



Off to a running start! ~ Michele Roy

Welcome to the 2010 season!

We are so excited about the farm this year. We have a wonderful crew. Daughter Anna Smith is back helping out and has also launched a small herbal CSA of her own. Michael Perisho from the Chicago area and Caitlin Frame of New York state arrived in April and plan on being here for the whole season. They'll be sharing their stories with you in upcoming issues. We also have a wonderful volunteer, Kerri Stouch, who comes out a day or two every week to help. We couldn't do what we do without these wonderful young folks!

The weather has been very cooperative so far - we were able to plant cool weather crops early, and were not bothered by any late frosts so everything seemed too easy! Timing things to be ready for the first share week is tricky under normal circumstances, but this year was fascinating because things just took off and matured sooner than expected. Good for the peas, not so good for the napa cabbage in your shares this week. They are as mature as they can be and still be usable. I taste-tested one last night and it was still sweet and tender. I put the recipe on the last page



Mike Perisho working on seedlings.



Our tree-lined pea avenue. Peas by the 4th of July!

Visit <http://longmeadowfarmmaine.blogspot.com/> to see current photos and recipes

of the newsletter, along with a few others. Enjoy!

I hope you will all take time to explore the gardens right away. It's fun to see how it changes from week to week. I especially encourage you to take advantage of the pick-your-own (PYO) areas a little later in the season—we'll let you know when herbs and flowers are ready for harvest. ***(Delivery people take note—please come and visit any time you are able!)*** You can come any time you want to help yourself, not just on share days. We encourage friends and family to visit with you. Be sure to check out the frog pond, see our new ducks and the two Angus heifers (Fiona is the big one, Mathilda is the smaller one), visit with Ollie the angora goat and Barbara and Sylvie the Icelandic sheep, and say hello to all the chickens.

Please let us know if you have concerns or questions, or if you can't access this newsletter.

See you all this week!



L to R, Gillian Stouch, Caitlin Frame, and Kerri Stouch. Gilliam is becoming quite the little gardener!

Planning the future is good; being prepared is better ~Denis Thoet

Our experience of the last seven years of farming is that it takes more than just planning to be successful. It takes preparedness.

And what we have to be prepared for are extremes in weather — too dry or too wet.

Last year was a classic example of too wet at the wrong time, June and July. But that long stretch of wet weather was preceded and followed by long periods of drought.

This year, we have had a very dry May (1.2" of rain). Now June is off with a splash — more than 2" of rain in the first week. Here we go again!

Just like last June, we had just begun to irrigate the outside garden when the rain began to fall.

Hoop houses protect against extremely wet weather; irrigation protects against drought. We need more of both.

At the end of last year, we applied for and received a planning grant of \$6,600 from the Farms for the Future program of the Maine Ag De-



This is part of our lawn-to-garden backyard project. The soil here is completely different than our heavy clay in the front garden, so is a nice alternative plot in a wet season.



Anna, Caitlin, and Mike are planting summer squashes and covering them immediately with row cover to keep the cucumber bugs at bay and give these heat-loving plants extra protection from cold and wind. They'll be uncovered as soon as they blossom so the bees can get busy pollinating them.

partment. The award can only be used to plan improvements in our farm operation — hiring consultants, visiting other successful farms, and attending conferences and workshops.

Our goal is to identify additional water sources for irrigation and water to our pastures (ponds, dug well, possibly a second drilled well), and to determine how to improve our two greenhouses and expand our capacity to grow crops under cover.

Added to this, we are planning to establish a commercial kitchen off the Share Room in the Apprentice House. Right now, our house kitchen is licensed for baking and canning things like pickles and jam, but we are not able to use it for other items like pesto and salsa and other value-added goods.

We have met with a hoop house builder, Mark Davis of South China, and with Charles and Julia Yelton of Whitefield, who are going to prepare a draft water plan for the farm. We are in contact with the Natural Resources Conservation Service in Augusta, which also gives advice and sometimes grants

for farm water projects. One of our next steps is to visit commercial kitchens and produce a design for our own.

With all of these plans hammered out and with numbers attached to their proposed cost, we will then apply to the Farms for the Future program for a grant to implement the changes. Their grants are 3:1, which is a pretty tough match to make, but all kinds of in-kind and volunteer labor can be used in the match. The \$11,000 grant we received in 2005 pretty much paid for the 26x96' hoop house now at the center of our garden, while we were out of pocket for pasture fencing, improvements to the Apprentice House and the addition to the sheep shed. That grant, and the planning that surrounded it, pretty much launched us as a credible farm at the time.

Much of the growth of the farm comes from the contributions of our CSA members which allows us to be realistic about our yearly income and to put aside chunks of money for capital improvements.

Thanks!

Long Meadow Farm CSA

Recipe Ideas for Week One

Quick Stir-Fried Napa Cabbage

(adapted from a recipe at <http://eatmovethrive.blogspot.com>)

- 1 head of Napa cabbage
- 1 Tablespoon olive oil
- 1/2 Small onion, roughly chopped
- 3 Garlic cloves, finely chopped
- 1 Cup chicken stock
- 1 Tablespoon tamari (optional)

Cut off the root end of the cabbage, about 1 inch from the bottom. Cut the cabbage into 1 inch ribbons. Heat oil over very high heat. When it's very hot, add the onion and cook stirring frequently for a minute or so. Add the cabbage and stir well. Add the garlic and cook for a minute or two, stirring all the while. Add the stock (it should boil immediately) and cook, stirring often, until the stock is reduced to almost nothing. Remove from heat and stir in the tamari (if using).

A nice variation of this recipe would be to add chili paste or pepper flakes with the stock to suit your taste for fire.

A teaspoon of finely minced or grated ginger root would be brilliant here too, added at the same time as the garlic.

Spinach-Cheese Squares

- 1 tablespoons butter
- 1 -2 eggs
- 1/2 cup all-purpose flour
- 1/2 cup milk
- 1/2teaspoon baking powder
- 1/2 pound shredded Cheddar cheese
- ½ - 1 lb. spinach, washed and steamed until just wilted, then squeezed dry and chopped
- 1 tablespoon minced onion

Preheat oven to 350 degrees F (175 degrees C).

Place butter in a small baking dish and melt butter in oven. Remove when melted, approximately 3 minutes.

In large mixing bowl, beat eggs well. Mix in flour, milk and baking powder. When the dough is well combined, mix in cheese, spinach, and onion. Spoon mixture into the baking dish with melted butter. Bake for 35 minutes. Let cool 45 minutes then cut into bite-size squares. This recipe freezes well, can be easily doubled.

Simplest Sautéed Beet Greens

The quickest, easiest way to make beet greens. Your side dish will be ready in 5 minutes, tops.

Ingredients:

- 2 teaspoons olive oil
- 1 bunch beet greens
- Salt
- Sugar

Preparation:

Heat oil in a 12-inch nonstick skillet over medium heat. When oil is hot, add greens straight from the bag. Sauté, uncovered, stirring and turning greens several times, so they cook evenly, for about 3 minutes. During cooking, sprinkle with a tiny pinch of salt and a pinch of sugar. Greens will wilt down in the pan and become even brighter green as they cook.

Serves 3.

Spring Radish Salad

- 6 radishes, sliced thinly, chop the greens if they are in good shape
- 1 tablespoon rice vinegar
- ½ teaspoon toasted sesame oil
- toasted sesame seed
- salt

Toss radishes in vinegar and oil and chill for ½ hour. Add the greens and toss again with a pinch of salt and garnish with sesame seed.