

Great-grandfather's barn at Spring Brook Farm, circa 1901

What's in the box and where do I keep it?

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Chard	Yes	Plastic	Rainbow
Green Garlic	Yes	Plastic	
Lettuce	Yes	Plastic	Red and Green
Pea Shoots	Yes	Plastic	
Radishes	Yes	Plastic	French Breakfast
Spinach	Yes	Plastic	

## Welcome

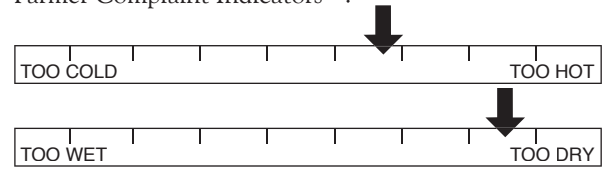
Hello everyone and welcome to the 2006 season at Hog's Back Farm. It's hard to believe we're at the beginning of another season already, it seems like just last week that I was delivering the last of the squash and potatoes. In another way it seems like years since those last deliveries. We've had a lot of changes in our lives and the farm and getting ready for this season has been a challenge. We're finally starting to feel settled in our house and our 4-month old son has become a very central part of our family.

If you're new to the farm this year we're glad to have you on board and hope that you enjoy the season. Besides picking up your share, reading the newsletter is the single-most important thing you can do as a member. In the newsletter we let you know what's in the box, how to store it, what's going on at the farm, and any important info you need to know about. Take the newsletter when you pickup your share. We try to print enough so that folks splitting shares can take two, but sometimes we do run out, especially early in the season when we're trying to get the numbers right. If you ever miss a newsletter they are always available on the website in pdf form.

If you need some help deciding what to do with your vegetables when you get them home check out the

## Farm Report

Rainfall . . . . .0.50"  
 High Temperature . . . . . 93°  
 Low Temperature . . . . . 55°  
 Coming next week . . . . .Dandelions and Turnips  
 Farmer Complaint Indicators™ :



Week 1 newsletter from 2005 on the website, in it there's a good description of how one of our CSA members approaches her share each week.

This week's box is full of our usual spring fare. A short description of each and serving suggestions follow.

Arugula is a spicy member of the mustard family and is primarily used for salads. It can be mixed with other salad greens or eaten by itself. I tend to eat it alone with vinegar, oil and cottage cheese. We had to abandon the first planting of it because the flea beetles destroyed it. Still, the second planting looks quite nice.

The more astute of you will notice the first-ever bunch of chard from Hog's Back Farm in the box. Chard is a favorite of the deer and not a favorite of the farmer so I've refrained from growing it until now. The deer are under control this year and I'm keeping an open mind. Also the flea beetles are getting worse every year and I am trying to find alternates for some of the crops that they damage. We've also received numerous requests for it over the years. I hope you enjoy it. The name chard comes from the latin for thistle, as does cardoon. Chard is traditionally grown for the stem and not the leaf, but newer varieties tend to emphasize the leaf. Both parts are useful in the kitchen but do cook somewhat differently. The leaves can be used much like spinach, while the stems are coarser and require more cooking. This is the fancy 'rainbow' chard, some of the leaves are really quite breathtaking.

Green garlic is young garlic harvested before the bulb forms and is used like garlicky scallions. The last couple of weeks of heat has moved these a little past the green garlic stage so that the cloves are starting to form. They are still quite tender and pungent.

Red leaf and green leaf lettuces are in the box for your salad making pleasure. The green is tougher and will hold up to heavier dressing than the red.

Pea shoots are young pea plants. Most of the plant is edible, I usually trim off the woodier bottom few inches of the stems. These are traditionally used in asian cooking but are equally at home in our famous pea shoot pesto (recipe follows). You can also prune off just the leaves and use them in salads for a light pea flavor.

The small french breakfast radishes are a crisp, spring treat. If you eat everything else in the box and are hungry for more, there are those who eat the radish tops.

The spinach has been thriving this year. Early spring spinach is suitable for salads or cooking.

## Farm News

At the farm things are a little ahead of schedule with all of the warm weather we've had in the last couple of weeks. Now if we could just get some rain to go with it. We did get half an inch of rain on Monday night, but by Wednesday afternoon you couldn't tell it had rained at all. The spring crops love their moisture. The usual crops are doing well. The peas have been flowering for almost a week now so we should see them in the box soon. It looks like we'll have a short, concentrated pea season with this heat. If you feel like you can never get enough peas, volunteer to come to the farm and help pick, we'll send you home with a pile.

Last week was the busy warm-weather crop transplant week. On Thursday we got in the tomatoes, peppers, eggplant, cantaloupe, zucchini and cucumbers. They are loving this weather. This week it was the winter squash, watermelon, late lettuce and sweet potatoes. Don't count on seeing sweet potatoes in the box, it's an experiment this year and we're just doing a few.

The weeds have really been loving all of this warm weather too. Staying ahead of them has been tough, particularly in the potatoes. This is always a tricky time of year because we're so busy getting the last of the transplants in and delivering the first shares that it's easy to lose track of the weeding. Luckily our first two plantings of carrots have got the attention they deserve and are looking good.

As I said earlier we have got a handle on the deer population this year. This spring we put up about 3000 feet of 3-wire electric deer fence. It's a little like farming in a compound but not too bad. Thus far I've only seen one set of deer tracks since the fence became operational. This has been a vast improvement. Those of you who were saddened by the loss of the entire

fennel crop last year to the deer will be happy to know that the fennel is doing well.

We are in desperate need of paper bags for the pickup sites. If you have extras please bring them to your pickup site and drop them off. I had a bunch from last year but the mice got into them over the winter and I had to throw them all out.

Next week we will again be offering maple syrup and honey at the pickup sites. Keeping things simple we're offering just one size of each. Quarts of maple syrup are \$12 and 2 lb. jars of honey are \$5. Both the syrup and honey are made by Todd and Pat Bignell, who live just down the hill from us. If you are interested in larger sizes of either let me know and I can track them down for you. Bring your checkbook or exact change to the pickup site if you'd like to purchase some.

## Pea shoot and green garlic pesto

- 1 bunch pea shoots (cut above the rubber band and washed)
- 1 (or 2 if you like it garlicky) green garlic washed and chopped with plenty of the green top included
- 4 T. olive oil
- 1 t. salt (or to taste)
- 1/2 c. freshly grated parmesan
- 1/2 c. toasted nuts (walnuts, pinenuts, etc)
- 12 oz. cooked pasta

Combine pea shoots, green garlic, olive oil, salt, parm (short for parmesan in our kitchen), and nuts in a food processor. Process until you have a nice bright green paste. If it's not combining well drizzle in more oil as it's processing. Toss with the just-drained pasta. Garnish with a little freshly grated parm and serve hot, or refrigerate and add a cup of halved cherry tomatoes to make a nice pasta salad.

## Simple Rainbow Chard

- 1 bunch rainbow chard
- 1 T. olive oil
- Lemon wedges
- Salt and pepper

Wash and trim chard, slice stems into 3/4 inch lengths. Arrange stems on steamer rack over boiling water, cover and cook until tender, about 10 minutes. Toss with olive oil and arrange in center of serving platter. Coarsely slice leaves and place in steamer basket. Cook until velvety, 5 to 10 minutes. Toss with olive oil and arrange around the stems. Chill or leave at room temperature. To serve, sprinkle with lemon juice and season with salt and pepper if desired.