



June 17, 2010

Greetings CSAers,

In this cold, wet, late springtime, I am reminded of how farming demands that we give ourselves over to nature, abandon all notions of control and simply accept the gifts. Growth is slowed by the cold, so crops normally ready in June - like the peas - will be ready in July instead. Enjoy the greens while we have them. They don't do as well once it heats up.

I will be putting out the newsletter from Detroit next week. I'm going to visit cousins and attend the World Social Forum, the people's alternative to the WTO. Remember the battle in Seattle? The Forum grew out of that gathering. People representing environmental, social justice, and human services groups from around the world will come together to discuss how world trade and international economic machinations can be marshaled to meet basic human needs, improve quality of life for the majority of people in the world (who just happen to be farmers!) and preserve our precious, life-giving earth. I expect to be enlightened, and I will of course be seeking out sister organizations that use agriculture to improve the lives of people with disabilities and support inclusion.

Special thanks to Beth and Sharon who keep you informed of happenings on the farm and find new recipes for what's in your box!

What's in Your Box

- Lettuce - oak leaf, red leaf, or romaine
- Mizuna
- Chard - red or rainbow
- Kale - red Russian here
- Radishes (or Arugula)



Beth's Farm News: What's Growing On

Weeding and thinning the carrots and weeding all the cabbage and broccoli were the major themes for last week's work. Even in the midst of the rain showers, Claire, Trina, Stevie, Kerri, and Erin diligently and delicately teased apart weeds from tiny carrot seedlings. Kirk, Joe, Michael, and other volunteers cleared space around the expanding broccoli and cabbage plants.

I'm seeing several ladybugs and syrphid flies these days, both beneficial insects that eat slugs and aphids. The mustard cover crop I broadcast in February is now a blooming band of bright gold that attracts these garden allies. The Pacific ninebark (*Physocarpus capitatus*) in the native plant border shines with creamy orbs of flowers that also attract pollinators and beneficials. The late spring rains have helped make the farm rather lush with all the different shades of green, from the lawn to the kale leaves to the emerging potato plants. Please remember that you are welcome to come visit the farm to see the ever-growing and changing landscape!



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Recipes

Arugula with Mushrooms and Walnuts *(This sounds good with the Kale, Chard, or Mizuna)*

Arugula-washed and stems trimmed

Mushrooms

Fresh walnut meats

Butter or oil

Vinaigrette

Arugula is a delightful, full-bodied green. Try wilting it in a small amount of salted water. Drain it, then tossed with sautéed mushrooms and fresh walnuts. Dress with a light vinaigrette.

Bitter Lemon, Honey & Sweet Simmered Greens *Use any soft, quick-cooking greens, such as spinach, swiss chard or beet greens, for this recipe, but keep in mind that they have slightly different cooking times. The recipe comes from Eating well.com*

1 1/2-2 lbs swiss chard or other greens

1 1/2 tablespoons extra-virgin olive oil

1/2 teaspoon cumin seeds

2 garlic cloves, thinly sliced

4 slices lemons, 1/8 inch thick, seed removed

1/4 cup reduced-sodium chicken broth, vegetable broth or water

1 tablespoon honey

1/4 teaspoon salt (to taste)

fresh ground pepper

Separate chard leaves from stems and ribs; wash leaves thoroughly and roughly chop; if using stems, rinse and finely chop. Heat oil in a deep sauté pan or Dutch oven over medium heat; add cumin seeds and cook, stirring often, until fragrant, about 1 minute. Add garlic and chard stems; cook stirring often, for 3 minutes more; stir in lemon slices. Add the leaves in 2 batches, allowing them to wilt before adding more; add broth (or water), honey, salt and pepper; Cover and cook until greens are tender, 1 to 2 minutes more (10 - 15 minutes for kale). Serve hot or warm.

Enjoy!