



*this week's*

## HARVEST

### Spinach

Qty: 1 bunch

### Salad Mix

Qty: 1 bunch

### Peas

Qty: 1 bag

### Joi Choi

Qty: 1 bunch

### Scallions

Qty: 1 bunch

### Radishes

Qty: 1 bunch

### Swiss Chard

Qty: 1 bunch

### Add-On Choices

Eggs

- Rushton Farm Co-op

Goat Cheese

- Shellbark Hollow

Beef

- Crum Creek Farm



Week of June 16, 2008 ~ Issue no. 4

## IN THE BAG *tidbits from Fred*

One of the advantages of being a part of a community farm is the ability to learn about new fruits and vegetables and how to prepare them. Small local farms have the ability to grow "specialty" vegetables that may not be available elsewhere. Often times these vegetables offer extraordinary taste with a high nutritional value but cannot be easily transported or have a limited shelf life so larger farms choose not to grow them. No doubt you may have noticed a few of these unusual vegetable selections in your shares the previous two weeks. Asian greens such as tat soi and joi choi and traditional greens like chard and kale may seem intimidating but their preparation can be quite simple and their nutritional value alone is worth taking the time to try them.

The Rushton Farm CSA Manual has a brief description of most of the vegetables being grown on the farm and some simple preparation suggestions. The greens, for example, can be quickly sautéed in olive oil or tossed into a stir fry with other vegetables. Each week the Rushton Farm Newsletter will also offer recipes that feature the vegetables in the weekly share. The farm also has several cookbooks available for reference. I personally recommend Deborah Madison and her collection of cookbooks, particularly *Vegetarian Cooking for Everyone* and *Local Flavors*. In addition, always feel free to talk to me, Aaron or Ashley about cooking tips. Our crop selection is based on what we enjoy growing and eating and we want to share this experience with you.

-Fred



## THE DIRT *report from our field managers*

While I was in California, I heard of a soil scientist who traveled around feeding people carrots grown in a variety of soils. The carrots were all the same variety, all grown around the same time of year, and all grown within a relatively small geographic area. The soil type in which each carrot was grown was different, however. The point was to teach people about the role the soil takes in imparting flavor to a crop. Just as a wine connoisseur may be able to discern the year of a particular wine and the source of the grapes, the same may be theoretically true for any fruit or vegetable. What intrigues me most about this idea is the notion that the food we grow and eat is a product of the land, and when we eat it we are, in effect, eating a creation of the land on which we live. This food is integrated into our own body and we are, in this way, becoming creations of the land as well. We often think that our world is composed of many different parts, but we don't always remember how linked all of these parts are, and how dependent they are on one another for their existence. When we eat locally, we are not just forging a political link to our home, we are forging a very real, physical link as well. We truly are what we eat. By the way, our carrots are coming along.

-Aaron

## HAPPENINGS *upcoming events at the farm*

Mark your calendars! Details forthcoming here or on the web site.

**July 27, 2008** - Midsummer Farm Celebration - 4:00 - 7:00 pm

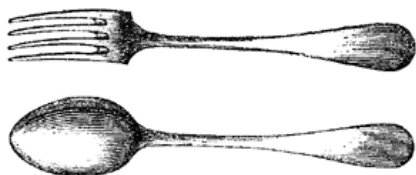
**September 7, 2008** - Community Farm Dinner - 7:00 pm

**October 18, 2008** - Final Harvest Celebration - 4:00 - 7:00 pm

## MORE DIRT *more musings from the field*

With relatively cooler temperatures this week, we have been able to make much head way in our planting and are working to get all our summer crops in before the solstice. Onions, leeks and celeriac have been planted in the south field and we are currently working up beds for our last succession of tomatoes, peppers and eggplant. As for the crops that are already in the ground, it has been amazing to watch their rate of growth accelerate with the warmer temperatures. Our potatoes are about ready to flower and are being lovingly cared for by a dedicated volunteer who comes out regularly to squash Colorado potato beetles. The beets are starting to show their shoulders, the peas are plumping up, and with a little bit of careful weeding we should have a decent carrot crop. Carrots have been a particular challenge for us this year at Rushton Farm. This is because one of the most common weeds we have is a wild carrot that looks almost identical to the cultivated variety. In order to get sizable carrots it is important to reduce the weed competition and thin the carrots to about an inch apart. With the wild carrot growing beside our cultivated ones we have had to wait to thin until the two carrots are big enough to identify their botanical differences. Because of this challenge, our first succession of carrots might be a bit smaller than usual but hopefully the taste will help in forging a link to your local soil.

-Ashley



## RECIPES *what to do with those veggies*

### Bright Green Spinach Pea Soup

2 tablespoons olive oil, butter, or a mixture  
 2 bunches scallions, including half of the greens, coarsely chopped  
 1 small onion, thinly sliced  
 3 carrots, thinly sliced  
 1 celery rib, thinly sliced  
 1 tablespoon chopped marjoram or basil (or 1 teaspoon dried)  
 Salt and freshly milled pepper  
 10 parsley sprigs, chopped  
 1 large bunch spinach, stems removed  
 1 cup peas, fresh or frozen  
 Lemon juice to taste  
 For garnish: crème fraiche, small toasted croutons, and calendula petals

*\*Brief cooking preserves this simple soup's vivid green. The color lasts only about 10 minutes, so plan to serve the soup right away. Edible flowers make a cheerful garnish.*

Warm the oil in a soup pot and add the scallion, onion, carrots, celery, herbs, 1 teaspoon salt, and ½ cup water. Cover and stew for 5 minutes, then add 5 ½ cups water and bring to a boil. Lower the heat and simmer, uncovered, for 20 minutes. Add the spinach and peas. Poke the spinach leaves into the soup and cook until they turn bright green, 2 to 3 minutes. Remove from the heat and blend the soup in two batches until perfectly smooth. Taste for salt, season with pepper, and stir in enough lemon juice, starting with ½ teaspoon, to bring up the flavors. Serve immediately with a swirl of crème fraiche, the croutons, and the blossoms floating on top.

### Sugar Snap Peas with Scallions

1 pound sugar snap peas, strung, or winged peas  
 6 scallions  
 Salt and freshly milled pepper  
 1 tablespoon butter or olive oil  
 2 tablespoons chopped dill or other favored herb

Put the peas in a skillet with the scallions, a few pinches salt, butter, and enough water to just cover the bottom. Cook until bright green and tender (after a minute or two—taste one to be sure). If using olive oil, add a little to the pan now. Taste for salt, season with a little pepper, and add your chosen herb.