installing the 12 foot tall poles for the pole beans. Grace loves the chickens and wants to find a college that will let her keep her own chickens at school. She has shown herself to be self-motivated and detail oriented, real plusses on a busy organic farm. Grace will leave Thursday to go on a New England college tour.

Both young women have won our hearts with their humor, willingness to help in whatever comes up and their love for and interaction with our children. We will miss Amy and Grace this fall and hope for visits and to stay well in touch. I tell everyone who asks about what it's like to have interns live with us so much of the year, that we're building extended family. It's certainly true for Amy and Grace.

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 September. Please place your orders by August 22nd for delivery before Labor Day. Our beef has been selling out fast and we have new customers coming on, 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

Sauteed Greens on Orzo with a Spicy Basil Cream Sauce

½ box cooked orzo

1 medium onion, chopped

1 tablespoon of olive oil

¼ cup of white wine

Salt and pepper

1 small bunch of swiss chard, kale or beet greens, chopped

1 cup of whole cream

½ cup of grated parmesan

1 teaspoon of chili flakes

1/3rd cup of basil leaves, chopped

On medium heat saute the onion in olive oil with salt and pepper. When the onion is soft add the white wine and beet greens. When the beet greens have wilted turn the heat to low and slowly add the cream. When the cream is hot but not boiling, add the parmesan and stir constantly. (Even though whole cream is much more forgiving than milk in a sauce, don't let it boil. Boil=breakdown and a broken sauce has made many a person cry.) When the sauce has thickened, add half of the basil and all of the chili flakes. Pour the sauce over the orzo and garnish with the remaining basil.

Serves 2 dinner portions or 4 as a side dish.

Turkey Chili

1 pound of ground turkey

1 tablespoon of worcestershire sauce

1 large onion, diced

2 tablespoons of olive oil

Pepper

2 tablespoons of chili powder

1 tablespoon of cumin

1 tablespoon of smoked paprika

2 chipotles in adobo sauce, diced

½ of a pickled jalapeno (1/4 of a cup)

½ of a 12 oz can of beer (Ale is best.)

1 green pepper, diced

4 tomatoes, chopped

1 can of tomato sauce

Saute the turkey and onion in olive oil. When the turkey is cooked through add the chili powder, cumin, paprika and beer. Stir until the spices are incorporated. Add the green pepper, chipotles, jalapeno, tomatoes and tomato sauce. Bring to a simmer and let cook for at least an hour for the flavors to meld.

Serve with monterey jack cheese, fresh cilantro, and warm flour tortillas.

Serves 4