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The weekly newsletter of Stone's Throw CSA
June 30, 2009 stonesthrowcsa.org

Seasonal eating

We at Stone's Throw CSA are excited to have you all along with us on our seasonal eating adventure. We know it can be challenging at times as well as immensely satisfying. We hope the chart below of what produce we expect to have available at what times (depending on growing conditions, of course) will help you plan your seasonal meals throughout the seasons.

"If every U.S. citizen ate just one meal a week (any meal) composed of locally and organically raised meats and produce, we would reduce our country's oil consumption by over 1.1 million barrels of oil every week. That's not gallons, but barrels. Small changes in buying habits can make big differences. Becoming a less energy-dependent nation may just need to start with a good breakfast." —Animal, Vegetable, Miracle Barbara Kingsolver

Stone's Throw CSA Crops planned for 2009*

Produce	June	July	August	September	October
Beans, Snap		■	■	■	
Beets			■	■	■
Broccoli			■	■	
Cabbage		■	■	■	
Carrot		■	■	■	
Cauliflower		■	■		
Chard					■
Corn, sweet			■	■	
Cucumber			■	■	
Eggplant			■	■	
Greens, cooking		■	■	■	
Kale		■	■	■	
Lettuce, head	■	■		■	■
Onion			■	■	
Peas	■	■			
Peppers			■	■	
Potato				■	■
Radish	■	■			
Salad greens				■	■
Scallion	■	■			
Spinach		■	■	■	
Squash, Summer			■	■	
Squash, Winter					■
Strawberries	■	■			
Tomatoes, Cherry			■	■	
Tomatoes, Slicing			■	■	
Turnips, baby			■	■	

*Stone's Throw CSA members share in the risks and rewards of farming. What members receive each week depends upon growing conditions and varies by season.

Reminder:

In spite of the holiday, we will still be holding pickup on Saturday, July 4.

Farm updates

Silvermine Farm

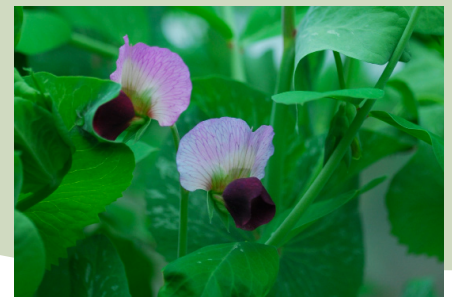
Crows, slugs, and critters Oh-My! Martha Cole reports that this week on the farm they have busy working to keep unwanted visitors out of the fields, as well as hoping for an end to the rain. "We know that big, bright orb is up there somewhere," she said.

Sweet Birch Farm

"The continued wet weather is taking a toll on many of the crops, some succumbing to fungal diseases and others just growing slowly or not at all. Hopefully the few peeks of sun we've seen recently signal a change in the weather pattern. This week we will have the beginning of our head lettuces along with more radishes."

The Stockwell Farm

Anyone willing to brave the mud by donning a pair of rubber boots and walking down the laneway at Silvermine Farm is welcome to visit the back fields where the Stockwell Farm crops are growing. You will find flags marking rows for CSA veggies including radishes, beans, cukes, tomatoes and squash. Paul's "crew" consists mainly of family and friends but his passion for farming is getting the job done to bring you fresh, quality produce!



Recipes

Pork Spaghettini

Modified from Everyday with Rachael Ray, March 2008

1 lb boneless pork loin roast (sliced into ¼" by ¼" strips)

1 ½ cups chicken broth

5 T. soy sauce

6 cloves of garlic coarsely chopped

¾ pound spaghettini (or other similar pasta)

½ pound snap peas

1 bunch scallions (chopped into ½" pieces)

¼ cup vegetable oil

1. In a bowl, combine pork, ½ c. chicken broth, 2 T. soy sauce and half of the garlic
2. In a large pot, cook pasta until al dente.
3. In a large deep skillet, heat 2 T vegetable oil over medium-high heat. Cook scallions, snap peas and remaining garlic for 3 minutes, and remove from pan. Heat the remaining oil and add the pork mixture, cook until opaque or about 3-4 minutes. Add the remaining chicken broth and soy sauce and cook until the liquid is slightly thickened, about 4 minutes.
4. Add the scallion mixture back to the skillet and remove from heat. Add the pasta and toss.

Keep an eye on our website for more great recipes, information about seasonal eating, news and photos!

www.stonethrowcsa.org

Your Ideas?

We welcome your questions, ideas, and recipes. Each week brings new produce in our shares, and new ideas about what to do with that week's bounty. If you'd like to share your own recipes, please contact Marla the Recipe Editor at mwallace_5@charter.net.

Remember too that you are welcome to post to the CSA blog at <http://stonethrowcsa.org/> with any questions, suggestions, recipes, or random thoughts.



Strawberry Rhubarb Sauce

Recipe Courtesy of Curtis Aikens (Food Network)

Prep Time: 10 min

Cook Time: 45 min

Serves: 3 cups

Ingredients

1/3 to 1/2 cup sugar, depending on desired tartness

1/3 cup water

1 pound rhubarb stalks, cleaned and diced

1 quart strawberries, cleaned, hulled and halved

1/2 tablespoon lemon juice

Directions

In a heavy saucepan over medium heat combine sugar and water. Stir to dissolve sugar. Add rhubarb and allow to simmer for 15 minutes or until tender. Add strawberries and lemon juice and simmer for 10 minutes more. Allow mixture to cool for about 10 minutes.

In batches, if necessary, puree mixture in blender. Add water if mixture appears too thick. Drizzle over yogurt or ice cream or serve with crumpets and sweetened whipped cream.