



CSA Newsletter

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Week 13

More rain. Just what this poor waterlogged state didn't need. We're flooded now where we weren't after Irene came through. That storm saturated the ground. This weekend's storms are just overflowing... It looks like there's more ahead. Most people can enjoy the sound of rain on the roof. Farmers like us dread the sound of pounding rain. We wake up in the night every time it comes down hard and pray for it to stop. It will be all right. We'll wait through the wet spell, keep the animals moving, stay out of the gardens as much as possible, hoping that the potatoes don't rot in the ground.

In the Garden

Not much is new in the gardens this week. Andrew and I weeded and thinned the new plantings behind the house. They seemed to grow exponentially overnight after that! It was hot work this weekend.

We harvested on Sunday as usual knowing that the heavy rains were coming Sunday night and Monday. The two of us hustled and got it all done by 5:00pm. What a difference in the work load and speed when three workers leave! The fall crops look good so far although, I'm not sure what's going to happen after all the rain this week.

I'm so grateful that we weren't completely flooded last week. The coverage of Irene in Free Press this weekend totally choked me up, brought tears to my eyes. It was hard to see the devastation suffered by so many in our state and heartening to see all of the neighborly help offered in all the hard-hit places. It was also very humbling and made me feel even more grateful than I already was for being spared by this natural disaster.

On the Farm

We've invited a young man from Georgia to join us for the rest of the season. He should be here around the 15th to start work. He's interested in seeing a whole season through, so if it all works out, we'll have at least one person in place for next year! Andrew has also expressed interest in working with us next season. It would be awesome peace of mind to know that we already have interns for the 2012 season.

This morning I woke up to "The heifers are over by the beef herd." To translate, the custom cattle (all the animals from other farmers that we board) had broken through their fence, had walked down the lane and were just a fence line away from our herd (which includes three bulls right now). Eric, Andrew and I went out to round them up. It turned out to be an easy job. Eric simply set up a gate and some fence. The heifers saw him go by on the four-wheeler, turned around and started going back in the right direction. I walked around behind to make sure they were all going down the lane and followed behind until I got to where Andrew was waiting. Eric led the cattle to the fresh pasture. Andrew and I followed behind to make sure they were all in. What a way to start the day!

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. A limited amount of beef is in the freezer. 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

Potato Fennel Braise

- 1 fennel bulb (sometimes called anise)
- 1 large onion, halved lengthwise, then cut lengthwise into 1/4-inch-thick slices (2 cups)
- 1/4 teaspoon black pepper
- 1 teaspoon salt
- 3 tablespoons extra-virgin olive oil
- 1 lb red boiling potatoes
- 1/2 cup water

Trim and discard fennel stems from bulb. Quarter bulb lengthwise and core, then cut lengthwise into 1/4-inch-thick slices.

Cook fennel, onion, pepper, and 1/2 teaspoon salt in oil in a 12-inch heavy skillet over moderate heat, covered, stirring occasionally, until onion is softened, about 5 minutes.

Meanwhile, cut potatoes crosswise into 1/4-inch-thick slices.

Add potatoes and remaining 1/2 teaspoon salt to fennel mixture and cook, uncovered, stirring frequently, 3 minutes. Add water and cook, covered, stirring once, until potatoes are tender, 10 to 12 minutes more.

Fennel Mashed Potatoes

- 1 small fennel bulb
- 3/4 cup milk
- 2 lbs of potatoes (total amount in your share)
- 1/2 cup sour cream (lowfat can be used, but is not recommended)
- 1/2 teaspoon sea salt

Trim stems from fennel and discard.

Slice fennel into small, thin strips and place in large, preferably wide, saucepan over medium-high heat.

Add milk and bring to a boil.

Reduce heat to medium-low, cover, and simmer until fennel is tender, stirring once or twice; this will take about 15 to 20 minutes.

Remove pan from heat, then puree fennel mixture in a blender or food processor until it's fairly smooth.

While fennel is cooking, peel potatoes and cut into quarters.

Place in a large saucepan, cover with water, and bring to a boil.

Reduce heat to medium-low, cover, and boil gently, stirring occasionally, until potatoes are tender; about 20 to 25 minutes.

Drain potatoes well and return to saucepan.

Mash potatoes, then stir in hot fennel puree, sour cream, and salt to taste

If mixture is not piping hot, heat in saucepan, over low, stirring often.

Serve immediately.

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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