



*this week's*

## HARVEST

### Kale

Qty: 1 bunch

### Salad Greens

Qty: 1 bunch

### Peas

Qty: 1 bag

### Zucchini

Qty: 1 bunch

### Scallions

Qty: 1 bunch

### Cabbage

Qty: 1 bunch

### Basil

Qty: 1 bunch

### Add-On Choices

Eggs from Rushton Farm

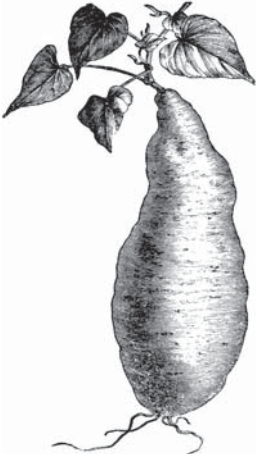
Co-op

Goat Cheese from

Shellbark Hollow

Beef from Crum Creek

Farm



Week of June 23, 2008 ~ Issue no. 5

## IN THE BAG *tidbits from Fred*

Summer has arrived and as the spring crops begin to fade we wait with anticipation for the first tomatoes to ripen. We have had a tremendous season so far with almost every crop meeting harvest expectations. Aaron, Ashley and I have truly been enjoying the fruits of Rushton Farm and we have take pleasure in sharing the weekly harvest with our CSA members. We deeply appreciate those who have volunteered in the fields and all of you who have taken an active interest in the farm.

As the season continues the time required to maintain the farm and to harvest the many crops will increase significantly. We hope that Rushton Farm CSA members will understand the many limitations placed on the farm staff due to the busy harvest schedule. **Because of this we ask that members abide by their designated pick up days and notify us if they are not able to pick up their weekly share.** We have balanced the Tuesday and Friday pick up days so that we can evenly distribute the harvested fruits and vegetables. Knowing that a share is not going to be picked up saves us precious time in the field.

In the next week the pumpkins will be planted signifying the end of our initial plantings and the beginning of the heart of the harvest season. I hope that all our members get the chance to visit and spend some time at the farm in the upcoming weeks. The farm is open Tuesday and Friday afternoons from 12 to 7 and Sundays from 11 to 4. We welcome all who want to volunteer their time to come out on Wednesdays. Rushton Farm is a community farm and we want our members to share the harvest season with us whether it is in the fields or at an event. There is nothing like a summer on the farm and we hope you have the opportunity to enjoy it with us.

-Fred



## THE DIRT *report from our field managers*

Summer solstice has come and passed and once again the daylight wanes. Hopefully, by the end of the week, our winter squash sowings will have been completed and our major plantings will have passed as well. Organic farmers often talk of the three stages of crop production: planting, weeding, and harvesting. A walk around the fields this morning clearly demonstrated that we need to be getting on with the weeding.

It's been a pleasure harvesting the last few weeks as our spring crops really peaked. Now we're waiting for those lovely tomatoes to blush and those beans to flower. The early brassicas- the tat soi, broccoli, rabe, and arugula- are blooming in whites and yellows, while the peas bend over their trellises with the weight of their vines and fruit. The potatoes have begun to open their flowers, a sign that there are some spuds getting sized up underground, and the zucchini are fruiting more every day. In the flowerbeds, the snapdragons look to be making a late appearance, and the agrostemma, bachelor's buttons, and rudbeckia are joining the zinnias, cape daisies, and cosmos in bloom. Feel free to cut some if you like, just ask a staff member for some scissors and advice. If we treat the plants well, they should produce for us for a while.

The first thing we planted on the farm was a line of sweet peas, back in the damp cool of March. They didn't germinate well, though, and as the season rolled in and things got crazy, those flowers got left behind. We didn't water them, or weed them, and at one point we accidentally ran a bunch of them over with the tractor. After all that abuse, though, just the other day, we got a few precious, fragrant blossoms to enjoy. It seemed a fitting farewell to spring, and another reminder of just how much plants want to grow.

-Aaron & Ashley

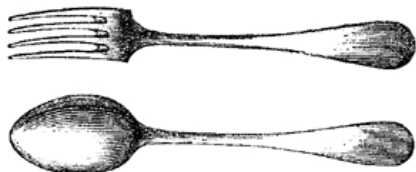
## HAPPENINGS *upcoming events at the farm*

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

**July 27, 2008** - Midsummer Farm Celebration - 5:00 - 7:00 pm

**September 7, 2008** - Community Farm Dinner - 5:00 pm

**October 18, 2008** - Final Harvest Celebration



## RECIPES *what to do with those veggies*

### Shredded Salad of Many Greens

2 cups finely sliced cabbage  
2 cups finely sliced/chopped salad greens  
½ c. finely chopped parsley  
A few sorrel leaves, stems removed and leaves thinly sliced (available at the farm upon request)  
3 scallions finely sliced  
2 t. fresh lemon juice plus 1 teaspoon grated zest  
Sea salt  
4 to 5 T. extra virgin olive oil

Adapted from *Local Flavors*  
by Deborah Madison

### Disappearing Zucchini Orzo

¾ lb pkg orzo pasta (multicolored is fun)  
1 bunch of chopped scallions  
Garlic to taste  
3 large zucchini  
olive oil for sauté  
thyme  
oregano  
¼ cup grated parmesan or any hard yellow cheese

Bring 6 cups water or chicken stock to a boil and add pasta. Cook 8 to 12 minutes

Use a cheese grater or mandoline to shred zucchini, sauté briefly with chopped scallions and garlic until lightly golden.

Add spices to zucchini mixture, stir thoroughly, and then remove mixture from heat.  
Combine with cheese and cooked orzo, salt to taste, serve cool or at room temperature.

Adapted from Barbara Kingsolver  
[www.animalvegetablemiracle.com](http://www.animalvegetablemiracle.com)