



this week's

HARVEST

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

Radishes
Salad Mix
Sugar Snap Peas
Kale
Baby Carrots
Joi Choi
Garlic Scape
Arugula

Add-On Choices

Rushton Farm Honey Eggs from Rushton Farm Co-op
Ground Beef from Crum Creek Farm
Goat Cheese from Shellbark Hollow



THE DIRT *report from our field managers*

The streams are full and the water table is high. Last season we were lucky to get an inch of rain per week after April. This season, though time spent irrigating has been minimal, we are beginning to experience difficulties getting our next crop successions in the soil because of saturation. Rain is a good thing, but it's really best in moderation. Besides delaying our plantings and soil work, rain can also cause increased instances of disease, particularly among summer crops like cucumbers and tomatoes. Most members of the solanaceae, or "nightshade" family (tomatoes, peppers, eggplant and, to some degree, potatoes) actually thrive when their soil is allowed to dry down. This week, we are hoping the sun will make an extended appearance to help these crops along, and to allow us to get all the winter squash and pumpkins in the ground. Thankfully, our spring crops continue to perform admirably and hopefully they will take us well into summer.

Highlights of the past week included the first bouquet, the smallest zucchini ever harvested, and a purple martin sighting below the garden, as well as a fabulous native plant workshop by CSA members Derek Stedman and Sarah Hutchin. This evening, three rabbits were grazing in the field, including two little ones who appear to be learning the ropes from their elder, a rodent roughly the size of a small dog. All our best efforts at fencing have so far been futile; more to come...

-Aaron and Ashley



Week of June 15 ~ Issue no. 4

PAW PRINTS *report from special guest correspondent Max, Farm Dog*

Hello, allow me to introduce myself: I am Max, farm dog. A lot of people think it's pretty amazing that I occasionally write a column for the newsletter, to which I can only respond that I think you're all pretty special, too. It's been a long winter, and it certainly is a joy to be back on the farm, chasing rabbits through hedgerows.

The other day the guy I live with was getting on me about not catching more rabbits, though. Apparently they've been munching everything from peas to tomatoes. But, I tried to explain, if I caught all the rabbits, what would I chase all day? Honestly, I'm into sharing: sharing the farm with all kinds of creatures, sharing the planet with all forms of life, and sharing tuna sandwiches with friendly farm dogs. I mean, come on, you with the tuna sandwich, help a puppy out! But, seriously, that's one of the things I love about the farm: we've got woods over there, meadow over there, hedgerows over there and, of course, farm fields over there. That's a lot of different kinds of places for creatures of all types to live and grow and bloom and breed, and a lot of different nooks for a farm dog or any other curious soul to investigate.

So I hope you enjoy coming to the farm this year and take an opportunity to explore a bit, too, and if you ever want to go diving through the multiflora rose thickets chasing bunnies, give me a call.

Peace and bones,
Max

*Owner's Note: Please do not share your tuna sandwiches with Max.
Thanks from Fred (the guy Max lives with)*



RECIPES *what to do with those veggies*

Radishes with Butter and Salt

Ingredients

- 2 bunches radishes, sliced in half lengthwise, with some green tops intact
- Sea salt
- Good salted butter or Herbed Butter
- 1 French baguette, sliced diagonally, and lightly toasted



Directions

Arrange the radishes on a bed of sea salt. Spread the butter on slices of toasted bread and arrange artfully on a platter. Serve at room temperature.

For a twist on this French classic, make an herbed butter by combining butter with a squeeze of lemon juice, kosher salt and pepper, and any fresh herbs you have on hand, such as scallions, dill, and parsley.

Adapted from Ina Garten Barefoot in Paris

Preservation 101- Freezing vegetables

In the next few weeks you will likely have access to a large amount of peas, possibly more than you can eat. A good, simple way of preserving peas, and a large variety of other vegetables, is by freezing. Any vegetable you plan to keep frozen for more than a month, however, would be well served by 'blanching' prior to freezing. 'Blanching' is a process most commonly accomplished by immersing a vegetable in boiling water for a brief period of time- one to two minutes at most for sugar snap peas. The purpose of blanching is to disable enzymes that can cause a plant's tissues to deteriorate, while still attempting to preserve the taste and texture of the food as much as possible. After blanching your vegetables, cool them immediately in very cold water. This halts further degradation of plant tissues possibly damaged by the boiling water. Cooling should take about the same time as blanching. After cooling, drain the vegetables, possibly even patting them dry (if you really want to get into it). Excess moisture can cause a loss of quality in freezing. Finally, pack your peas in a freezer bag and enjoy sometime when this spring is but a distant memory, and the spring to come is but a dream.

Adapted from Joy of Cooking

HAPPENINGS

June 21, 2009 - Sunday afternoon farm market opens 12 - 4 pm

July 16, 2009 - Insect Appreciation Day, 5:30

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

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

See wctrust.org for more info

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