



this week's

HARVEST

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

Broccoli
Cabbage
Zucchini
Beets
Scallions
Spinach
Peas
Swiss Chard
Salad Mix

Add-On Choices

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



Week of June 22, 2009 ~ Issue no. 5

IN THE BAG *tidbits from Fred*

Chester County has always been known for its agricultural heritage and Willistown has long been a part of it. One of the goals of Rushton Farm and the Trust's Community Farm Program is to develop relationships with neighboring farmers to help promote a network of local producers representative of Chester County's rich farming tradition. Rushton Farm is proud to offer dairy, beef and eggs from surrounding farms that we feel share our land stewardship and agricultural values. Below is a list of some of the local farms we are partnering with to offer you quality food additions to your weekly share, available most pick up days and at the Rushton Farm Sunday Market from 12 to 4. .

Crum Creek Farm brings us grass-fed beef from cattle raised and grazed just a few miles from Rushton Farm. Owner Woody Cullen and manager Dave Foster raise quality beef cattle with care and respect for the animals and the land on which they graze.

Eggs from the **Rushton Farm Egg Co-Op** are available thanks in large part to Sandra Thompson and the Cauffman Brothers whose happy hens live just a mile or two from the farm. Although limited in availability, the taste of these fresh eggs is far superior to any store bought eggs.

Shellbark Hollow Farm supplies us with goat cheese and dairy products including yogurt and kefir. Located in West Goshen, Shellbark Hollow goats provide us with a wide variety of cheese spreads including chive, peppercorn and a hot and sweet (a farm favorite).

Rushton Farm Honey is provided by the friendly honey bees located on the farm. Beekeeper Jan Cauffman maintains the colonies and harvests the honey.

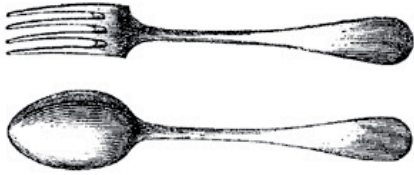
-Fred



THE DIRT *report from our field managers*

The past week was occasionally trying as we watched storm after storm pass over our fields and prevent us from doing some much needed work in the fields. We did our best to be thankful for the rain, though, and the bounty it has brought with our spring leaf crops, as well as to be thankful for all the helping hands who turned out last week, despite the weather. Friendly neighbor and CSA member Jeff Warden came over on Tuesday and lent us a hand (or, shall we say, 'a bucket') by turning our compost pile with his tractor's loader. On Wednesday, the volunteer crew, nearly ten folks all in all, formed a veritable weeding machine. They cleaned up eight hundred feet of cantaloupes and watermelons and then sowed clover under the crops. Why do we sow clover in our melon beds? Essentially, the idea of such a practice is to provide a living mulch for the melons while reducing the competition pressure of more troublesome weeds. Additionally, by being a legume, the clover we sowed will add valuable nitrogen to the soil around it. On Sunday, we had our first market day at the farm. Field assistant Chelsea Allen helped run the show from 11-4 while Trust Director Bonnie Van Allen helped wash and bunch radishes for the customers. We were all happy to see the rain clear off late in the day, and the summer begin with a bit of sunshine. Appropriately enough, with the coming of summer this week, the zucchini arrive in your shares, accompanied by a bevy of other goodies we hope you'll enjoy. The 'conehead' cabbage, in particular, is a staff favorite, and we're already researching kim chi recipes to make the most of it.

-Aaron and Ashley



RECIPES *what to do with those veggies*

Bright Green Spinach and Pea Soup

Ingredients

2 tablespoons olive oil, butter, or a mixture
 2 green onions, coarsely chopped
 1 small onion, chopped
 3 carrots, thinly sliced
 1 celery rib, thinly sliced
 1 tablespoon chopped marjoram or basil or
 1 teaspoon dried handful parsley, chopped
 Salt and freshly milled pepper
 1 large bunch spinach, roughly chopped
 1 cup shelled peas
 lemon juice to taste
 For garnish: crème fraiche, small toasted
 croutons, and calendula petals

Warm the oil in a soup pot and add green onion, onion, carrots, celery, 1/2 of the herbs, 1 teaspoon salt. Keep the heat low, stir and sweat for 5 minutes. Add 6 cups water (or broth and water), bring to boil, and simmer uncovered for 20 minutes or until vegetables are tender. Add the spinach and peas and cook 2-3 minutes. Add the rest of the herbs and the parsley. Remove from heat and blend in two batches or use immersion blender. Taste for salt and season with pepper. Stir in enough lemon juice, starting with 1/2 teaspoon, to bring up flavors. Serve immediately with a swirl of crème fraiche, the croutons, and the blossoms floating on top.

-Debra Madison, *Vegetarian Cooking for Everyone*

Beet Greens with Lemon Juice and Extra-virgin Olive Oil

Serves 2 to 4

Wash the beet greens. Remove the stems and chop them into small dice. Coarsely chop the leaves and set them aside.

Heat 1 tablespoon of the olive oil in a heavy-bottomed skillet over medium-low heat. Add the chopped beet stems and a pinch of salt. Cook, stirring occasionally, until the stems are nearly tender, about 8 minutes. Push the beet stems to one side of the pan and add the garlic to the other side. Cook until fragrant but not brown, about 1 minute. Stir the garlic into the stems. Add the chopped beet leaves and season with salt. Stir in a splash of water and cook until the leaves are tender, 8 to 10 minutes.

In a small bowl, whisk together the lemon juice and remaining 3 tbsp olive oil with a pinch of salt.

Remove the pan from the heat, pour the dressing on top, and stir to combine. Season with salt and pepper. Serve hot.

Ingredients

1 bunch beet greens (10 to 12 ounces)
 4 tablespoons extra-virgin olive oil
 Kosher salt
 1 clove garlic, minced
 1 tablespoon fresh lemon juice
 Freshly ground black pepper

-Jim Denevan, *Outstanding in the Field*

HAPPENINGS

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