



What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Herbs	Yes	Plastic	Thyme, sage and oregano plants
Lettuce	Yes	Plastic	Red leaf, green leaf
Pac Choi	Yes	Plastic	
Pea Shoots	Yes	Plastic	
Radishes	Yes	Plastic	French breakfast
Broccoli Raab	Yes	Plastic	
Strawberries	Yes	No	Not all sites!
Turnips	Yes	Plastic	Hakurei

First shares

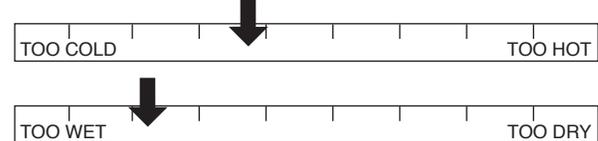
Hello everyone and welcome to the first shares of the 2010 season. The first shares of the year always seem to sneak up on us here at the farm, but this year we seem more ready than usual. Maybe it's that we've had some rainy days in the last couple of weeks so that we've had time to do some of the projects necessary ahead of time, or maybe it's just that my crew this year rocks. Either way we're happy to be back filling your boxes with fresh farm goodness.

This is our weekly newsletter that comes out each Thursday morning via email. It's very important that you get used to reading it so that you can find out any pertinent news and info regarding the farm and your veggies. Often people have questions which can be answered simply by reading the newsletter.

A good example of this is that there won't be strawberries in all of the boxes this week, we'll only have enough for a couple of pickup sites. They're ripening slowly, and with the cooler, wet weather there was no way that enough were going to ripen simultaneously. We're very committed to democracy, though, so everyone will get the same amount of strawberries in the end. How did we pick who got them this week? By looking at how many we had after picking and selecting pickup sites with that number of shares. This is a new variety called Wendy, which is a very productive and fairly sweet berry for being so early.

Farm Report 6/10/10

Rainfall so far this month2.47"
 High Temperature 90°
 Low Temperature 51°
 Farmer Complaint Indicators™:



If you're new to the farm this year I'll explain a little bit of what to expect in the newsletter each week. Generally we feature one ingredient of the box and talk about it a little more in depth. We also have a brief description of each of the items in the box, as well as a recipe or two. We also take the time to let you know what's been going on at the farm in the last week.

So let's get on with what else is in the box this week:

There's some nice young arugula in the box this week. It is a small and narrow leaf, with some lobes to it, although this bunch is young enough that you may not be able to tell. It's peppery tasting and refreshing to eat by itself in a salad or mixed with the lettuce to add a little depth.

The lettuce this week is the green leaf and red leaf. The green is a more durable lettuce, while the red has beauty and fragility. While we do wash the lettuce at the farm, it is very dirty right now. You will find dirt down inside the ribs of each leaf. If we washed it to get most of the dirt out there wouldn't be any leaves left on it. I suggest rinsing each leaf before adding it to the salad spinner, or you'll end up changing the water in the spinner 6 times.

The pac choi is the large brittle green-stalked plant. There's a couple in each box to enjoy in a stir fry. There's also some broccoli raab in the box which is the small bunch that's nearly flowering. Add it to whatever you cook with the pac choi, it's a nice complement. It was a victim of warmer than anticipated weather and shouldn't be quite so budded up, but it's still nice and tender. We ran short on the raab so you may have 3 pac choi instead.

Pea shoots are the tender tips of pea plants. They make a nice stir fry green and are incredibly nutritious. Our favorite use, as well as most of our members, is for pea shoot pesto, tossed with pasta. It seems like I put the pea shoot recipe in the newsletter every year, but I actually haven't put it in since 2006, so it's at the end of the newsletter.

The radishes are the white and red guys in the box, while the turnips are all white. The radishes are quite spicy this year.

The turnips are a favorite of our farm. Don't be afraid of them, they are delicious. We eat most of ours raw. They have a wonderful juicy and sweet texture. We slice them thin and have them in salads. Our 4-year old son, Baker, loves them by themselves in slices or wedges with some coarse salt sprinkled on them. Don't tell the kids what they are until they've scarfed them all down.

Lastly are our lovely little herb plants. Water them daily until you get them planted. Keep them in full sun. Don't bother trying to get them out of their pots, just plant the whole thing, the pots are made out of wood fibers and are totally biodegradable. In each bag are 2 thyme, 1 sage and 1 oregano. Plant them in a weed free corner of your yard, or in pots on the back stoop. Don't plant more than one in an 8" pot, but if you had a bigger pot you might get away with it. Try to get them full sun, or they'll get spindly. And lastly, don't over-water them, they'd rather be on the dry side. You can start harvesting them anytime you want, but don't take more than a third of the plant at a time. They're all perennials, so if you're nice to them you may have them next year too.

Farm News

The weather is always first in the news when your business partner is mother nature. We started out the year with very mild weather and with a few exceptions have stayed warmer than normal. The trees and multi-year crops are all ahead of schedule, it's very unusual for us to have strawberries or garlic scapes this early. The only problem with the weather lately is that we've had measurable rainfall on 9 out of the last 15 days, totalling over 4 inches. This has put us a bit behind on plantings in the field, not to mention been wonderful for the weeds. It has been nice to not have to irrigate though, and it's great for the trees we planted this spring as well as for the wild berries in the woods here.

One thing that's not in the box this week that normally would be is spinach. I seem to have more

troubles growing spinach than any other crop. We have several excellent seedings of it that just aren't growing. Farming can be quite a mystery sometimes, I've got an awful lot of information in my head and in various books, not to mention the vast pile of info out there on the internet, but I can't seem to figure this one out. I finally did something I've never done before which is send in a tissue sample to a lab to see if that will help me determine the cause. I can't find anything on my soil samples from last fall that make sense, and it's right next to many of the other crops that we're harvesting this week which are doing exactly what they're supposed to. My current thinking is that I may have given it too many sulfates when I spread minerals this spring, since I do spread both calcium sulfate and potassium sulfate, so we'll see if the sulfur levels are off the charts on the tissue sample.

Brief crop reports: Potatoes are growing like mad and need to be hilled desperately when it dries out. The onions look fabulous too. First couple of plantings of beans are coming along nicely and there are first flowers in the peas. The cool wet weather has benefitted the spring broccoli, collards and kale. We managed to kill off most of our cucumbers due to transplanting in some of the hot weather, but they've been re-seeded and should just be a couple of weeks later than usual. The early tomatoes avoided frost this year so we should have a few tomatoes earlier than normal.

Enjoy the first share and have a great week!

-David and the farm crew.

Coming next week: Lettuces, pea shoots, broccoli, garlic scapes, radishes, arugula, turnips, scallions, strawberries.

Pea shoot pesto

- 1 bunch pea shoots (cut above the rubber band and washed)
- 1 clove garlic
- 4 tablespoons olive oil
- 1 teaspoon salt (or to taste)
- 1/2 cup freshly grated parmesan
- 1/2 cup toasted nuts (walnuts, pinenuts, etc)
- 12 ounces 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.