

Weekly CSA Newsletter

Week 2:

June 24th, 25th, 27th

This week's share (Tuesday):

- 1 head of lettuce
- 1/2 lb. salad mix
- 1 tat soi (Asian cooking green)
- 1 bunch of kale, spicy mustard greens, OR Swiss chard
- 1 bunch of collard greens
- 1 head of Napa cabbage (Chinese cabbage)
- 1 bunch of radishes
- 1 bunch of scallions
- 1 bunch of parsley
- A handful of garlic scapes

Shareholder Question: Just wanted to see if you have some recommendations for storing our greens once we get them home. Still have our Kale and Tat Soi in the fridge and they are really limp. They were just laying on a shelf, should I use the crisper drawer? put in water? Keep them in plastic? Eat them sooner?? Don't refrigerate?

Amy's Response: Thanks for asking! I'll try to get more info on storing veggies into the next newsletters. All salad and cooking greens should be stored in the refrigerator in plastic bags (after that it doesn't really matter if they are in the crisper or not). If you can collect a bunch of clear bags and reuse them that will help you see what you have. Greens need to have high humidity, which the bag will provide. They don't want to be wet, so put a dry towel or paper towel in with salad mix in particular to keep them from sitting in water. Stored this way greens should keep for a couple of weeks.

Weeders Needed

When harvest season rolls around our field work often has to take a backseat, but that is when weeds take hold and impact the rest of our season. We are looking to hire fast and efficient weeders for short-term hourly work. We pay \$8/hr. plus extra veggies if we have 'em and after-hours swimming. If you have a day or more a week over the next couple weeks please contact Laura Neale at laura@wolfpinefarm.com or at 207-324-2357 ext. 3.



Living... and Eating in the Moment — Sarah Geis

Life is constantly reminding me that there is only one place and time for me to exist, right here and now. Since moving to Alfred at the end of March I've gotten these gentle reminders mostly from my experiences dating men that I've met off of Craig's List and farming. Maybe after we've gotten to know each other better I'll share the former, but for now, I'll stick with telling you about farming.

One of my goals in apprenticing and living at Wolf Pine Farm this season is to experience the ebb and flow of farming as well as eating in season. The beginning of my apprenticeship had Katie and I (under Laura's direction) rearranging the barn, seeding in the greenhouse, and preparing a first aid kit for future use. We assisted in creating a coop for the chickens, which at the time were chicks living in the greenhouse and the 2nd floor of the barn. Once the snow melted and we could actually tell where the fields were, we were out putting up electric fences, learning how to drive the tractors and checking the fields to get in as soon as they were dry enough. Then it was really on! As soon as we could get into a field we were plowing and rototilling and basket weeding to prepare for the plants! Transplanting into the fields and all the while still seeding in the greenhouse! Transplanting and seeding continue, but with plants in the ground you need to mulch, and fertilize and weed!

This week has brought the most exciting happening so far. Just when I was feeling like I had been run over by a tractor (or maybe a handful of almost 90 degree days and 500 tomato plants) it's time to harvest! This past weekend was my first experience of sharing food that I had grown, and it's been a long time since I felt so proud of work that I had done. Being able to share with you all of the hard work and preparation in this little essay is nothing compared to being able to hand you the vegetables that came out of all of that hard work and preparation.

And so now I know what spring is for on the farm. It's for planning and preparing and anxiously awaiting for this moment of sharing tasty, healthy, beautiful food. So I'd like to share my gratitude to you, because your enjoyment of this food is what continues to energize us, just as the food we grow energizes you.

Overall it seems to me that farm work is a lot of monotonous work, but fortunately there's so much different monotonous work to do, it keeps me interested. Just when I felt like the last thing I wanted to do was spend another day on the tractor, I realized I was plowing the last field for the season, and reminded myself to breathe and enjoy it. And so in a few weeks when you feel like you can't possibly find a way to make

See the rest of Sarah's story and her recipe on the back page

Living... and Eating in the Moment, Continued from front

anymore greens seem appealing, or eat one more salad, take a moment and breathe, and remind yourself that it won't be too long until we're up to our ears in tomatoes, and enjoy what's right in front of you.

Here's a soup that I prepared this week after a day of harvesting and weeding (I think these are "the" activities for the time being). Enjoy!

Sarah G.'s Beans & Greens Soup

Don't worry too much about the amounts of ingredients. Use what you have and enough to feed who you need to, and keep breathing, smelling, and tasting as you go.

Ingredients:

- ❖ Soaked Jacob's Cattle beans
- ❖ Green garlic (or scallions)
- ❖ Bullion or Broth (I recommend Rapunzel's bullion or Better Than Bullion—a good base is the key)
- ❖ Fresh or dried herbs (rosemary, thyme, oregano, sage)
- ❖ Greens from Wolf Pine Farm (I used Mustard Greens and Chard)
- ❖ Salt and Pepper

Put beans into plenty of broth or water with bullion. Put on high heat and bring to a boil, then lower to a simmer. Cut up or mince garlic and throw into pot as well. Allow beans to cook for about 50 minutes (or until they are just done). Meanwhile gather together your herbs and clean and cut greens. When the beans are done turn the heat off under the soup and add your greens and herbs and S&P to taste. The soup is ready to serve when the greens are their brightest green. Serve with bread and a big glass of raw milk from our farm store.



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Maine Food Independence Day. Dig in to our Maine food routes! The Eat Local Foods Coalition encourages people to celebrate Maine Food Independence Day with a Maine-based meal on July 4th. Look for local options for holiday meals. Imagine the positive impacts - economic, environmental, health, and community - of 1.3 million people eating fresh, delicious, locally-grown, locally-fished foods! Visit eatmainefoods.ning.com to post planned menus, photos and descriptions of events.

Menu Suggestions for This Week

(as you can see we're excited about our new farm store offerings)

Breakfast

French toast made from Raven Hill bread, Sparrow Farm's eggs, and a bit of milk from Brookridge Farm. Drizzle (or drench) with Strawberry Hill's maple syrup and top with a dollop of Smith Family Farm's yogurt, whipped until frothy. A glass of Volcano tangerine juice rounds it all out.

Lunch

A bed of salad greens topped with thinly sliced radishes, diced scallions, and a handful of fresh herbs (be sure to check out the pick-your-own herbs when you pick up at the farm). Add boiled eggs, Tide Mill Farm grilled chicken, or Sonnetal Dairy sharp cheddar and your favorite salad dressing with a fresh baguette from Raven Hill on the side.

Dinner:

Thai green curry – sautéed diced tofu, chicken, or shrimp until nearly cooked then add finely chopped Chinese cabbage and tat soi and tamari. Add one can of coconut milk and a tablespoon or two of green (or red or yellow) curry paste, to taste. Stir well and cook until hot but not mushy. Serve over a steaming of rice, garnish with diced scallions.

Breakfast:

Omelet filled with sautéed greens, scallions, and a few spoonfuls of Diversity Farm's herbed soft raw milk cheese. French style radishes gently sautéed in salt, white wine or vermouth, and butter (or olive oil).

Lunch:

Black beans tossed with shredded radish, finely chopped chard or mustard greens, scallions, a generous heap of fresh herbs (parsley, cilantro, mint, oregano), and olive oil, apple cider vinegar, and salt to taste. On the side, serve raita made from Smith Family Farm's plain yogurt mixed with fresh mint, lemon juice, salt, and chives.

Dinner

Pasta topped with sautéed greens, olive oil, grated cheese, capers, and black pepper. A side salad and fresh bread with a pint or two of Maple's Organic Sorbetto and Gelato for dessert.