



www.rockvillemarketfarm.net

Rockville Market Farm

June 9, 2010

News From the Farm

In your vegetable box this week:

Small Share

- * 1 bunch green kale
- * 1 bunch chard
- * .5 lb. mesclun mix
- * 1 bunch radishes
- * 1 herb planter: 10" round planter with three herb plants

Large Share

- * 1 bunch green kale
- * 2 bunches chard (one red, one green)
- * 1 lb. mesclun mix
- * 2 bunches radishes
- * 1 herb planter: 10" round planter with three herb plants
- * 1 head green butter lettuce

Egg Members:

- * **1 dozen eggs**

Our laying hens are pullets (young hens less than a year old) The first weeks of eggs will be small, but will increase in size over the course of the summer.

What a spring it has been! Usually our biggest challenge in late May is simply getting tractors in to the fields. This year has been dry with soaking rains only when we need them. Growers in these parts often talk about the year 2007 as a great growing season. The last two have been indescribably bad, so we're due! Our retail greenhouse is shutting down for the season so we're farming from sun up to sun down. We have an amazing group of people working for us, most of whom are return employees. Hardworking and smart, they are the backbone of the farm; we can't thank them enough!

Our efforts at farm diversity seem to be paying off in spades. We've been brooding 1300 meat birds with another 1300 expected to arrive via US Mail this week - what a site that is! The laying hens are leading an incredible pastured lifestyle; 16 piglets are renovating an overgrown pasture; and, as I write this, Keenann is traveling to the Northeast Kingdom for lambs. We have planted over fifteen acres of vegetables as well as six greenhouses. We will continue to plant through August, but after this week the big push should be over. We look forward to the first CSA pick-up of the 2010 season.

What's the deal with all the lettuce?

- * *We hope you enjoy the assortment of greens in your first harvest complemented with three herb plants for your windowsill or garden. It is early June in Vermont and the greens and radishes are the first crops available. Hang tight Vermont, the farm is in great shape for a full season and...*

early season tomatoes and basil are on the way!



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Share the Harvest!!!



Kale

Kale is so versatile: If feeding it to the kids, I often chop it up fine. Otherwise, when chopped to about 1 inch square, it sautés well with all stir fry dishes. Here is a great standby:

Simple kale stir-fry

udon noodles

1 T olive oil

1 T sesame oil

chicken, tofu or pork (optional)

2 cups coarsely chopped kale

peppers

broccoli

other CSA veg. – garlic scapes, etc.

2 T sesame seeds

1 T grated ginger

soy sauce

roasted almonds

Prepare udon noodles- boil water, cook noodles, drain and rinse with cold water. Set aside. In a large pan, heat oils, sauté chicken, pork or tofu until cooked, then add kale, peppers, broccoli (any vegetables really), sesame seeds. Sauté on medium heat for 5 minutes, add ginger and almonds. Sauté another 5 minutes (until broccoli is softened), add cooked udon noodles and soy sauce. Lower heat and stir to warm noodles and mix ingredients. Virtually anything in this recipe can be mixed or matched.



Swiss Chard Recipe



- *1 large bunch of fresh Swiss chard*
- *1 small clove garlic, sliced*
- *2 Tbsp olive oil*
- *2 Tbsp water*
- *Pinch of dried crushed red pepper*
- *1 teaspoon butter*
- *Salt*



1 Rinse out the Swiss chard leaves thoroughly. Remove the toughest third of the stalk, compost or save for another recipe. Roughly chop the leaves into inch-wide strips.

2 Heat a saucepan on a medium heat setting, add olive oil, a few small slices of garlic and the crushed red pepper. Sauté for about a minute. Add the chopped Swiss chard leaves. Cover. Check after about 5 minutes. If it looks dry, add a couple tablespoons of water. Flip the leaves over in the pan, so that what was on the bottom, is now on the top. Cover again. Check for doneness after another 5 minutes (remove a piece and taste it). Add salt to taste, and a small amount of butter. Remove the swiss chard to a serving dish.