



THE VEGGIE VOICE

Village Acres Farm Summer CSA • June 2, 2009 • Distribution 3 of 25
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"The farmer's eye is the best fertilizer." – Pliny the Elder

Farm Note • a word from the Village Acres Crew:

Over the last several months I have reached two major milestones. I graduated from Eastern University with a BA in Youth Ministry a little over three weeks ago and I married a beautiful young woman somewhere in the neighborhood of eight days fifteen hours and 28 minutes ago (Give or take a few hour depending on when you read this). We just got back from our honeymoon late Saturday night, so I just started back to work yesterday. I won't spend much time talking about Bethany now because I hear she will be greeting you all soon in the Veggie Voice!

Approaching graduation and our wedding we had a lot of planning to do and a lot of prayerful considerations for the start of our life together. We had no idea where we were going or what we were going to do. We left all of our options open, not closing the door on anything. Sometime in early March I said to Bethany, "Hey! Why don't we work on a farm! You're in that CSA, right? Do you think they might have any need for apprentices?" Sure enough we emailed Patrick and expressed our interest. When he responded by saying that the apprentice season starts in March-May and ends around August-November, we assumed they would be full, but we applied anyway. During the beginning of the month of April we heard back from Patrick who told us that another couple had just dropped out of the apprenticeship program and they were now looking for two people to be apprentices for the 2009 season! Excitedly we met with Patrick, Angela, Roy and Hope for the next step in the hiring process.

And... here we are. Unlike some, I don't have long term farming goals. I am here because I want to learn the skills of (large scale) gardening. During my time here I want to enjoy the outdoors, renew my love for Creation and see the fruit of my labor. Thanks for having me! - Dave Carter

Editor's Note: We're glad to have Carter join our farm community as an apprentice.

Produce and Cooking Notes

Strawberries: If there are any left in your till by the time you get home, then try the *Strawberry Shortcake* recipe on the back. Some of the strawberries are from the Zooks, fellow farmers, who farm naturally, but are not certified organic.

Head Lettuce: You're getting two heads of gorgeous lettuce in your share. They're not quite full sized heads, but they're getting there.

Asparagus: Snap off the woody base, and then you can steam or roast the tender shoots. Asparagus is also great added raw to salads. See our website for *Shrimp & Asparagus Stir-Fry* recipe.

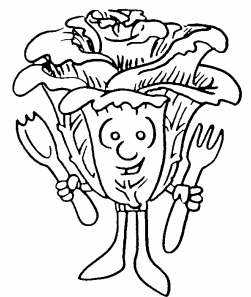
Kohlrabi with top: This is the purple bulb with leaves. See last week's Veggie Voice for cooking tips.

Store kohlrabi globe and leaves separately. The globe will last about 1 month refrigerated in a plastic bag. Wrap leaves in a damp towel or place in a plastic bag in hydrator drawer of frig. Use greens as soon as possible.

Rhubarb: This tangy stalk has lots of calcium and Vitamin K. Make a strawberry rhubarb pie for a treat, or the amazingly moist rhubarb cake on the back of the newsletter. One more note: rhubarb leaves are poisonous, so chop off any remaining leaf. We leave about an inch of the leaf to help keep the stalks moist. The stalks are perfectly safe.

Basil: Keep basil in a cup of water on your kitchen counter (above 50° F) – not in the refrigerator, or it will wilt and darken.

Scallions: These are from the Zooks. These mild onions are great for topping tacos or mincing into salad, but they're also good sliced the long way and served on toast with cheese and apple butter.



IN THE BOX

Strawberries
Head Lettuce
Asparagus
Kohlrabi
Rhubarb
Basil
Scallions
Choice: Kale or
Chard
Choice: Beets or
Braising Mix
Herb: Dill

Choice: Kale or Chard: Fellow CSA Member, Anne Hoag, gave us this great recipe for *Kale Chips*: Preheat oven to 350F. From kale (well-dried), remove and discard thick stems, and tear leaves into large pieces. Spread in a single layer on cookie sheets. Spray leaves *LIGHTLY* with spray. Sprinkle with a little kosher salt (you won't need much). Bake 12-15 min (take out before they turn brown). They'll be crispy like a potato chip. If you make chard chips, instead of kale, please let us know. Patty Bernardi said: "this wonderfully simple method of cooking is not only delicious, but easy." See our website "Recipes/Search recipes/"Kale" for other member's comments.

Choice: Beets or Braising Mix: Dave came up with this creative choice. **Beets:** There's nothing like cooked, chopped beets with butter, salt and pepper. To minimize nutrition loss, boil your beets whole, with the skins on and leave the root and 1 in. of the tops. The skins will slip off easily after cooking. You can also peel, chop and roast beets – or shred them raw on top of salads. Cut the greens off and store separately. **Braising/Greens Mix:** Beet tops (there's no escaping them completely) and chard. Donna suggests mixing it with your lettuce. The leaves are small enough that they still have a sweet, not bitter, taste, so no need to braise first – just eat them raw. Be sure to rinse them first, as we didn't.

Community News

Strawberry Festival: We're going to have quite a turnout – thanks to all of you who've let us know you're coming. Join us for a fun afternoon, down by the creek: Hayrides, games, potluck, campfire, and of course strawberry picking. **Saturday June 13 from 3:00 – 7:00 PM.** Let us know you're coming by responding to the survey link sent to you via email or email/phone us. Those that sign up will get an email with more details, including directions to the farm.

CSA Boxes and Tills: Please return the CSA boxes and tills (what the strawberries came in) next week.

Blue Rooster Farm: On Special for June 9, lamb leg roasts for \$8/lb. It may be getting too hot to roast a leg of lamb, but it is never too hot to butterfly one and grill it. Season it with salt, pepper, rosemary and garlic and grill over hot coals to an internal temp of 125. Sign up for my emailing at www.bluroosterfarm.com Thanks, Julie

Recipes

Strawberry Shortcake

From *Simply in Season*.

- 2 cups flour or whole wheat pastry flour
- 1/2 cup sugar
- 1 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp baking soda

In a large bowl, mix together.

- 2 TBSP butter (chilled)

Cut in with pastry blender until crumbly.

- 1 cup plain yogurt
- 1 egg

Combine then add dry ingredients. Mix briefly. Pour into a greased 8 x 8-inch baking pan. Bake in preheated oven at 350F for 30 minutes; or drop by spoonfuls onto greased backing sheets and back in preheated oven at 400F for 12 - 15 minutes. Serve warm with sliced strawberries and additional yogurt or fresh cream or whipped cream!

Rhubarb Cake

– from *Rolling Prairie Cookbook*

- 2 c. flour (up to 1 c. whole wheat pastry)

Edited by Patrick Smith, CSA Manager

Village Acres Farm is owned and operated by Roy & Hope Brubaker

Events to Remember
June 9 – 4th CSA Distribution
June 13 – Strawberry Festival
June 15 – Summer CSA Balances

- 1½ tsp. baking powder
 - ½ tsp. baking soda
 - ¾ tsp. cinnamon
 - ¼ tsp. allspice
 - ½ tsp. salt
 - ½ c. canola or vegetable oil
 - ½ c. honey with ¼ c. brown sugar OR 1 c. brown sugar
 - 2 eggs, beaten
 - 1 tsp. vanilla
 - 1 tsp. orange zest
 - 1 c. buttermilk OR 1 c. milk with 1 tbsp. vinegar or lemon juice
 - 3 c. diced rhubarb
 - optional topping: 1/3 c. brown sugar, 2 tbsp. melted butter, ½ c. chopped walnuts
- Mix oil, honey or sugar, eggs, vanilla and orange zest. Sift in dry ingredients. Add buttermilk, and finally rhubarb. Sprinkle on topping. Pour into a 7½ by 12 in pan and bake at 350 for 35 min. or until cake is golden and firm.

