



CSA Newsletter

Volume 7

Issue 13- Farm and High Street

September 8, 2011

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

Celery and Apple Salad Dijon

2 Tbsp Mayonnaise

1 Tbsp Dijon-style mustard

1 tsp apple cider vinegar

1/4 tsp raw sugar

1 tsp Minced fresh tarragon leaves (or 1/4 tspn dried tarragon; crumbled)

4 Celery ribs; cut 1 1/2" Matchsticks; plus celery leaves to garnish

1 Crisp tart apple; cut 1 1/2" Matchsticks

In a bowl whisk together the mayonnaise, mustard, vinegar, sugar, tarragon, and salt and pepper to taste until the dressing is smooth and add the celery and apple. Toss the salad and serve garnished with the celery leaves.

Celery Rice Casserole

2 1/2 c chicken or vegetable stock

1 c long-grain brown rice; uncooked

3 c Celery; sliced 1/2" thick

1/2 c Onion; finely chopped

1/2 tsp Marjoram

1/8 tsp sea salt

1/8 tsp freshly ground pepper

Chopped celery leaves; for garnish

Skim the fat from the broth using a bulb type baster. Combine all the ingredients in a 2 quart casserole. Cover the casserole and bake in a preheated 400 degree oven for about 30 minutes or until the rice and celery are tender. Garnish with chopped celery leaves.

Lemony Summer Squash

1 lb yellow summer squash

1 Tbsp Sunflower oil;

1 clove Garlic; minced

1 tsp Dried rosemary; crumbled

2 Tbsp Fresh lemon juice;

Slice squash in 1/4" rounds. Heat oil in a non-stick skillet and cook garlic 1 minute. Add squash and cook, stirring gently, until tender, about 4 minutes. Stir in remaining ingredients and heat through.

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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