



# THE VEGGIE VOICE

Village Acres Farm Summer CSA • June 9, 2009 • Distribution 4 of 25  
address: 229 Cuba Mills Rd., Mifflintown, PA 17059 phone: 717-436-9477  
email: [villageacres@gmail.com](mailto:villageacres@gmail.com) website: [www.villageacresfarm.com](http://www.villageacresfarm.com)

*"The early bird gets the worm, but the second mouse gets the cheese."  
Steven Wright*

## Farm Note • a word from the Village Acres Crew:

Almost three years ago, I found myself enjoying my dorm room window sill garden (a few styrofoam cups of various flowers) more than the subjects of any of my classes. The conclusion to which I came was that I should be studying plants. That summer, my (now) husband (David wrote last week's Farm Note.) and I tore out a small patch of ornamental grass and grew some vegetables in some terrible soil. Our menial patch was somewhat pathetic, but more than seeds sprouted that summer. Our love for gardening grew. (This is the third summer David and I will be gardening together; it's wonderful.) That first summer, we made some hearty spaghetti sauce, a few pickles and some new plans. By then I had been accepted to Penn State University's horticulture program, focusing on research. Now, after four semesters and a beautiful wedding, I have one more year until I graduate (I like to call it my Victory Lap.) and we begin our "real world" experience.

Although farming is great, the business side does not appeal to me. My passion is for world hunger. David and I are waiting to see where God is leading us, and urban gardening is on our list. Picture an after school program where urban land reclamation of abandoned lots provides students with an opportunity to grow their own food and flowers, and provides churches with a means of reaching out to its community members. Beautiful, isn't it? Urban gardening may be a great way to combine our shared passions and our individual educations.

So my long-term farming goals aren't any more clear than my husband's, but we are both thrilled for our adventure here at Village Acres. In every germinating seed, every harvested beet, even every weeded bed, I see God's glory and His love for us. And I hope you will see it in every delicious box we pack for you on Tuesdays. Thanks for the opportunity to do it! - Bethany Carter

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

## Produce and Cooking Notes

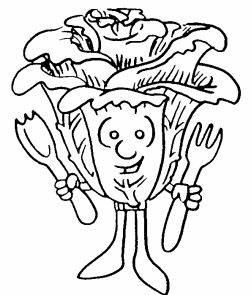
**Strawberries:** We're excited to put three pints of organic strawberries into your boxes! Ripe strawberries don't keep well, so if you can resist eating them before you leave the parking lot, store in the refrigerator 1-2 days and swish gently in a bowl of cool water immediately before eating. See the recipe in last week's Veggie Voice and also on our website. 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. Try a salad with chopped basil and oil & vinegar dressing.

**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 the *Simply Delicious Asparagus Soup* recipe on the back.

**Lettuce Mix:** Try serving over a bed of rice and lentils with a light dressing. We didn't pre-wash this lettuce, so give it a good rinse; this will also perk up any wilted leaves. These are best if used within a few days. Add a paper towel to the plastic bag to keep them fresh longer.

**Garlic Scapes:** We snap off this tender shoot that forms in the center of the plant to save energy for the garlic bulb growing underground. Slice it into tiny circles and use it like garlic. Try this great *Garlic Pesto* recipe: Whirl the scapes in a food processor, with motor running, add 2 TBSP or so of walnut (or olive) oil. Add parmesan cheese to taste. Enjoy on vermicelli, raviolis, or your favorite pasta. We're going to try this recipe with some basil leaves added to the food processor.



## IN THE BOX

**Strawberries**  
**Head Lettuce**  
**Asparagus**  
**Lettuce Mix**  
**Garlic Scapes**  
**Basil**  
**Pea Shoots**  
**Scallions**  
**Choice: Beets or Spinach**  
**Choice: Kale or Chard**  
**Herb: Rosemary**

**Basil:** Sliver your basil to top pizza, quesadillas, spaghetti or salads of all kinds. Did you know that basil is often grown for use in perfume? Whip up some pesto in the food processor: 2 c. lightly packed leaves of basil, 2-4 cloves garlic (maybe use scapes), ¼ c. pine nuts or walnuts, ¼ tsp. salt, ½ c. grated parmesan, ¼ c. olive oil. Keep basil in a cup of water on your kitchen counter (above 50° F) – not in the refrigerator, or it will wilt and darken.

**Pea Shoots with blossoms:** These shoots are from field 17, the far east end of the farm, where they were growing with oats. Pea Shoots are nutrient dense and can be eaten raw or lightly cooked. Rinse them in cool water, drain and let dry. To cook, place damp pea shoots in an empty saucepan over medium heat. The water clinging to the shoots is enough to steam them. Cover and heat just until wilted. Add raw pea shoots to a tossed salad.

**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.

**Choice: Beets with tops or spinach:** Donna, our packing & shipping manager, said: "this is a hard choice." That's what we like to hear and we hope it's a hard choice for you too.

**Choice: Kale or Chard:** Wash leaves, remove stems and cut into slivers, then sauté with a bit of olive oil until tender, adding water if necessary to prevent sticking. Now the sky's the limit. Put the sautéed greens on pizza, on quesadillas, in quiche or omelets, in pasta salad – or eat them alone with a splash of vinegar. You can chop the chard stems into bits, if you like, and fry them up with onions before adding the greens.

**Rosemary:** The herb of choice for roasted potatoes, rosemary is also good minced in quiche or as a pizza or focaccia topping. A sprig (taken out before eating) infuses soup stock or a jar of olive oil with excellent flavor. We grow this perennial bush in the west end of our 72' production greenhouse. If you can't use it right away, hang it in your kitchen to dry or strip off the leaves and stow them in the freezer in a small plastic bag.

## Community News

**Strawberry Festival:** It's not too late to sign up. **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. The information email was sent out to all those that responded, if you didn't get it – please let me know.

**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 23 lamb sausage for \$6.50/lb.** I will be away next week and will not be taking orders. I'll send out a reminder/ update next week. Sign up for my emailing at [www.bluroosterfarm.com](http://www.bluroosterfarm.com) Thanks, Julie

### Events to Remember

**June 13** – Strawberry Festival

**June 15** – Summer CSA Balances Due

**June 16** – 5<sup>th</sup> CSA Distribution

## Recipes

### Simply Delicious Asparagus Soup

From *Asparagus to Zucchini* (3rd ed.)

- 8 tablespoons (1 stick) butter
- 3 1/2 - 4 cups of chopped onions
- 8 cups of chicken stock
- 2 pounds of asparagus
- 1/2 cup cream
- salt and pepper to taste
- fresh lemon thyme or dill to taste

Heat butter in soup pot, add onions, and cook until tender. Add stock; bring to boil. Cut tips off asparagus; reserve. Chop stems and add to pot. Simmer gently until asparagus is very tender, 15-20 minutes. Puree in a food processor and return puree to pot. Add tips; cook gently 5-10 minutes. Stir in cream, salt and pepper. Add lemon thyme or dill; if you use dried herbs, add them to the onions as they cook. Makes 8 - 10 servings.

### Luscious Beet Salad

– from *Feeding the Whole Family Cookbook*

- 4 large beets
- 1/4 cup pumpkin or sunflower seeds, toasted
- 1 bunch beet greens
- 2 scallions, finely chopped
- 1/4 lb. feta cheese
- 3 tbsp. olive oil
- 2 tbsp. balsamic vinegar
- 3/4 tsp. Dijon mustard
- 1/4 tsp. freshly ground pepper
- 1 tbsp. finely chopped fresh basil

Cut cooked beets into cubes. Tear greens into bite-sized pieces and steam lightly (30 seconds or less), if you like, though it's not necessary. Squeeze excess water out of greens. Toss beets and greens with seeds and scallions. Shake dressing ingredients in a jar and pour over salad. Toss again and sprinkle cheese on top.