



# CSA Newsletter

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## Week 9

We were so glad to get some rain last night. It looks like we should get more this week. While we wait, we'll be watering select crops by hand. The well we use to water our garden behind the house has water in it again, so we'll be using that carefully too.

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

### Grilled Beets

2 tablespoons minced garlic  
3 tablespoons olive oil  
1 bunch of beets, greens removed  
salt and black pepper to taste

1. Preheat your grill to medium high.
2. Peel beets if you wish and slice inch 1/4 inch thickness. Toss slices with garlic, oil and salt and pepper.
3. Arrange slices on your grill and let sit until the first side is caramelized. Then turn. Remove from grill when second side is caramelized.
4. Reserve beet greens for a wilted salad or to mix with other braising greens in a stir fry or steamed.

### Spicy Carrot Soup

8 carrots, roughly chopped.  
5 celery sticks, cut into pieces.  
2 cloves of garlic, chopped.  
1 large onion, chopped.  
4 cups of water.  
1 tablespoon of olive oil  
1 teaspoon of curry powder.  
Sea salt.

Heat up the olive oil in a large frying pan over medium high heat; then fry the chopped onion for 4-5 minutes. Add garlic and cook for another 1-2 minutes stirring so as not to burn. Add a teaspoon of curry powder, then stir. Add all of the remaining ingredients except the salt and cook until the vegetables are tender. Mix in a blender or food processor in batches until the soup is smooth. Add salt to taste and serve.

### Basil Mayonnaise

1 cup loosely packed basil leaves  
1/4 cup mayonnaise  
1/2 teaspoon minced garlic  
Blend in food processor or blender until smooth.

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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