

June 7/10, 2010  
Volume 5, Issue 1

# Kettle Pond Farm CSA

## Week 1



### In Your Share:

- Arugula-
- Swiss Chard-
- Pak Choi-
- Scallions-
- Garlic Scapes-
- Lettuce-
- Radish-

"Enchant, stay beautiful and graceful, but do this, eat well. Bring the same consideration to the preparation of your food as you devote to your appearance. Let your dinner be a poem, like your dress."

*-Charles Pierre Monselet, French author (1825-1888)*

### Welcome, Welcome!

Welcome to the first week of the 2010 CSA season here at Kettle Pond Farm! We want to thank you all for supporting our small community farm dream. We look forward to a great season filled with old friends, new friends, and a lot of fresh veggies!

Since we started planting in mid-March, we haven't stopped! It was a long winter, but as the weather gets warmer time is flying and we are very excited to be harvesting the first fruits of our labor this week.

This week's share will add a lot of green to your life. We hope you enjoy it!

### This Week's Veggies

**Arugula-** Forgive us, we wish we could have distributed this spicy green a little earlier, but our other veggies just weren't ready! Arugula is most commonly used as a salad green and can also make a great pesto.

**Garlic Scapes-** An early season treat! The garlic scape is actually the immature garlic flower and stem and is used just like garlic, chop it up and add some flavor to any meal.

**Lettuce-** This week's lettuce is a green leaf variety called Black-Seeded-Simpson. Eat it in salads or make lettuce wraps!

**Pak Choi-** Also known as Chinese cabbage, pak choi makes an amazing stir-fry. Leaves and stems can be used together or separately. If you're cooking them together be sure to add the stems first because they take a bit longer to cook. The greens can be eaten raw, steamed, or sautéed.

**Radish-** Ah, the beautiful radish! Eat them in salads or by themselves. But always enjoy!

**Scallion-** The very versatile spring onion. Eat raw in salads, cook up in a stir -fry, or make pancakes!

**Swiss Chard-** These gorgeous greens are a member of the beet family. Like pak choi, leaves and stems can be used together or separately. Remember that the stems will take longer to cook! Use the greens for steaming, sautéing or in salads!

## **Kelly Writes**

I heard once that farmers are one million times more likely to be struck by lightning than the average person.

That's scary, right? Well first I should tell you that I just made up the number one million because I couldn't remember the actual number. Second, I'm not sure if this stat is referring to farmers out in the midwest working thousands upon thousands of acres of flat land with nothing else in sight or the likes of Kettle Pond farmers who are on a smaller plot of land. But at any rate, I take that statistic to heart. And that's why when I woke up this morning to rumblings and flashes, I knew that the squash and cucumber planting I was supposed to plant today was going to have to wait.

This squash transplant is our second of the season. The first is looking nice now! But it wasn't a few weeks ago. I am really happy to see that our cucumber beetle foes have backed off a little. They are a really beautiful black and yellow striped flying beetle. But they wreak havoc on young seedlings, spreading disease and defoliating until their heart's content. This year we were just about to cover up our plants with our best friend Remay (a woven white cloth that among other things, helps protect plants from pest pressure) when we saw the beetles came extra early. Unfortunately, these things happen. Luckily, the squash have shot up, gained some strength, and like I said, are looking good!

We have a lot of pests around here so that is why you will see a lot of white cloth when you come to the farm to pick up your veggies. I like to say we plant secrets, but the reality is that we are protecting our plants from flea, cucumber, bean, and potato beetles along with woodchucks and deer. If you see anything else around here that you're unsure of, just ask about it and we'll be delighted to tell you all about how we grow our crops. Fortunately, I am much more knowledgeable about the crops than lightning strike stats!

## **Steve's Simple Swiss Chard, with Beans and Pasta**

### Ingredients:

1 Bunch of Swiss Chard, Garlic Scape(s), Small bunch of Scallions, 2 Tbsp Extra Virgin Olive Oil, 2 Tbsp Water, Sea Salt, Crushed Red Pepper, Pasta (as much as you want), Your choice of beans (I prefer kidney beans)

### How It Goes!

1. Rinse off the Swiss Chard, Garlic Scapes and Scallions thoroughly. Remove the toughest third of the S.Chard stalk and roughly chop the leaves into inch-wide strips. Chop up the garlic scapes and scallions to your preference (fine, diced, or rough). Put the water on for the pasta, get your stomach ready.
2. While the pasta water is heating up put a saucepan on the stove at medium heat, add olive oil, garlic scapes, scallions and crushed red pepper. Saute for about two minutes. Add the swiss chard leaves and cover it. Check after five minutes, if dry add that refreshing water. Then flip it over in the saucepan, to cook the other side.
3. After another 5 minutes turn the heat to low. Strain out the pasta and get the beans ready. Add the pasta and the beans to the sauce pan and warm them up together. Once the beans are warm, its ready to eat! If you want you can add a splash of soy sauce! Enjoy!