

# Kettle Pond Farm Newsletter

[www.kettlepondfarm.com](http://www.kettlepondfarm.com)

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## What to find in your share...

Arugula  
Mustard  
Beet Greens  
Swiss Chard  
Parsley  
Shelling or Snap Peas  
Lettuce heads  
Basil

**Remember to always plant three rows of peas in your own life:**

1. Peas of mind
2. Peas of heart
3. Peas of soul



## Lettuce Peas!

Hey members! Welcome to the 2<sup>nd</sup> week of the 2008 CSA season. It was great meeting all of you last week and we hope you enjoyed the first taste of the season. As you walk around the farm this week you will notice that we transplanted peppers and broccoli. Those items will be in the shares later in the season, but the shares this week include many of the same salad items as last week and two new items: lettuce heads and peas!

Don't forget to read the second page...it contains some new additions including Ask the Farmer, Veggie Tips and Veggie Facts!



← Peppers



Broccoli →

## Easy Peasy!

Snap and shelling peas, both new items this week, can be eaten raw or cooked. If eaten raw they are best within 3-4 days of harvest before their sugars turn to starch. Throw them atop a salad, or put a few in your pocket or handy bag to snack on during the day! If you'd like to cook them, they won't take long. Steam for 3-5 minutes until tender and crispy then toss with butter and salt or olive oil. You can also add them to a stir-fry or soup in the last few minutes of cooking.

Remember, snap peas can be eaten as they are, but if you have the shelling variety, don't forget to remove the shell!



## Hay You!

Last week Alex Houtzager, landowner and president of Kettle Pond Farm Inc., cut and baled 4 hay pastures. The bales are \$4.50 each and can be purchased here at the farm.

## Ask the Farmer

**Q:** I noticed some of the plants in the field look white. How come?

**A:** The white appearance on some of our crops including the eggplant, cabbage and summer squash is a result of spraying Surround. Surround's active ingredient is kaolin, which is natural clay that sticks to the wings, body, and mouth parts of pests such as flea beetles and cucumber beetles. As a result, the pests become uncomfortable and move elsewhere!

**Q:** Was last week's share a good indication of the typical share size? It seemed small.

**A:** No, the shares will get larger. For the first month or so, the shares are relatively petite. However, as time goes on, the share size will increase as will the variety of veggies available.

**Q:** I saw you planting with a material that looks like black plastic. Why is that used?

**A:** We use black mulch when we plant peppers and melons. These crops love the heat so using the mulch heats up the soil for a faster and tastier harvest. It also retains moisture and suppresses weeds! The mulch we bought this year is actually biodegradable and made out of corn.

## Veggie Tips - Herb Special

- ◆ To keep basil fresh for many days place stems in a glass of water on the kitchen counter and make sure the leaves aren't in the water. Don't Refrigerate!
- ◆ For other herbs, set unwashed into a small jar filled with one to two inches of water and cover loosely with plastic wrap and put into refrigerator. For best results make sure the leaves aren't in the water.
- ◆ For loose herbs (no stems) roll in dry towel, place in bag and store in refrigerator.
- ◆ Some great herbs to dry are basil, parsley, cilantro and dill which will eventually become a staple in your shares. A simple way to dry these herbs is to place them in the oven on the lowest setting with the door ajar. The herbs are dry once they crumble when pinched. If you don't want to heat up your house with the oven you can hang the herbs upside down in a warm ventilated place with low humidity where they will dry within two weeks.

## Veggie Facts

- ◆ Peas are good for you and the soil. They provide you with a good source protein, folate, vitamin A and vitamin C. Peas, being a member of the legume family, have the ability to take nitrogen from the air and put it into the soil for other crops to use.
- ◆ The ancient Greeks believed that lettuce induced sleep, so they served it at the end of the meal.
- ◆ The lettuce we use today started out as a weed around the Mediterranean Basin.

## Some Final Words

*We could always use some extra hands...so if you are interested in volunteering please let us know. There are a variety of ways you can help out (planting, weeding, harvesting...dreaming)!*

*We would like to thank everyone for supporting the farm through our CSA program. Let's make this a great season.*