



**Only 5 Winter CSA shares left!**

## CSA Newsletter

Volume 7

Issue 16- Farm and High Street

September 29, 2011

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### Week 16

Two more weeks left folks! There are still some new items coming for your shares, so don't miss! Harvest day went smoothly. It makes a big difference for Andrew and I to have Matthew here learning the ropes and pitching in. We got done early while harvesting two more items for your share. We had time to relax a little bit before dinner.

### In the Garden

We're still planting believe it or not! We put in a several more rows of lettuce mix, arugula, radishes, and other greens Friday and Saturday. Half of it is under row cover for a little extra heat to get it going at this time of year when plants generally grow more slowly. Although with these recent warm days, we're getting some bonus growth time!

We're getting pretty used to slogging through the wet and mud at this time of the year. It seems that most of our fall seasons since we started farming in 2005 have been pretty wet. We're wearing our rubber boots day 'round on harvest days. We have standing water in some parts of the gardens. Eric is having to move cattle more frequently so as not to muddy up the fields too much. We usually have our custom cattle on the farm into the third week of November, but have to send them home early if it stays wet. We have to wait and see.

Eric spent all day yesterday building a new 30 by 70 foot garden beside the house for our garlic. He hauled over topsoil and our own compost. Leveled the area and tilled it. The project took all day and into the evening. In between, he checked on cattle and took care of a cow who had trouble delivering a huge calf. His goal was to get the garden finished before the rain begins and to have it ready for planting next Friday. He's amazing and got it done!

### Farm News

Eric will be featured on *Across the Fence* speaking about water quality on our grass-based farm. His on-farm interview is in October, and he'll be in the studio in November. I'll get the air date to you as soon as I have it!

### On the Farm - Events

#### **Garlic Planting - FREE for members, \$10 for non-members**

Friday, October 7th, 8:00am -4:00pm, Rain or shine. Lunch included for those who spend the day. Join us for the full day or come for an hour or two. Learn how to plant garlic for July 2012 harvest!

*Please RSVP 868-5083 or [maplewoodorganics@gmail.com](mailto:maplewoodorganics@gmail.com).*

#### **High Tunnel Raising - \$5 for members, \$20 non-members (includes lunch)**

Date and time: TBA

Join us for an old-fashioned barn raising, high tunnel style. Learn how to construct a high tunnel. Join us for some community building fun!

### 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 October. A limited amount of beef is in the freezer for orders of single cuts (variety of steaks, roasts, and stew meat). 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**

### **Egg, Arugula, and Herb Tartine (open-faced sandwich)**

*serves 1 for breakfast or lunch*

2 thick slices of good bread

2 big handfuls fresh arugula

1 sprig tender rosemary, or a sprinkle of dried rosemary

Several chive stalks

1-2 tablespoons butter

1 egg

Sea salt and freshly ground pepper

Toast the bread and generously butter. Roughly chop the herbs and arugula as the rest of the butter heats in a small cast iron pan. Sauté the herbs and greens for just about a minute or until slightly wilted. Add the egg and quickly cook over medium heat until barely scrambled around the greens.

Remove from the heat. Season with salt and pepper, pile on the toasted bread, and eat immediately.

### **Potato Salad with Yogurt, Arugula, and Herbs**

*serves 4*

1 1/2 pounds new potatoes, cleaned

Sea salt and freshly ground black pepper

1/2 cup whole milk yogurt (Stonyfield Farms or Butterworks)

1/4 cup mayonnaise

1 red onion, peeled and chopped

1 large bunch arugula leaves, roughly chopped

1 small bunch fresh dill, finely chopped

Fill a four quart (or larger) pot 3/4 full of water. Salt generously with at least 1 tablespoon of salt. Bring to a boil over high heat and add the potatoes. Bring back to a simmer and then turn the heat down to medium. Cook for 15 to 20 minutes, or until the potatoes can be easily pierced with a fork. Drain the potatoes and return them to the pot.

Use a fork to pull a hot potato out of the pot, and slice it into quarters. Repeat with the rest of the potatoes, adding them to a large bowl as you cut them up.

Whisk together the yogurt and mayonnaise. Toss the potatoes with this dressing, then toss with the red onion, arugula, and dill. Season to taste with salt and pepper. Refrigerate for at least an hour before serving.

## **REMEMBER TO:**

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>

Sign up for our mailing list on Facebook and receive notices of new Maplewood products like our **NEW** recipe subscription and upcoming cookbook! Please help us spread the word.

<http://www.facebook.com/MaplewoodOrganics>