

RUSHTON FARM



the *Wild Carrot*

this week's

HARVEST

This list may change, but it's our best guess at printing time.

- Sugar Snap peas
- Salad Mix
- Head lettuce
- Radishes
- Swiss Chard
- Spinach
- Tat Soi or Joi Choi

Add-On Choices

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

Week of June 8 ~ Issue no. 3

IN THE BAG *tidbits from Fred*

When you visit the farm for your weekly share you may notice that in addition to the crops in the field, the farm features several small gardens. In front of the Farmshed is the Farmshed Garden, a culinary garden featuring herbs, perennial flowers and vegetables. A small cutting garden for flowering annuals is located by the parking area and a native plant garden is located by the entrance to the farm. These gardens offer an opportunity to harvest herbs, cut flowers and learn more about the plants that are native to our landscape.

We hope you'll join us on Thursday, June 11th from 5:30 to 7 pm for Rushton Farm's "Gardening with Natives" workshop to learn about the benefits of using native plants in the home landscape. We'll help you create a landscape plan of your own with species that provide a wide array of textures, color and balance for a beautiful garden throughout the seasons. Because native plants have been adorning our landscape for thousands of years, they are naturally adapted to our local soils and climate. They require less care, present fewer pest problems, lower maintenance costs, and provide year-round beauty. Best of all, these species provide important wildlife habitat for insects, birds, and mammals. This is the first of a series of workshops that will take place at Rushton Farm during the farm season. If you are interested in attending the "Gardening with Natives" workshop please RSVP to Lisa Kiziuk Rubin @ 610-353-2562, ext. 25 or send email to lkr@wctrust.org.

-Fred



THE DIRT *report from our field managers*

Whether you use a watering can, a sprinkler, or even irrigation line, nothing can match a deep, thorough rain for encouraging growth in your garden. The two days of rain we had last week made everything at the farm 'jump' (including the weeds!). Our lettuce seemed to almost double in size from Tuesday to Friday, and our Asian greens went from 'so-so' to 'whoa'. Unfortunately, though, because of the rain, we were unable to cut broccoli rabe for the Friday shares. The reason for this is that the rabe plants took advantage of the heavy precipitation to put on more vegetative growth, rather than moving towards flowering. The result is that we hope to harvest rabe for Friday's members this week, provided the timing is right. This occurrence exemplifies a not uncommon occurrence in any CSA: a discrepancy between the share contents one day to the next in any given week. In general, we do our best to give the same items on Tuesday as we do on Friday, but the plants don't always obey our schedules and, occasionally, the contents of our members' shares will vary within any given week. Rest assured, however, that we do keep track of such discrepancies, and do our best to make sure everything evens out in the end.

This week, we hope you all will get a chance to enjoy the beginning of our sugar snap pea crop, which is shaping up to be a good one. These peas do not need to be shelled (they can be eaten whole) and are delicious either raw, lightly steamed, or stir-fried. Enjoy!

-Aaron and Ashley



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

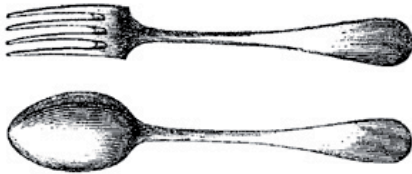
June 21, 2009 - Sunday afternoon farm market opens to the public

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

August 16, 2009 - Summer Celebration and Tomato Tasting, 5:00 pm

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

You might also enjoy
 "Getting to Know Kirkwood Preserve" on June 25, 2009
 Check www.wctrust.org for registration and details



RECIPES *what to do with those veggies*

Chard and Onion Frittata (Trouchia)

This is a simple and delicious springtime recipe from Debora Madison's essential cookbook, "Vegetarian Cooking For Everyone". This is a very versatile recipe. You can substitute almost any green (spinach, kale, beet greens, mustard greens) serve this warm, room temperature or cold, as an appetizer or main dish, and at any meal. It even makes a great sandwich filling. The trick to this recipe's success is to cook everything slowly so that the flavors really deepen and sweeten.

Directions

Heat 2 tablespoons of the oil in a 10-inch skillet, add the onion, and cook over low heat, stirring occasionally, until completely soft but not colored, about 15 minutes. Add the chard and continue cooking, stirring occasionally, until all the moisture has cooked off and the chard is tender, about 15 minutes. Season well with salt and pepper.

Meanwhile, mash the garlic in a mortar with a few pinches of salt (or chop them finely together), then stir it into the eggs along with the herbs. Combine the chard mixture with the eggs and stir in the Gruyere and half the parmesan.

Preheat the broiler. Heat the remaining oil in the skillet and, when it's hot, add the eggs. Give a stir and keep the heat at medium-high for about a minute, then turn it to low. Cook until the eggs are set but still a little moist on top, 10 to 15 minutes. Add the remaining Parmesan and broil 4 to 6 inches from the heat, until browned.

Serve trouchia in the pan or slide it onto a serving dish and cut it into wedges. The gratinéed top and the golden bottom are equally presentable.

Ingredients

3 tablespoons olive oil
 1 large red or white onion, quartered and thinly sliced crosswise
 1 bunch chard, leaves only, chopped
 Salt and freshly milled pepper
 1 garlic clove
 6 to 8 eggs, lightly beaten
 2 tablespoons chopped parsley
 2 tablespoons chopped basil
 2 teaspoons chopped thyme
 1 cup grated Gruyere
 2 tablespoons freshly grated Parmesan

Got a favorite recipe? Send it to land@wctrust.org!