



CSA Newsletter

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Week 8

Wow! We are right on the edge of a produce explosion! It looks like for the next few weeks there will be multiple new items each week as new crops get ready. Coming up soon we'll have carrots, rattlesnake pole beans, broccoli, and beets. This week we have snap beans (green and yellow), onions and enough cauliflower for everyone. Enjoy the variety!

The Gardens

We're making progress in the gardens. I find that if we set goals for quantity of work to be done, we get more accomplished. We're getting the gardens ready for our party Friday night, so you can all see the farm at its best. We're also working toward getting a small plot ready for you to plant when you're here on Friday. The garlic is all out of the garden and hung in the barn to cure. Yesterday, Eric did a first tilling where the garlic was. In another week or so, he'll till again and we'll be able to plant more fall crops.

So the story this week is that everything is just so dry! We have a sprinkler running in the cucumbers and melons this morning. We're going to have to do some hand watering this evening if we don't get rain. It's amazing how we've come all the way around from a record-breaking wet spring to a drought this summer. We're doing our best to get water where it's needed. We need a better system in place to irrigate our big fields. Right now we just have to pick and choose what we water by hand, six watering cans at a time. We have our big pond up above our biggest garden which we'd like to use to irrigate. We just have to figure out how to get the water in the garden efficiently once we get the water from the pond to the garden edge. Eric's usually talented at working out problems like this. It's a matter of finding the time to do it and raising the funds for the bits and pieces we'll need to make it work.

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've sent out an Evite where you can let us know what you'd like to bring for the pot-luck. If I missed you somehow, please send me an email so I can send one out. 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

Roasted Garlic Cauliflower

2 tablespoons minced garlic
3 tablespoons olive oil
1 large head cauliflower, separated into florets
1/3 cup grated Parmesan cheese
salt and black pepper to taste
1 tablespoon chopped fresh parsley (or 1 teaspoon dried parsley)

1. Preheat the oven to 450 degrees F (220 degrees C). Grease a large casserole dish.
2. Place the olive oil and garlic in a large resealable bag. Add cauliflower, and shake to mix. Pour into the prepared casserole dish, and season with salt and pepper to taste.
3. Bake for 25 minutes, stirring halfway through. Top with Parmesan cheese and parsley, and broil for 3 to 5 minutes, until golden brown.

Oven Roasted Green Beans

Pre-heat your oven to 450°F

1-1 1/2 pounds green beans, stem ends snapped off
1 tablespoon olive oil or sunflower oil
1 tsp. summer savory
1/2 tsp. Sea salt
Freshly ground black pepper

Adjust the oven rack to the middle position. Line baking sheet with parchment paper. Spread beans on baking sheet. Drizzle with oil and use hands to toss green beans to coat the evenly with the oil. Sprinkle with 1/2 teaspoon salt, summer savory and toss to coat. Distribute in one even layer. Roast 10 minutes.

Remove baking sheet and redistributed beans. Put back in oven and continue baking 10-12 minutes until the beans are dark golden brown in spots and have started to shrivel.

Adjust seasonings with salt and pepper.

Oven Fries

2 large Yukon Gold potatoes, cut into wedges
4 teaspoons extra-virgin olive oil
1/2 teaspoon sea salt
1 1/2 teaspoon fresh summer savory

Preheat oven to 450°F.

Toss potato wedges with oil, salt and summer savory. Spread the wedges out on a rimmed baking sheet. Bake until browned and tender, turning once, about 20 minutes total.

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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