



this week's

HARVEST

Salad Mix

Qty: 1 bag

Radishes

Qty: 1 bunch

Tatsoi

Qty: 1 bunch

Swiss Chard

Qty: 1 bunch

Rushton Farm Bag!

Made in the USA of organic cotton and designed by our own Elizabeth Stokes.

Qty: 1 bag

Add-On Choices

Eggs

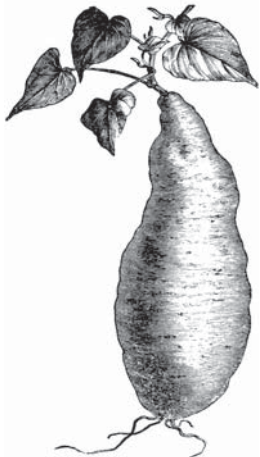
- Rushton Farm Co-op

Goat Cheese

- Shellbark Hollow

Honey

- Greenstone Gardens



Week of June 1, 2008 ~ Issue no. 2

IN THE BAG *tidbits from Fred*

June has arrived and with it the first harvest at Rushton Farm, which we celebrated on June 1st with over 55 CSA members, trustees, staff members and their families. It seems like a long time since that cold March day when the first seeds were sowed and the promise of a future harvest was anything but certain. It has been a remarkable few months and the farm, like those seeds, has grown. Ground that last summer had been untended meadow is now yielding food for thirty-five families. This is an exciting time and we look forward to the growing season ahead.

The start of a harvest season brings to mind the importance of seasonality in the food we consume. Every crop has its time for harvest and this will be reflected in the ever changing variety of produce offered in the CSA share each week. Learning to eat with the seasons is part of understanding local food and the way it's grown. Spring features vibrant greens, tender peas and the first root vegetables. Summer offers us tomatoes, melons, peppers and the full bounty of the farm. Fall brings earthy root vegetables, winter squashes, pole beans and crops that have taken their time growing throughout the summer. A seasonal farm "menu" offers the opportunity to try new foods, appreciate fresh grown favorites and gain the full nutritional value of fruits and vegetables picked at their peak.

As the season begins, we look forward to the journey ahead. Rushton Farm is as fresh and as new as the young seedlings that are stretching from the soil. Like those seedlings we will be growing and changing throughout this first year. We hope our CSA members will share with us their comments and suggestions so we can grow into a true community farm that is representative of the people involved with it. We are happy to have you with us.

-Fred



THE DIRT *report from our field managers*

This week, you might be asking yourself the question, "Why are there holes in my leafy greens?" Most likely, the holes in your greens this week were caused by flea beetles. Flea beetles are tiny black beetles that hop like fleas and like to munch leaves of all kinds of plants. Our pest burden thus far on the farm has been dealt with primarily by our fingers, physical barriers (agricultural cover cloth- or 'Re-may'), and our numerous resident lady bugs. This method of production isn't always effective at controlling flea beetle populations and will invariably yield food that has occasionally suffered minor cosmetic damage. We believe it will also yield healthier, tastier produce. While we are always willing to consider organic controls, we are also sensitive to the balance of the ecosystem in which we are working, both with regards to our pest organisms and our beneficials. Ultimately, our goal is to bring you the most nutritious, delicious food possible. Your share might not always look like what you get in a supermarket, but hopefully it won't taste like it, either.

-Aaron and Ashley

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

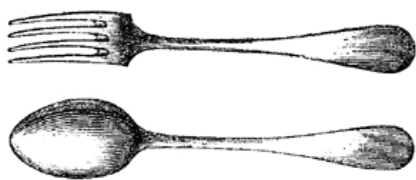
September 7, 2008 - Community Farm Dinner - 7:00 pm

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

THOUGHTS *how we hope to make a difference*

Over the last few months, there has been significant media focus on the global food crisis in which millions around the world are being faced with increased food scarcity and expense. The problem, many would contend, is not so much a shortage of food as a failure of a food system that has increasingly disconnected consumer from producer. This system has given rise to a global food chain wherein bigger has become better and resources have been allocated to the highest bidders without regard to basic humanitarian concerns. The return to smaller scale, local food production is an attempt to change this system on multiple levels. It works with our environment in reducing the shipping of our food from producer to consumer, it works to conserve our own land resources through sustainable production methods, and it gives us a direct connection to our agricultural heritage. It also envisions a society wherein all are guaranteed one of the most basic requirements of existence: the food to subsist. It is interesting that in an era of globally expanding markets we are rediscovering the value of local economies, and the timing couldn't be better, both for our own health and that of our communities. The produce we are giving you each week is a very small step within this larger movement, but it is an important one because it is one of the first. As with any journey, the first steps are often the hardest. We thank you for your patience and support as we learn to grow for you.

-Aaron



RECIPES *what to do with those veggies*

Tender Tatsoi with Sesame Oil Vinaigrette

8 c. tender tatsoi leaves and/or salad greens 2 T. sesame oil
 2 scallions, including some of the greens, 1 T. dark sesame oil
 thinly sliced 1/2 t. Sichuan Pepper Salt
 1 T. thinly sliced garlic chives or regular chives or sea salt
 2 t. rice vinegar 1 T. toasted sesame seeds

Sort through the greens, then trim, wash, and dry them well. Toss the greens with the scallions and chives. In another bowl, whisk together the vinegar, oils, and salt. Taste the dressing on a leaf and adjust the oil or vinegar if necessary. Pour over the salad, toss well, add the sesame seeds, toss again, and serve.

- *Vegetarian Cooking for Everyone*
 Deborah Madison

Sauteed Swiss Chard

3 T. extra-virgin olive oil
 5 cloves garlic, sliced paper thin
 1 bunch Swiss chard, washed, trimmed and cut into 2-inch pieces
 Gray salt or sea salt and freshly ground black pepper
 1 T. Red wine vinegar

In a large saute pan, heat olive oil over medium heat. Add garlic and saute until pale golden color, about 1 minute. Add Swiss chard and saute until soft, but still crisp, about 5 minutes. Drizzle with vinegar and season with salt and pepper. Taste one leaf and adjust seasonings.

For a sinful twist, saute 1 slice of chopped bacon first, and substitute bacon drippings for olive oil.