



this week's

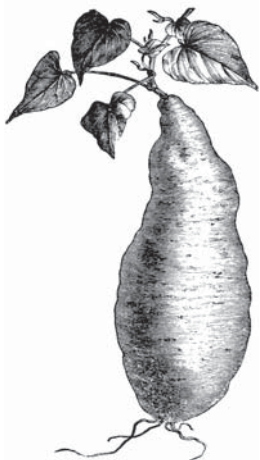
HARVEST

Here you will find, each week, the list of veggies you'll be getting in your weekly share.

Pea Sprouts
 Batavian lettuce
 Spinach or Arugula
 Tat Soi
 Broccoli Rabe
 Kale

Add-On Choices

Rushton Farm Honey
Eggs from
Rushton Farm Co-op
Ground Beef from
Crum Creek Farm



Week of June 1 ~ Issue no. 2

IN THE BAG *tidbits from Fred*

Seven months ago the Rushton Farm Staff turned over the fields, closed up the farm and bid farewell to our CSA members for the winter. It was a long winter and Aaron, Ashley and I spent a lot of time reflecting on the farm and the community with whom we had the good fortune to share our harvest. The season saw raw ground become productive soil and yield a bounty of fruits and vegetables, exceeding our expectations. We had the pleasure of sharing and hopefully educating 35 warm and receptive families who clearly understood the meaning and importance of "community". The first season of the CSA was what we had hoped for, a community venture in mind, spirit and action.

It is the success of the first season that drove us to expand the farm and expand our CSA community to more than seventy families for 2009. We have also added educational events to help our members better understand the food we eat, how it is grown and the importance of the land around us. This increase will be challenging but we expect great rewards.

Part of belonging to a CSA is the opportunity to interact and communicate with the farmers who are growing the food. We are fortunate to have Aaron de Long and Ashley Brister back managing the fields and crops of Rushton Farm. We hope to be able to impart our knowledge and experience with our members so feel free to ask any questions or offer any opinions. And take advantage of the information provided in the Rushton Farm CSA Manual being handed out this week. This along with the weekly edition of "The Wild Carrot" will provide valuable information on the farm, the crops being harvested and how to prepare the food in your weekly share.

Finally, the Rushton Farm staff wants to thank all our members for joining us for the second season of Rushton Farm CSA. We look forward to being able to share a season at the farm with our ever growing community. Welcome!

-Fred



THE DIRT *report from our field managers*

It's spring and you can see it with all the birds nesting around the farm. We have resident tree swallows in the Farmshed Garden, Bluebirds outside the north fields, a Baltimore Oriole pair nesting outside our hedgerow over Delchester Road, and two pairs of Barn Swallows in the barn (peek up at their nest when you get your share!). The rabbits are also reproducing. They've invaded our north fields, gobbled up chard and kale, and done a number on our peas. You might like to take a stroll and admire our new rabbit proof (?) fence. It's a work in progress. Fortunately they haven't munched all the leafy greens and there's still plenty for your shares. Spring is the season for leafy veggies, and all the goodness therein. This week you'll find Asian greens, lettuce, and our old friend kale making a triumphant return after a winter off. Actually, some forgotten kale plants survived the winter and were resuming growth this spring before we had to till them under. That's a testament to the hardiness of that green. The peas are peeping up above their five foot trellis, the tomatoes are already bearing tiny fruit, and before long, summer will be here. But for the next few weeks, we hope you'll enjoy the energizing tastes of spring in the succulent, delectable greens.

continued on page 2

THE DIRT *continued from page 1*

A special thanks goes out this week to all the folks who have come out already and lent a helping hand on the farm and in the garden. We'd particularly like to recognize our delightful interns, Meredith Mayer and Chelsea Allen, who've given many hours this spring helping to bring our best laid plans to fruition. Meredith is already done for the season and off to college in the fall, but Chelsea is just beginning her time with us. She is a recent graduate from Penn State University and her favorite vegetable is broccoli.

- Ashley and Aaron

HAPPENINGS *upcoming events at the farm*

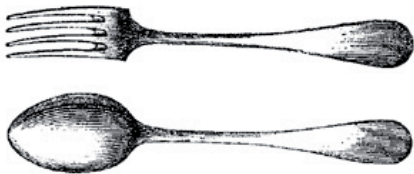
Mark your calendars! Details on the web site.

June 11, 2009 - Gardening with Natives, 5:30 to 7:00 pm

June 21, 2009 - Sunday afternoon farm market opens to the public

July 16, 2009 - Insect Appreciation Day, 5:30 to 7:00 pm

October 24, 2009 - Harvest Celebration, 5:00 to 8:00 pm



RECIPES *what to do with those veggies*

Farmer Recipe

Spring is the time for specialty greens: those succulent, super nutritious, all-too-brief leaf crops that go great steamed, in stir fries, or even chopped into salads. In this week's farmer recipe, tat soi and broccoli rabe take the stage. Both of these leafy greens are members of the mustard, or brassicaceae, family, and share a piquant taste along with an abundance of vitamins A and C, calcium, potassium, phosphorus, and iron. Here is a simple 10-minute recipe using these greens suitable as a side dish or light main course.

Heat oil over low to medium heat

Wash and chop greens coarsely (strips or large chunks)

Mince garlic, chop nuts. Add to pan along with sugar, cayenne and salt.

Stir until garlic begins to turn golden (about 3 minutes)

Add greens and water- cover! The pan will spit because of the water.

After about a minute, check to see that the greens have wilted and

brightened in color. Taste for salt, remove from heat, and serve. Can accompany rice, noodles, or stand alone.

Tofu, tempeh, or chicken can be included to add more substance to this meal. Prepare the protein component first in the pan, working in the garlic and spices after the meat or soy product is cooked.

The key to cooking all greens, in our opinion, is that a little goes a long way. Too much heat turns leafy greens into mush and erases much of their distinctive mustard flavor. One to two minutes in the pan should be plenty. We add the water to create a steaming component to the frying action. Greens are delicious steamed alone, as well.

Ingredients

1 head tat soi
 1 bunch broccoli rabe
 Handful crushed nuts (peanut, cashews- almost any kind will do)
 2 cloves garlic
 1 tsp sugar
 1 tsp cayenne pepper
 Salt to taste
 Vegetable oil to grease pan (sesame oil is great, olive oil is good, but any will do)
 1/8 cup water