



We are like tenant farmers chopping down the fence around our house for fuel when we should be using Nature's inexhaustible sources of energy — sun, wind and tide. ... I'd put my money on the sun and solar energy. What a source of power! I hope we don't have to wait until oil and coal run out before we tackle that.

Thomas Edison 1931

News from the Farm

Welcome to Week 3. It has continued to be wet here but we were finally able to mow down some cover crops, to cultivate some new plantings and we have started weeding season. Some of our crops seem less than happy like the peas which went from bright green to yellowing plants from so much moisture. We are hoping the harvest picks up next week. The greens and broccoli are loving it though so as always we have much to appreciate in all weather.

Due to some moisture delays we will now be weeding up a storm starting on Monday. If you would like to volunteer, we would love any help – just call or email us to set up a time.

We are headed to the MREA's Renewable Energy Fair on Saturday. It runs from Friday-Sunday and offers great classes in all things sustainable from home gardening and beekeeping to solar installations, energy upgrades, and natural building. We love the fair for its education, great food, kids tent and much more. For details grab one of the flyers from last week or see <https://www.midwestrenew.org/energyfair>

Make sure to read the backside of the newsletter which has the information for the upcoming farm events on June 26 and 28th!

Have a delicious week- Kat, Tony, Riley, Ted and Maple

Pizza specials of the week – Its all Clover now baby blue- clover, blue cheese, kale and bacon; Three mushrooms n' greens- A blend of three mushrooms topped with napa cabbage and garlic scapes; 5 veggie- grated carrot and radish confetti, garlic scapes, kale, and cabbage.

In Your Box

Lettuce heads – romaine, leaf or red and green summer crisp.

Kohlrabi and/or Radishes – halves get both, fulls get one or the other. You will get either three regular red radishes or ostergrass radishes which look like red carrots. Last week for radishes until fall.

Swiss Chard- a rainbow of leaves and stems. Cook stems first.

Bok Choy –We have a bumper crop this year so you can expect one more week ☺

Chinese Cabbage – aka napa cabbage in many recipes. Great for slaws, spring rolls, and more. See tips in Kat's Kitchen

Spring Turnips- remember to separate greens. See the quick pickles

Salad mix (fulls)- baby lettuce greens to fill a salad bowl.

Next Week's Best Guess: peas, carrots, cabbage, turnips, kale, purple kohlrabi, mushrooms, bok choy, garlic scapes.

Kat's Kitchen

Chinese (Napa) Cabbage- great in slaws, as fillings for spring or egg rolls, and stirfried in thin ribbons with pork or black beans. Mix with taco seasoning or chili powder and lime for a filling in Mexican dishes. Next week's newsletter will feature "superfoods" and this green tops the list for nutrient density and absorption over everything even kale and blueberries! It is also the main ingredient in kim chi which is the famous Korean sauerkraut- like food.

Maple Balsamic Vinaigrette aka Jon Jon's Dressing. Sorry if we repeat this every year but it is our best dressing!

½ cup olive or sunflower oil, ½ cup balsamic vinegar, 2-3Tbs stone ground mustard, 2-3 Tbs maple syrup. Adjust syrup and mustard to your taste, add black pepper if desired.

Swiss chard breakfast burrito – from Asparagus through Zucchini (note lots of other veggies like bok choy, shredded carrots or radishes, and later in the season zucchini are great in place of the chard)

3 cups cooked swiss chard (saute in garlic and olive oil or olive oil and chili powder salt and pepper), 6-8 flour tortillas, 2 cup shredded cheese, 4 egg beaten, 2 cups milk, 1 tbs flour, 1 tsp mustard powder, salsa and sour cream. Soak a 9 x 13 inch pan, divide cooked chard down center of tortillas. Sprinkle each with cheese. Roll up tortillas and place seam side down in prepared pan. Mix egg milk, flour and mustard powder. Pour over tortillas. Cover with foil and refrigerate overnight. The next day let to come to room temp. heat oven to 350 degrees. Bake until eggs are set, about 45 min. sprinkle a bit of cheese on top. Serve with salsa and sour cream.

Quick pickles – They are all the rage we here from friends and CSA folks. These include any sort of veggie put in a brine (usually vinegar, sugar, salt) for a few hours to be used as a condiment or kept in the fridge for a bit longer for the same purpose. Chinese cabbage, turnips, radishes, carrots sliced thinly or into sticks (for radishes or carrots) all work well or in combination. A basic brine is 1 tsp salt, ½ cup rice wine (or apple cider) vinegar, 1 tsp sugar or honey, ½ tsp crushed peppercorns, you can add dill, ginger, or a bit of curry for different flavors. Serve on top of sandwiches like pulled pork or a burger, in tacos or spring rolls or as a snack.

Farm Event Weekend is Coming!!!

June 26th - Pizza night cooking class

Join the wonderful and talented Kim Casey for a 6pm cooking demo and tasting, with ideas for greens and current seasonal veggies. She always has great tricks for using things over the course of a week (or preserving for later) and much more. You can bring your own picnic dinner or purchase pizzas (or both). Alongside Kim's demo we will have a table of cooking resources and a place to share great recipes with other CSA members as well as CSA member name tags so you can connect with others to talk all things CSA if you want. This event is open to all.

Slow Food Marathon County will also be here having an informal get together so if you want to learn more about efforts to support and expand good, clean and fair eating and farming join the group with the snail flag - <http://www.slowfoodmc.org>

June 28th - Pancake Breakfast

When: Between 9am and 1pm

What: *Breakfast* (or brunch) on the farm. We will be serving our whole wheat pancakes, farm egg and veggie frittata, our pastured maple sausage, homemade apple sauce, our maple syrup, locally roasted coffee and local milk and yogurt from Clover Meadows Dairy in Athens, and hopefully lots of berries. We will have *farm tours* and will have a map for folks who want to walk all the way to the grain fields or who want to find all the assorted animals etc. The event is *rain or shine* and we will have plenty of food for all – please arrive by 12:30 for food.

Bring- Your own plates, cup and cutlery if possible. Farm friendly clothing and footwear (think mud).

Leave at home- Pets (Working animals like Seeing Eye dogs are always welcome!).

This is a CSA event **not open to the public** and has no charge for CSA members. If you have family or friends visiting, grandchildren or someone who you want to bring by all means bring them with you!