

Share

The weekly newsletter of Stone's Throw CSA
July 24, 2008

About Stone's Throw: Volunteers

**Share will occasionally feature the efforts of members fulfilling their volunteer commitment. Please contact Karin Green to find the right job for you and place you on the schedule [kgreen1@charter.net].*

You may meet **Jessica Green** on your next pick-up. Jessica, entering her senior year at Worcester Academy, has volunteered to coordinate the distribution of the farmers' harvest. Asked to describe her job, she shared, "On Thursday morning I organize the boxes in the Silvermine barn, to account for all shareholders and ensure that no cartons are missing." The CSA crops received from the two outlying farms are weighed and recorded. Based on what is available, she determines the best way to evenly divide the produce into the three categories: #1 and #2 small shares, and full shares. The whole process takes approximately three hours. While she wasn't sure it would be enjoyable, Jessica finds she likes organizing the work of others. "In school you're not responsible for the group but for yourself," she said.

Since her mother Karin Green conceived the idea for Stone's Throw, Jessica has embraced the concept of growing foods organically, an extension of her own interest in nature and land use. "Organically-grown produce may not be as picture-perfect as that found in grocery stores, but each blemish tells a story. It's important to see what broccoli looks like before it's 'broccoli', as a seed, as it sprouts and comes to full flower," she said. "It's awesome to get organic food. You put in a few hours out in the field and see the work it takes to prepare [the foodstuffs for] a meal."

Errata:

The caption under the photo on the front page of last issue was incorrectly identified. It should have identified the shareholders as: Erinn Klatt and her sons, Alexander and Dominic.

Farm updates

Silvermine Farm

Martha Cole is ready to put down cover crops underneath her vegetables at Silvermine Farm. This process is repeated throughout the growing season to add nutrients to the soil, and keep it cooler during drought conditions by retaining moisture. The controlled growth of clover or another cover crop suppresses weeds in productive fields, helps fix nitrogen for the vegetable crops and protects the soil from compaction.



After weeding, the area seeded with the cover crop requires a deep watering to quickly set its roots. To meet the need, Silvermine installed an underground irrigation system in 2006, funded by grants from the Massachusetts Department of Agricultural Resources' Farm Viability Program, and from the USDA Natural Resources Conservation Service. The in-ground irrigation system is augmented by convertible surface piping which can be relocated from one area to another, in a constant, continual rotation to irrigate fields around the farm. The need to reposition the piping is regular and labor-intensive, requiring multiple hands to successfully accomplish the task. Martha plans to relay the pipes on July 26th and requests help from Stone's Throw volunteers with this cyclical farm chore. To find out how you might assist, please call Silvermine for the schedule [508-865-5335].

Sweet Birch Farm

Katherine Anderson reports from Sweet Birch Farm: "After the slow start, it feels like summer is finally coming into swing in the garden! The cucumbers are coming in sweet and crunchy and refreshing, just in time for the hot weather. Summer squash in all varieties seem to be growing right before our eyes. The tomatoes are starting to show signs of ripening and the hot peppers are putting on color. It was great to finally get a good soaking rain and get a break from the constant watering, and we were able to fill our rain barrels to get us through the next dry spell. I did have an unusual pest in the garden this week when my kitten Linus decided to climb the garden fence. I scooped him up just as he was deciding that the baby lettuces looked like a nice, cool place to play. This week I expect to have cucumbers, a pickling variety that is nevertheless delicious eaten raw, as well as summer squash and hopefully some fresh herbs."

Jade Hill Farmstead

Despite crop failure earlier in the summer due to leaf scald and lousy germination, a third of Jade Hill Farm's crop has come in this week. Jane LaForce reports the "Provider" green beans, zucchini and yellow squash are in; her yellow beans are flowering. She hopes you enjoy both types of radishes in this week's Shares, French Breakfast (red with a white tip) and the slightly milder Easter egg radishes. As for unwelcome pests, her "woodchuck-seeking dog" keeps them at bay.

Volunteer Opportunities

Learn about field irrigation and help Stone's Throw in the process! Silvermine could use several hands to relocate piping this Saturday, July 26. Please call to learn more [508-865-5335].

Recipes

The following recipe was found on www.prairienet.org

Herbed Beets with Horseradish Sauce

from Tamra Stallings

2 pounds beets, peeled, and chunked
2 t fresh thyme
1 t salt
1/2 t black pepper

Toss together and bake at 400° until tender. (Note: smaller chunks cook more quickly). Allow to cool.

Meanwhile whisk together sauce:

2 T olive oil
1 T apple cider or other mild vinegar
2 T horseradish

Toss beets with sauce after the beets have cooled. Serve on top of a bed of arugula, or steamed beet greens. Top with toasted walnut halves or pieces.

Optional: Add 2 T chopped chives and/or chopped prosciutto or shave Serrano ham to taste.

The following recipes have been given to me from friends, family, and acquaintances. These are the delicious dishes you try at pot lucks and cookouts which you just have to have the recipe for! I hope that others enjoy them as much as we have!

Zucchini Bread

2 cups raw shredded zucchini
1 cup sugar
1 cup brown sugar
3 eggs
1 cup oil
1 tsp vanilla
3 cups flour
1 tsp salt

1 tsp baking soda
1/2 tsp baking powder
1 1/2 tsp cinnamon
1 1/2 tsp nutmeg
1 1/2 cups walnuts

Preheat oven to 350°. Mix all ingredients by hand. Divide batter into 3 greased and floured bread pans. Bake for 45 – 50 minutes.

Quick Summer Squash Pickles

3 medium summer squashes and/or zucchini cut in 1/4" slices (approx. 1 quart)

2 medium onions, sliced thin (1 - 1 1/2 cups)
1 medium green pepper, shredded (3/4 cup)
2 Tbsp. salt (mixed with 1/4 tsp. alum – optional)
1 1/4 cups sugar
1 1/4 cups vinegar
1 1/2 tsp mustard seeds
1 1/2 tsp turmeric
1/4 tsp celery seed
1/8 tsp cinnamon

In a large bowl layer squashes, onions & green peppers, sprinkling each layer with salt mixture. Weight down vegetables (with plate and food cans in plastic bag) and refrigerate for 4 hours. Rinse vegetables under cold running water and drain well on paper towels. In large saucepan, or dutch oven, combine sugar, vinegar, mustard seed, turmeric, celery seed, and cinnamon. Bring to a boil, stirring. Simmer uncovered for 10 minutes. stir in vegetables. Bring just to a boil, stirring gently; do not cook. Cool, cover and refrigerate overnite.

Makes 3 cups. Will keep several weeks in the refrigerator.

Cauliflower Casserole

1 medium head of cauliflower (2 pounds)

1 cup sour cream
1 cup shredded cheese
1 Tbsp flour
2 tsp flour
2 tsp powdered chicken boullion
1 tsp prepared mustard
1/3 cup walnuts
1/4 cup dried bread crumbs
1 Tbsp melted butter
1 tsp majoram
1/2 tsp onion salt

Cook cauliflower half way. Combine sour cream, shredded cheese, flour, chicken boullion, and prepared mustard. Place cauliflower in an 8 inch baking dish. Mix walnuts, bread crumbs, butter, majoram, and onion salt. Spread sour cream mixture over cauliflower and sprinkle nut mixture over top. Bake in preheated 400° oven for 15 – 20 minutes.

Broccoli Salad

4 cups broccoli tops broken into small pieces
1/4 cup red or vidalia onion
1/4 cup raisins
1/4 cup unsalted peanuts
4 strips bacon fried and broken into pieces
Dressing - mix and let stand for 2 hours
3/4 cup mayo (light works or you could substitute some yogurt)
1/4 cup sugar
2 Tbsp vinegar

Do you have a favorite recipe using beautiful fresh fruits and veggies? Do you have an old family dish you want to share? We'd love to hear about it! If you have recipes from any source (even if the produce isn't in season yet), please send it to me, Lynda Phillips at lynda_lou@verizon.net or leave a copy for me at the weekly pick up.

We would love to hear back from members that have tried any of the recipes and any comments they may have or if they are looking for any particular recipes.

Did you know....?

...the chimney stone near the visitor center in Purgatory Chasm in Sutton was taken from Silvermine Farm?

...that Silvermine Farm is the third oldest farm in Worcester County? It was listed as a Massachusetts Century Farm in 2000. Visit the MDAR website [<http://www.mass.gov/agr/news/releases/2000/centuryfarms2000.htm>] and learn more.

...the browning you sometimes see on cauliflower is the vegetable equivalent of 'tanning?' Martha Cole "ties up the cauliflower" by wrapping the leaves around the tender florets, to shield them from sun and prevent brown spots from developing on the surface. If any do appear, though, they tend to whiten up during the cooking process and don't affect the flavor of the dish.