



CSA Newsletter

Volume 7
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August 11, 2011

Week 9

We were so glad to get some rain this week! It looks like we should get more this weekend. Looks like we'll be able to have a break from watering select crops by hand. And we can give the well we use to water our garden behind the house more time to recover.

We do have some new items for your share this week: broccoli, basil and carrots! Enjoy!

The Gardens

Our interns did a fantastic job getting the garden behind the house weeded and the green house cleared out and weeded in time for our CSA party Friday! Maggie, Eric's mom, worked many hours behind the house on her days off last week too! The interns also cleaned up the raspberry patch. Aside from how dry those areas are, it looks great all free of weeds.

The onions and the potatoes are already starting to dry down and die back. It won't be long and we'll be doing big harvests of all of them. The tomatoes are looking better with more green tomatoes hanging waiting to ripen. Our eggplant plants look great! They love this heat. Maddy found one eggplant ready yesterday. Our peppers are coming along too. I've seen quite a few small ones. Some of our fall crops are up and growing! We'll get into those rows this week and weed while the weeds are small. We'll be getting the area where the garlic was just harvested ready for planting and the just-cleaned-out greenhouse prepped too. Before we know it, it'll be time to put up our new high tunnel and plant extra fall crops there.

On the Farm - Good-byes and Learning

This is Gaby's last week with us. She's been here working, learning and living with us since March when she had a short overlap with our winter volunteer, Ashlyn. She made her first Maplewood bagels that first week. This summer she has worked hard to provide the bread shares for our CSA members making a wonderful variety of breads. Gaby also took the time early in the season to work with the cattle, learn Eric's grazing system and enable Eric and I to leave for a business trip together for the first time in years. While she's been at Maplewood, she's given so much of herself to the farm, to Eric and I helping with whatever we need and with the children. We'll really miss her! We all wish her the best as she heads off for engineering school and for some college fun.

This coming weekend, the crew and I and the kids are headed to Amherst for the NOFA Summer Conference. We're all excited for the event. NOFA Summer Conference is three days of workshops, great food and social opportunities. There are always two great keynote speakers, dances, films, classroom-style and hands-on style learning opportunities. Usually every year, I get some great idea spark! The children are coming with us this year for the first time in three years. They're both old enough to enjoy the Children's Conference. They're excited too! We'll tell you all about it when we return.

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

All recipes provided by Laurie @ <http://www.teenytinykitchen.com>

Spicy Thai Chicken with Basil

- 4 cooked chicken breasts
- 2 tablespoons fish sauce
- 3 tablespoons of soy sauce
- 1 tablespoon water
- 1 teaspoon honey
- 2 tablespoons of vegetable oil
- 4 large chopped scallions
- 7 chopped Thai chilies (Wear gloves while chopping them!)
- 1 ½ cup basil leaves

Mix together the fish sauce, soy sauce, water and honey. Heat the oil and chop chicken into one-inch pieces. Add the chicken to the pan with the chilies, scallions, sauce and half of the basil. Sauté until the scallions and chilies are soft, about 5 minutes. Serve on rice and top with remaining basil.

Serves 4.

Grilled Chipotle Chicken with Cumin Cream Sauce

- 4 chicken breasts
- 1 tablespoon of chipotle powder
- 1 tablespoon of chili powder
- 1 tablespoon of smoked paprika powder
- 1 teaspoons of cayenne

Mix the spices together on a plate.

Rub the chicken breasts with olive oil on both sides, and coat the breasts on both sides with the spice mixture. Grill both sides of the chicken until done and tent the with foil to keep warm.

Cumin cream sauce

- 2 medium diced red onions
- 2 tablespoons of olive oil
- 3/4 cup of white wine
- 1/3 cup of cream
- 3 teaspoons cumin
- Salt and pepper

In a small saucepan sauté the diced onion in olive oil. When the onions are soft, add the white wine and remove from heat. Stir in the cumin and, when the sauce has cooled for approximately 5 minutes, turn the heat on low and slowly add the cream. Let the sauce simmer but not boil and cook for an additional 5 minutes.

Slice chicken and serve on top of Spanish rice with the cumin sauce drizzled on top.

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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