

Share

The weekly newsletter of Stone's Throw CSA
July 3, 2008

If you are unable to claim your shares on pickup Thursday between 2 and 8 pm, they will not go to waste. The Worcester County Food Bank kindly thanks Stone's Throw CSA members for your generosity.

Looking for....?

...ways to fulfill your volunteer commitment? Since you asked, here's a partial list to inspire you. The farmers have ongoing needs to support their work. Or, contact Michele Decoteau at micheledecoteau@verizon.net to join the newsletter committee, gathering farm updates or providing visuals. In case you missed it in last week's email, Karin Green offers the following opportunity to assist Stone's Throw.

"We would like to ask for a volunteer or two to gather retail prices for produce throughout the summer. This would be a good opportunity for those of you who might not be physically able to work in the fields, or if you have limited time to get your volunteer hours in....And as always, call the farmers if you are available to see if they need help, the weeds are growing like crazy right now!"

Those interested may contact Karin directly for more detail [kgreen1@charter.net].

...more information on the movement to all-natural foods and products? LocalHarvest.org supports the goals of CSAs around the country. The organization claims to be the nation's 'number 1 organic and local food website. We maintain a definitive...nationwide directory of small farms, farmers markets, and other local food sources....' Local Harvest's search engine locates family farms and farming cooperatives around the country. Their online store further aids small farms by selling their products, broadly expanding the marketplace. Their forum encourages exchange between farms of all sizes and types.

Farm updates

Jade Hill Farmstead

Jane LaForce reports that the Jade Hill Farmstead beans have filled in and she's ready to plant summer squash. She was pleased to have met members during the distribution, and is interested to hear reviews of the garlic scarpes in last week's shares. How did you use yours? Jane will use some to make garlic-infused vinegar. On the wildlife front: An adult woodchuck has been caught and released in the same location as the youngsters. One hopes the family has been reunited, and has made a new home, far away from Jade Hill.

Silvermine Farm

Farm pests come in all forms and sizes: while Jane deals with woodchucks at Jade Hill, rabbits got at Silvermine Farm's first planting of beans. Martha Cole put up a scarecrow of sorts to discourage the rabbits... 'but then, deer decimated the beans!' Nevertheless, her crops are doing well, as you will see by the bounty in your cartons: kale, lettuce, scallions, and either sugar snap or shell peas. She recommends soaking and thoroughly rinsing your vegetables to remove soil before nibbling. The strawberry season sadly is drawing to a close. Martha hopes you enjoy the final batch this week.

In addition to growing a variety of vegetables and berries, Martha raises chickens and turkeys at Silvermine. She writes, "I have a batch of broilers that will be processed and ready for pickup on the 10th, many of which are still available....There is nothing like fresh chicken for flavor and tenderness." This year her birds are raised on organic grain, and live a far better life than those from large chicken farms. Though organic grain is expensive, she committed "to support those farmers brave enough to raise organic animal feeds." Please see her form in this issue of the newsletter.

On a recent pick-up Thursday, honking geese noisily greeted a young family in the barn. Martha demonstrated how to hold your ground against an approaching goose: bend your arm at the elbow and at the wrist, hold your four fingers together, and touch your thumb to the tips of your fingers, creating a sort of beak with your hand. Then, take a small step toward the goose, bend your elbow back and forth, wave your "bill" and hiss.



Geese check out the "take it or leave it" box at a recent Thursday pickup.



Sweet Birch Farm

After a slow start, things are looking great. This week's share will include baby lettuces, kale, and radishes. Farmer Katherine Anderson savors the fresh taste of her lettuces with a drizzle of olive oil, a squeeze of lemon, and a dash of salt and pepper.

Recipes

Due to all the delicious salad greens we've been receiving in our shares, we thought it would be nice to include in this week's recipes, some salad ideas. Enjoy!

CSA member Michele Decoteau recently saw an article in her Veg. Times — They had a list of 5's — 5 categories, pick one from each category and you have a great salad. The categories were: Greens, fruit, nut, cheese, and flavoring.

Farmer Martha Cole highly recommends the following recipe from a Worcester Farmer's Market customer.

This quick salad dressing complements a mixture of early summer produce: fresh spinach leaves, strawberries, and scallions.

1/2 c plain yogurt (Stonyfield Farm whole milk yogurt works well)

4 Tbl orange juice concentrate

1 Tbl poppy seeds

1 Tbl honey

Mandarin Orange Salad

submitted by CSA member Cathy Woods Goodwin

1 head lettuce, or mixed greens

2 Tblsp sliced green onions

3/4 c fresh parsley, chopped

11 oz. can mandarin oranges, drained

Toss lettuce, parsley, and green onion. Add oranges just before serving. Toss with dressing; sprinkle with sugared almonds.

Dressing:

1/4 c oil

2 Tblsp sugar

1/2 t salt

1/8 t pepper

2 Tblsp white vinegar

3 drops Tabasco sauce

Measure all ingredients into bottle or container with cover. Shake well and refrigerate.

Sugared almonds:

1/4 c slivered almonds

2 Tblsp sugar

Combine almonds and sugar in

skillet. Cook over medium heat, stirring constantly until sugar is melted and nuts have browned. Spread on waxed paper to cool. Store in tightly covered container.

Taco Salad

submitted by CSA member Lynda Phillips

I got this recipe from one of my children's teachers. It is a big hit with the kids.

1 lb. hamburger meat

1 lg. bag Doritos

1 lg. bottle russian or thousand island dressing

2-3 lg. tomatoes (to taste)

1 bag salad mix or fresh salad greens shredded cheese (if desired)

Brown hamburger meat in frying pan. Dice the tomatoes, and chop lettuce into fine pieces. In bowl, mix browned hamburger meat, tomatoes, and lettuce. Add the entire bottle of dressing. Crush bag of Doritos and add to mixture. Add shredded cheese if desired. Serve right away.

Balsamic Vinaigrette

Recipe Source: The Balsamic Vinegar Cookbook by Meesha Halm

Balsamic vinegar is the base for this classic and flavorful oil and vinegar salad dressing. Forget about the store-bought version. You can whisk this together in a matter of minutes, and it is far better.

2 Tblsp. balsamic vinegar

1 Tblsp. red wine vinegar

1 Tblsp. Dijon mustard

1 tsp. light brown sugar

1 garlic clove, crushed through a press (optional)

1/2 tsp. salt

1/4 tsp. freshly ground black pepper

3/4 cup extra virgin olive oil

To make the vinaigrette, in a medium bowl whisk balsamic vinegar, red wine vinegar, Dijon mustard, brown sugar, garlic, salt, and pepper until mixed. Gradually whisk in the olive oil until smooth. Yield: about 1 cup

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.

Seared Sea Scallop Salad with Honey-Lime Dressing

From The Cooking Club Cookbook by Katherine Fausset, et al; (Villard Books), for About.com

A light lime and honey dressing gives just enough zing to the delicate flavor of sea scallops served on a bed of mixed greens.

Honey-Lime Dressing:

About 1/3 cup fresh-squeezed lime juice (2 to 3 limes)

5 tsp. honey, or to taste

1 Tblsp. white wine or rice vinegar

1/8 tsp. salt (about)

Seared Sea Scallops:

2 Tblsp. grape seed or peanut oil (about)

1-1/2 to 2 pounds sea scallops, patted dry

Mixed greens (such as pea shoots, watercress or arugula mixed with mesclun)

2 handfuls chopped vegetables, such as orange bell peppers and jicama

To make dressing:

In a nonreactive bowl whisk together lime juice, honey, vinegar, and salt until honey is completely incorporated. Taste and adjust accordingly. Set aside.

To make scallops:

Heat oil in a large cast-iron or nonstick skillet over medium-high heat. Add a few scallops to skillet, being careful not to crowd pan (if scallops are too close, moisture they emit can't escape, and scallops will steam, not sear). Cook 2 to 4 minutes per side (and at least 30 seconds longer than you think) until golden brown on outside and scallops can be turned easily. Turn and cook just until opaque throughout (remove 1 scallop and cut it open to check). Transfer to a plate; repeat with remaining scallops.

To serve, arrange greens and vegetables on individual plates. Place scallops on top, whisk dressing to recombine, and then drizzle sparingly over top.

Silvermine Farm Poultry Order

Martha Cole, Silvermine Farm, 96 Eight Lots Rd, Sutton, MA 01590, (508) 865-5335

This year I will be raising free range broilers again, along with turkeys and a few geese. I have made the decision to change from natural grains to organic grains for my birds, which was not an easy decision given the escalating cost of organic grains. However, I feel it is very important to support the organic industry and to produce the highest quality meat that I can, which for me means birds that are grown on foodstuff that was grown without the use of chemicals. All of my poultry are raised on a pasture system where they range freely within a fence system and eat greens and insects, the natural diet of birds. Grain and water are always available to the birds and they sleep in an enclosed pen at night for predator protection. Due to a technicality in the state law, you will be buying a live bird from me which I will process for you, as a favor. I process all of the birds on the farm in a quiet, respectful and humane manner, using a low temperature scald prior to plucking to avoid cooking the skin. For those customers who wish to process their own birds, arrangements can be made for live birds. Prices will be based on the dressed weight of the bird. To order your birds, please print out the order form at the bottom and mail it to me along with your deposit. You will receive a confirmation of your order via email.

Broilers

This year I will be raising Cornish Rock Cross chickens. They are a cross between Cornish Cockerels and White Rock hens. They are tender birds with large breast portions. Last year these birds dressed out in the 4.5 to 5.5 range. The price will be \$4.00 per pound and a \$10 deposit per bird is required when you place your order.

Turkeys

I will be raising a limited number of turkeys this year, the Broad Breasted Whites that I raised last year and two different heritage breeds Midget White and Bourbon Red. The heritage breed turkeys take 6 months to raise and have a richer flavor than the traditional Broad Breasted varieties. I will be processing only toms in the heritage breeds, keeping the hens for next year's production. One of the reasons I am raising the heritage breeds this year is that they are a sustainable bird, unlike the Broad Breasted Whites that are a cross between two different birds and cannot mate due to the size of their breasts. I hope to meet the needs of different customers by having both breeds, those that want a traditional turkey and those that want a richer flavored bird. The price for the turkeys will be \$3.00/lb for the Broad Breasted Whites and \$4.00 for the heritage turkeys. A deposit of \$20 per turkey is required when you place your order. These birds will be available on the following dates:

September 18, 2008 – Broad Breasted White

November 23, 2008 – Broad Breasted White, Heritage Turkeys

Geese

I will again raise a flock of Chinese Geese to help with the weeding of my first year strawberry patch and to increase my laying flock. These geese will be the offspring of the geese I currently have and I will be processing the new ganders for Christmas geese. I have no idea of the number of geese that will be available as they are still quite young, but if you are interested you should contact me. The birds are expected to average 8 – 10 lbs and will be \$8.00/lb. Unlike large commercial operations, my geese will not be fed grain exclusively, so they will not be a fatty as those you can find in the store.

Name _____

Address _____

Silvermine Farm Poultry Order

Martha Cole, Silvermine Farm, 96 Eight Lots Rd, Sutton, MA 01590, (508) 865-5335

Phone _____

Email _____

Broilers

Date	Number of Broilers	Deposit @ \$10/bird
7/10/08		
8/14/08		
9/10/08		
10/8/08		
TOTAL		

Turkeys

Date	Number of Turkey	Deposit @ \$20/turkey
9/18/08 Br. Br. White		
11/23/08 Br. Br. White		
11/23/08 Heritage		
TOTAL		

___ Please contact me with the details of Christmas Geese as soon as the information is available.

Please tear off and keep for your records
Silvermine Farm Bird Order
(508) 865-5335

Date Ready	Number Ordered	Deposit Made

Total _____ Check # _____ Date _____ By _____