



Weekly News

Week 4 www.longmeadowfarmmaine.com June 27, 2010

Not too soon to start saving food for the winter ~ Michele Roy

It's true—the solstice has gone by and soon the days will start getting shorter. That means that when you see your share basket piled high with greens, instead of groaning you should say “Hurray! Now I can freeze more greens for the winter!” I've put some freezing tips on the recipe page. Go for it! If anyone wants a few more bunches of kale or chard, you are encouraged to come and cut some extra.

This week we have snap peas. The pods are edible but need stringing: snap off stem tip toward the flat side of pod and pull downward. They are great raw or cooked quickly—stir fries are special with snap peas! You can steam them for a few minutes, then add to a chilled, marinated vinaigrette-style salad.

Our beets have progressed from beet greens to baby beets to just plain beets. I've put cooking tips on the recipe page. One of my favorite ways to eat them is to shred them over salads. Gorgeous, and so good for you! There is no need to peel them first, just scrub them clean. Trace minerals lie just below the surface of the skin. The beet greens are still good to eat too, even though the beets are now mature. Don't forget that you can freeze



A CALL FOR WEEDERS!

Here is our celery patch, surrounded by weeds. This is an example of the pressure some parts of our garden are up against. We'd love to have volunteers come and help out. Best days are Tuesdays and Fridays, but give a call and let us know what works for you. 582-4817



Progress on the slope: Remember the giant burn pile? Here is a shot of how our new garden spot is progressing. In the foreground, side, and bottom are several rows of winter squash. Sweet corn is in the middle. So far, so good!

them! (And remember to LABEL everything you put into the freezer—vegetable and date. Amazing how mysterious those freezer packages can look in January!)

We should have broccoli again this week, although in smaller amounts until the next succession planting is ready. You've all received the main heads of the broccoli—now we'll be harvesting the side shoots.

I think there's enough Napa cabbage to go around one more time. Regular green and red cabbage is coming soon.

The next batch of carrots are almost ready—we've been enjoying some of the thinning. I'm hoping next week we'll start picking.

Summer squash and cucumbers are not yet ready, though they are certainly putting out the blossoms. Peppers and tomatoes are looking good, but are at least two weeks away. Beans—soon!

Caitlin and Mike are both back from

summer adventures, Anna is done with her after-school childcare job, and we are ready to plant most of the remaining crops. We continue planting right up until the end of August, as we want to keep things like lettuce and radishes coming, but very soon we'll be focusing on watering, weeding, and harvesting, as well as improving the overall garden and our handling systems. Not to mention taking time out to enjoy the summer. See you all soon!



Zucchini blossom

Historic pitch preview

Kennebec Journal photographer Andy Molloy takes a shot of Jackson Hickey (right) as he unleashes a pitch to his sister Emma at their home in West Gardiner, Sunday.

Jackson is going to throw out the opening pitch for the Red Sox against Tampa Bay, Tuesday, at Fenway Park. His brother Kyle occupies the outfield.

Save the Date **August 21, 2010, 5-7 p.m** **CSA height-of-season** **potluck**

Please join us for a mid-season potluck at the farm Saturday, August 21, 2010

It's a great chance for us to get to get to know you and for you to get to know other CSA members.



Our favorite breed among the various laying hens in our flock are pictured above. We think they are English Game or closely related, but if anyone can make a positive identification let us know since we intend to replenish the flock with them next year.



"Jade" bush beans getting ready to blossom in the greenhouse

Long Meadow Farm CSA ~Week Four Recipes

FREEZING GREENS ~ To assure good quality frozen vegetables, most need a pretreatment called blanching. When you blanch, you briefly heat vegetables in boiling water or steam to inactivate naturally-occurring enzymes in the plant. These enzymes cause undesirable changes during frozen storage. The changes include faster nutrient loss, vegetable toughening, flavor and color loss. The brief heating also reduces the number of microorganisms on food and enhances the color of green vegetables. Blanching sufficiently wilts vegetables like spinach and chard so they pack better. Without blanching, the flavor in vegetables changes noticeably. Blanching is simple. To blanch in water, simply place water in a large kettle or vegetable blancher and bring it to a rolling boil. You need a gallon of water for a pound of vegetables. Clean and cut vegetables as needed. Place them in a wire basket or the perforated blancher--insert and immerse in boiling water. Start timing as soon as you put vegetables in water—2 minutes for chard, 3 for big kale leaves. Keep the kettle covered during blanching.

As soon as the time is up, remove the vegetables and immediately put them in ice cold water. Chill the vegetables until they are completely cold, about the same amount of time as blanching, then drain well and package for freezing. I like to chop them up first, it makes it easier to use later.

Chard With Sweet-and-Sour Ginger Sauce ~ adapted from *Farmer John's Cookbook*

1 cup vegetable, chicken, or beef stock or water pieces	½ lb. chard, stems and ribs removed, leaves torn into bite-sized pieces
4 scallions, thinly sliced	(save stems and ribs for another recipe)
Salt and pepper	2 TBL white vinegar
1 TBL brown sugar	1 TBL finely chopped or grated fresh ginger
1 tsp red pepper flakes	

1. Bring stock or water to a boil in a large skillet or pot. Add the chard and cook, stirring, until it is wilted, about 1 minute.
2. Drain the chard, saving the cooking liquid. Transfer the chard to individual plates and garnish with the scallions. Season with s & p to taste.
3. Pour the reserved cooking liquid back into the skillet or pot and bring to a boil over high heat. Boil it until it is reduced to 1/3 cup, about 8 minutes. Add the vinegar and brown sugar. Stir in the ginger and red pepper flakes. Boil for 30 seconds. Remove from heat and spoon the mixture over the chard. *Optional:* add a handful of raisins or currants to the boiling stock, allowing them to plump and soften for a minute or so before adding the chard; then cook, strain, and serve them right along with the greens.

Easy Greens with Peanuts ~ adapted from *Farmer John's Cookbook*

½ lb. chard or beet greens or kale, stems and ribs removed or chopped up finely	3 TBL olive oil or butter
½ cup peanuts (toasted, if desired)	Salt and pepper

1. Place the greens in a steamer basket set over 1 ½ inches boiling water, cover, and steam until just tender, 5-10 minutes for chard or beet greens and 15-20 minutes for kale, depending on the thickness of the leaves.
2. Transfer the greens to a colander and run cold water over them to stop them from cooking. When cool enough to handle, gently squeeze out the excess water from the greens and chop coarsely.
3. Place the peanuts in a plastic zip-top bag and crush them with a rolling pin or heavy skillet.
4. Heat the olive oil or butter in a large skillet over medium heat. Add the greens, sauté, stirring constantly, until thoroughly coated and glossy, about 2 minutes.
5. Remove the skillet from heat; sprinkle the peanuts over the greens. Season with salt and pepper.

Beets ~are an excellent source of the B vitamin, folate, and a very good source of manganese and potassium. Beets are a good source of dietary fiber, vitamin C, magnesium, iron, copper and phosphorus.

Simply grate raw beets for a delicious and colorful addition to salads or decorative garnish for soups. Add chunks of beet when roasting vegetables in the oven.

Boiling the beets: Cut off its tail. Place the beets in a pot of boiling water. Allow them to cook for about 15-20 minutes, until they become tender. When the beet is tender, you can easily pierce with a fork. Then place the beets in cold water and remove the skin. Then beets can be sliced or diced.

Roasting the beets: Preheat the oven to 350 degrees. Cut beets into small chunks. Place in a roasting pan. Moisten with olive oil and any spices of your choice. Roast the beets for about 15-20 minutes, until they become tender.

Sautéing the beets: Heat 1 tsp of extra-virgin olive oil in a frying pan over medium heat. Add pre-peeled or chopped or diced beets to the hot oil. Stir frequently. Then add a little water and cover the pan with a lid. Sauté for about 5-15 minutes.

Steaming the beets: Steaming makes the beets quite tender, without adding fats. Place the sliced beets in a steamer. Cook for about 5-15 minutes, depending upon the size of beets.

Beet Chips: Thinly sliced beet put on a baking tray and brushed with olive oil then roasted at 350 for about half an hour.