

Kettle Pond Farm Newsletter

www.kettlepondfarm.com

Volume 3, Issue 12 August 25 & 28



Mark Your Calendars

News & Notes

-Hello everyone! Welcome to the 12th week of the 2008 CSA season! New Zealand Spinach is in the share this week, and Swiss chard is back. We hope you are enjoying the greens. They are easily thrown into to most dishes and they are super healthy, providing Calcium, vitamin C, Iron, and more!

-This week three groups will be helping us out on the farm, one from Roger Williams University and two from Boston University. All three are freshman orientation groups doing volunteer work before they start classes! We'd like to thank them in advance for caring about what we do and helping us out!

-We're planning a fall harvest party here at the farm! The date is going to be October 4 so mark your calendars! More info to come....

-Last week we had to do the unthinkable...buy rubber bands / elastics! It would be a great help if you could all save the rubber bands each week and return them to us.

-Because all the interns have left and Angela is on her way back to school, harvesting and packing the shares will take a bit more time. Last week we barely finished by 2:30, so please remember that pick-up doesn't start till 3 PM. If any members are interested in helping with the CSA harvest please let us know, we could always use an extra hand.

New Zealand Spinach: Not Actually Spinach

New Zealand spinach is in your share this week, and while it is not botanically related to spinach, it's a great substitute for it! NZ spinach is heat and drought tolerant so it is an excellent crop to grow in the hottest summer months when spinach would bolt. It contains a bit less iron than spinach, but is similar in nutrients otherwise. NZ spinach leaves can be eaten raw or cooked. It does contain oxalates which, when consumed raw in great quantity, can be harmful. To be on the safe side, steam or blanch!

NZ spinach goes well with dill, thyme, chives, basil, nutmeg, or allspice.

What to find in your share...

Cucumbers
Carrots
Summer Squash
Tomatoes
Kale or
Collard Greens
Swiss Chard
N.Z. Spinach
Peppers
Eggplant
Green Beans
Melon
Onions
Scallions
Dill
Basil
Par-Cel
Parsley

Recipes of the Week: We were treated to these delicious dishes at the Possinger's the other night and we wanted to share them with you!

Stuffed Eggplant, Greek Style

Ingredients:

Eggplant, about 2 medium
1 cup uncooked brown rice
2 cups water, with a pinch of salt
2 medium onions, chopped
2 cloves garlic, chopped
¼ cup sunflower seeds
2-3 sprigs parcel
Salt and pepper
½ cup feta cheese (optional)
Olive oil

Bake eggplant, sliced lengthwise, on an oiled cookie sheet at 350 degrees for about 20 minutes, or until tender. Meanwhile, bring the water to boil with a pinch of salt. Add the rice, lower the heat to simmer, and cook rice until tender, adding more water if necessary. In a skillet, sauté the onions and garlic in olive oil until soft, about 3-5 minutes. Add the sunflower seeds and parcel, and continue to cook for another 3 minutes. Season with salt and pepper to taste. When the eggplants are done, scoop out the insides and roughly chop. Combine the onion mixture, rice, chopped eggplant, and feta cheese, and stuff the eggplant skin with the finished mixture. Bake the stuffed eggplants at 350 until the top is slightly crispy, about 20 minutes. Extra filling can be also be baked on the side. Enjoy!

Mediterranean Salsa

Ingredients:

2 tablespoons olive oil
2 tablespoons white wine vinegar
1 clove garlic, minced
2 tablespoons finely chopped fresh basil
1 teaspoon sugar
½ teaspoon black pepper
10-15 kalamata (brined Greek) olives, seeded and coarsely chopped
½ cup chopped cucumber
½ cup finely chopped onion
1 cup chopped tomatoes
1/3 cup crumbled feta cheese

Combine oil, vinegar, garlic, basil, sugar and pepper in a medium bowl. Add olives, cucumber, and onion. Toss to coat. Cover and refrigerate until ready to serve. Just before serving, gently stir in tomatoes and feta cheese. Can be served as a side for meat dishes, with bread, pita pockets, or salsa chins

Words from the (mid)West

I arrived at Kettle Pond Farm on a Sunday night in May four hours after my original ETA due to several bus delays. The next morning the work began and I got my first experience on a real live farm transplanting leeks under a gray sky. In my last week on the farm, three and a half months later, I finally got to see the results of that (and much subsequent) labor as leeks were harvested for the first time. In between, we've planted, transplanted, and harvested a number of other veggies, as well as cared for the land, sheep and chickens. The last farm activity I did was to take care of those chickens, and just to make sure I didn't get too sad about it being my last time the fence gave me a good farewell shock as I was hooking it back up. Farming can be painful - I've been burnt, bitten, blistered and bruised, not to mention my back's opinion of all this - but most of the time, these things were little more than amusing (at worst annoying) distractions. Far worse is the stress and worry that comes with unfavorable weather or particularly pernicious flea beetle attacks, as these directly threaten everything we've worked so hard for. But all the pain and all the anxiety doesn't come close to outweighing the simple pleasure of the farming lifestyle. Rising early without an alarm clock, because your body is well-rested and ready to work; having a commute that consists of walking out the back door; enjoying fresh veggies you or your friends have harvested from the backyard every day; following the rhythm of the seasons, the weather, the day; truly reaping the fruits of your labor, and sharing these fruits with others. I don't believe I can convey to anyone who hasn't had the opportunity to live this way what it truly feels like or how deeply satisfying it can be. I can say, however, that the experience has changed my expectations for how life can be and how I want my life to be. It's rather frustrating to have to return to school, where life is often busier without being as satisfying, and to have to go now, with so much left to be done. But I'll be back, if not to visit Kettle Pond than at least to the farm life in general. There's still dirt under my fingernails and calluses on my hands; I won't forget this summer.

I've appreciated the support you've all given the farm; I'd never heard of a CSA before finding Kettle Pond, but seeing one in action made it clear why a farmer would be glad to have this relationship. Mondays and Thursdays became some of the best days; not only did we get to harvest and see just how well the farm was doing, we got to see each of you and share our harvest. I enjoyed hearing the stories you brought of new recipes and your families' reactions to unidentified vegetables on their dinner plates. I love farming as a lifestyle, but what truly makes it worthwhile is knowing that our work is bringing all of you a little enjoyment as well. I hope you continue to enjoy the rest of this season and hope to see you all again!

With love from afar,
Rachel

Saturday Night Event: THIS SATURDAY!

We're inviting you to the farm this Saturday August 30 at 6PM for a presentation given by Millie Gedrites. Millie is the KPF nonprofit board treasurer and 4-H volunteer extraordinaire. She will be cooking up a feast.

There will be food, a fire, and a chance to relax here at the farm. This event is free and donations are accepted. We hope to see you then!