



# News from the Farm

**March 12, 2010**

## **In your box this week:**

### **Small Share (mid- July sample):**

- \* .5# mesclun
- \* 1 bunch of beets
- \* 1# tomatoes
- \* 1 bunch carrots
- \* 1 bunch basil
- \* 1 bunch
- \* sunflowers

### **Large Share**

- \* 1# mesclun
- \* 2 heads lettuce
- \* 1.5# tomatoes
- \* 2 pints cherry tomatoes
- \* 1 bunch carrots
- \* 1 bunch basil
- \* 1 garlic
- \* 1 bunch sunflowers

As the harvest begins, we will update this list each week and compliment it with info and ideas for less familiar ingredients in the recipe section

## ***This Week on the Farm***

The 2010 season has begun! Our potting soil arrived last week and Keenann has been busy seeding greenhouse tomatoes. We are also assembling nesting boxes in anticipation of our flock of laying hens. The naming contest for the eggmobile has been a smashing hit, we've received over twenty-five names so far. Keep them coming and we'll announce the winner May 1st. We are in the early stages of planning a fundraiser with Bistro Sauce for low income shares and will be hosting an open house here at the farm in early May. We've added a sample share to our web site as well as a CSA availability chart that shows what you can expect and when. If you have any questions please don't hesitate to call 802-355-0059.



### ***CSA Pick-Up News:***

- \* ***First pick-up is on June 9<sup>th</sup>. We will be in touch with more details closer to that date.***
- \* ***Did you know that you can change your pick-up each week by sending us an e-mail by Monday nights? Feel free to come out to the farm one week (farm pick-up is on Thursdays) and see the animals, yet keep your convenient neighborhood pick-up for other weeks. Need groceries? Pick up at Healthy Living that week.***

## Looking ahead...

**March** is an exciting time on the farm! We're firing up the greenhouses, seeding early seasons crops such as kale, chard, onions, and greenhouse tomatoes for grafting. We successfully over-wintered a herd of 30 pigs, are building our first eggmobile in anticipation of our flock of 500 layers coming May 1<sup>st</sup>. We are excited to see all of you soon as the 2010 harvest begins.



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**Share the Harvest!!!**



## Recipes

*We will have some simple ideas in this section for some of your weekly ingredients. Here is an early season starter:*

### 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 vegetables – 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.*