

Oct. 4 & 7, 2010
Volume 5, Issue 18

Kettle Pond Farm CSA

Week 18



In Your Share:

- Kale or Chard-
- Tatsoi-
- Lettuce & Arugula-
- Tomatoes or Peppers-
- Carrots & Beets-
- Eggplant-
- Leeks-
- Cilantro-
- Dill-
- Parsley-

“USA Today has come out with a new survey - apparently, three out of every four people make up 75% of the population.”

~David Letterman

We Aren't Done Yet..

We are at week 18, and we're going for the full 20... we will keep you posted.

News/Notes/Veggies

A New Farmer? We wanted to let everyone know that there will be a new farmer growing your veggies here next season. Steve will be moving on to take on other life goals and I (Kelly) am looking to enter the field of Horticultural Therapy.

Sweet, Sweet Honey! We are excited to have some honey for sale during veggie pickups. The honey comes from hives on the property that belong to, and are kept by CSA members, Eddie and Cat Ellis. The honey is raw which means it is not heated, pasteurized, or processed. Processing honey kills enzymes that can benefit your health. Honey naturally has anti-bacterial, anti-viral, and anti-fungal properties. It has been found to lessen seasonal allergies, and aid in wound healing and digestion among other things. It is also great for skin and has even been found to preserve food.

Survey Says... Towards the end of every season we like to get your feedback about your experience with our CSA. Attached with this newsletter is a quick survey, and because we would love to hear everyone's feedback, the survey is your ticket to veggies this week! If you can bring it with you, that's great. If you forget to, we will have some on site. And if you're against doing it? Well, we can accept that as well.

Veggies! We anticipate some smiles this week because lettuce is returning to the shares! Let's call it baby lettuce. It should be quite tender and delicious. We really hope you enjoy it. And there is more to come! Arugula will also be re-appearing in a more baby fashion. Your salads are going to be great this week. Add in some carrots and beets too! And why not some leeks? I have been chopping them up small for salad and salsa, and I am quite content. We figured you would have had your fill of cabbage last week, so we are holding off harvesting more for you until next week. And yes, the eggplant are still going strong! Also, enjoy the fresh herbs while you can! Take a good handful! And don't forget to grab yourself some sage, chives, lemon balm, thyme, and/or oregano from the herb garden out front!

Jelly and Jam! If were you inspired by Steve's bread story last week, you will need some jam to top it off! You're in luck, our good friend and board treasurer Millie has been busy making jams and jellies, and dropped off a bunch of new batches last week. There are a lot of great flavors including beach plum, red raspberry, and peach! All of the fruit is local! Most of it is from her brother's farm in Westminster, MA.