

Dharma Ridge Farm

CSA newsletter

Week three

June 25, 2008



What's in the box?

- 1# Broccoli
- Kale
- ½# salad
- Green butter lettuce
- Red leaf lettuce
- Beet greens/mini beets
- Parsley
- Garlic scapes

Hello all!

Please bear with me while I figure out this newsletter layout. Computers are really not my thing, it drives me a bit mad, I must confess.

Whew, glad I got that off my chest.

I hope you all enjoyed your carrots last week we planted them just for you. They were planted in the greenhouse in March intended as a little treat for our CSA members. We could only afford to plant a small bed as space in the greenhouse is saved for tomatoes. I am telling you this in case you are desperately searching your box for another bunch. Never fear, the field carrots are just a few weeks away.

This week brings the first of the broccoli and we are giving it all to you. Be sure to cook up and eat the stalks too, they are very good . Surprise! There's more kale! I hope you enjoy it as the flea beetles have eaten their way through the arugula and we can always count on good ole' kale to pull through and feed us.

Parsley is great chopped into a salad or added to your homemade salad dressings, we have also been adding it to our farm stir fries for something special.

I am including a recipe for greens that I got from the cookbook "The Real Dirt On Vegetables" by farmer John Peterson. If you haven't seen the movie "The Real Dirt On Farmer John" I highly recommend it. It is a beautifully entertaining movie full of some awesome footage from the 50's on up to the present . His farm went from being almost a total loss to feeding over 1,200 families through his CSA program. You must check it out.

Things at the farm are looking great. I checked in on our bees last week and they are looking

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really good . We have been letting our overwintered sprouting broccoli and kale flower and the bees have been busy working on it, I have also seen them working the strawberry flowers and the fava beans. The hive is strong and ready for the big blackberry honey flow to begin.

There are more sugar snap peas on the way, these ones are in the field and look to be much nicer than the greenhouse crop. The tomatoes are pruned and up on trellises. There are even some fat green ones. We have all been keeping a close watch on the strawberries and they have been taking their SWEET time!! The plants are looking nice and are full of green berries. It is starting to feel like summer and soon the berries will ripen. All we need is a bit more warm sunshine... I think we will get it. Keep your fingers crossed.

RECIPIES ON THE BACK

Easy Greens With Peanuts

Serves 4

½ pound kale or beet greens (stems and tiny beets removed and saved for a stir fry tomorrow)

½ cup toasted peanuts (toasted if desired)

3T olive oil or butter

Salt & fresh ground pepper

1. Place the greens in a steamer basket set over 1 ½ inches of boiling water, cover and steam till just tender, 5-10 minutes. Keep an eye on it!!
2. Transfer the greens to a colander and run cold water over them to stop them from cooking. When cool enough to handle, gently squeeze the excess water from them and chop coarsely.
3. Place peanuts in a zip lock bag and crush them with a rolling pin or heavy skillet.

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4. Heat oil/butter in a large skillet over medium heat. Add the greens; saute', stirring constantly till thoroughly coated and glossy, about 2 minutes.

5. Remove skillet from heat; sprinkle the peanuts over the greens. Season with salt and pepper. Serve hot



Sweet Maple & Balsamic Vinegar

Dressing makes 1 cup

1 cup extra virgin olive oil

3 T maple syrup

2 T finely sliced fresh basil, or try parsley

1 T fresh squeezed lemon juice

1 t dry mustard

1 clove garlic, minced

Salt and fresh ground black pepper.

Combine all ingredients in a jar with a lid, shake until the oil and vinegar have

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combined. Stores in the fridge for up to 2 weeks.



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