

Kettle Pond Farm CSA

Week 2



In Your Share:

- Kale-
- Swiss Chard-
- Baby Greens-
- Scallions-
- Garlic Scapes-
- Radish-
- Parsley-
- Pak Choi-
- Lettuce?-

IF ORGANIC FARMING IS THE NATURAL WAY, SHOULDN'T ORGANIC PRODUCE JUST BE CALLED "PRODUCE" AND MAKE THE PESTICIDE-LADEN STUFF TAKE THE BURDEN OF AN ADJECTIVE?
~YMBER DELECTO

Onwards to the Second Week!

Welcome to the second newsletter of the season. We hope you all enjoyed the first one, as well as all the wonderful veggies you received last week. As promised, the pictures of all the veggies have been posted on our blog, which can be reached through the main website (www.kettlepondfarm.com).

This Week's Veggies

This week features many of the same veggies as last week, with the addition of Kale, Baby Greens and Parsley. Arugula is not in the share this week, but it will make a comeback a little later in the season. Lettuce is questionable, but we are crossing our fingers. Here is the rundown for those new veggies.

Kale- Another farm favorite green makes an appearance! Kale was a staple food in the Middle Ages and is credited for keeping the peasant farmers healthier than their meat-eating lords and masters. Kale is a great source of calcium, iron, carotenoids, and vitamins C and A. This season we have four varieties planted, each a different color and shape. Enjoy in soups, sauteed in olive oil, cooked slowly in the crock pot, or even as chips!

Baby Greens- Tender young salad greens ready for eating. The mix includes a variety of greens including mizuna, pak choi and tatsoi. Enjoy raw in a salad or in a wrap!

Parsley- One of the world's most popular herbs, parsley is one of the healthiest foods for you! It is a great source of vitamins C and A as well as folate and iron. It's also been found to have anticancer, antioxidant, and cardio protective potency. Parsley is native to the Mediterranean region of Southern Europe and was used medicinally before it was used as a food. It's uses can range from being tossed into salads, to making pesto and other sauces. Use it to add flavor where you wish!

FAQ's

Q: What does 'lettuce?' mean?

A: One of the trickiest parts of farming is figuring out the timing of when the veggies will be ready, especially at the beginning of the season. As the season goes on, it gets a lot easier and we don't have to worry about it so much. The reason why we aren't sure if we will be able to distribute lettuce this week is because one of our plantings is "bolting" while another isn't big enough. Technically we should be distributing lettuce this week, but if it bolts (puts up a stalk so it can go to seed) it gets very bitter, and when it's not big enough it seems like a waste.

Q: How can I store my veggies to keep them super fresh?

A: This link was sent along to us by Amy, one of our members. It's a thorough list of veggies and directions for their storage. Thanks Amy!
<http://thegardenguide.typepad.com/ProduceStorageTips.pdf>

Steve Ponders...

If you met me last week and we happened to shake hands, you may have noticed the word respect tattooed on my right wrist. Its not big or fancy, just a word, inscribed as a reminder that in this hectic world we have to respect our selves and we have to respect others. Its all to easy to lose sight of that.

Now that some time has passed since I graced myself with that word I have started to wonder what it actual means. What does respect mean? Let us turn to the dictionary:

1. To feel or show deferential regard for; esteem
2. To avoid violation of or interference with
3. To relate or refer to; concern
4. Willingness to show consideration or appreciation

I think that I like the fourth option the best. Now lets put it into one of the previous sentences I wrote and see how it feels: Its not big or fancy, just a word, inscribed as a reminder that in this hectic world we have to have the willingness to show consideration and apprection for ourselves and others. Maybe that is how I might start viewing the word, and how I might start living with it. I will be willing to show consideration and apprection for myself and others.

I hope you enjoyed this little exercise. I wonder what you think the word means, or how it fits into your life...if you see me this week, maybe tap me on the shoulder and let me know, Id love to listen. Thanks for taking the time to consider my words, I appreciate that.

Greens Tacos

I just found this recipe online at <http://www.mariquita.com/recipes> and it looks so tasty! I am going to try it this week and thought you may like to as well... -Kelly

Ingredients:

¾ lbs of greens sliced into 1 in. pieces, 2 tsp. cooking oil, 2 garlic scapes or scallions, 1 pinch of red pepper flakes or cayenne, 2 Tbl. Cream cheese, 4-6 small corn tortillas or 2-3 large flour tortillas

Directions:

Heat the oil and add the garlic/scallion, cooking for about 30 seconds. Add greens and cook until bright green and wilted. Add red pepper (and salt and black pepper if you like). Take off heat and stir in cream cheese. Heat tortillas, divide filling among them. Eat and enjoy.

Chicken and Bok Choy Soup

This recipe found at www.recipezaar.com was recommended by Amy, one of our members!

Ingredients:

1 onion, 2 garlic cloves, 1 Tbl oil, 400g chicken breasts, 4 C. vegetable stock, salt, pepper, 1 Tbl soy sauce, 450 g Bok Choy (pak choi)

Directions:

Chop onion and garlic in food processor. Fry onion and garlic in the oil. Chop chicken into cubes and add it to the food processor to get ground/minced chicken. Add chicken to the onion and garlic and brown. Add veggie stock, salt, pepper, soy sauce. Remove leaves from bok choy, chop stems coarsely and add to the soup. Simmer for 10 minutes. Chop leaves and add to the soup. Simmer for 2 minutes. Serve!