



Weekly News

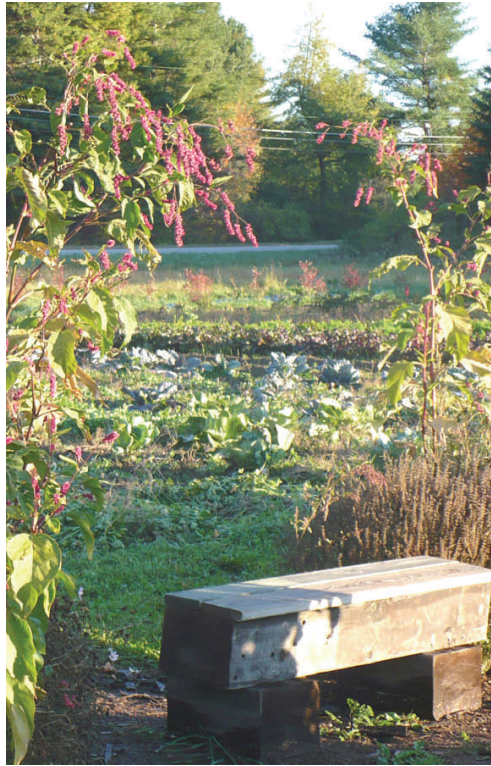
Our last share week — and a big thanks! ~ Michele Roy

It's been a wonderful season.

Thank you to everyone! We've had so many wonderful conversations, e-mails, and other interactions with you and with people we've met because of you—our community grows and strengthens every year. That's one of the biggest reasons why we do what we do!

As we look back over our seven years of CSA, we're amazed at how very different each year has been. The weather plays an important role, but more than that it's our variety of members in any given year. This has been one of the best! Those of you that signed up for 2010 after the dismal 2009 season—we love you! And to all of our first-year members—we love you too!! You've all given us the inspiration and encouragement to continue to build and grow on what we have going here at Long Meadow Farm.

The CSA season may be finished this week, but our growing season is not! We'll continue to sell our vegetables (and baked goods) at the Gardiner Farmers' Market. We have two more outdoor markets on Wednesday October 20th and 27th. After that we'll be moving to our



Kiss-me-over-the-garden-gate (the tall pink flower), and a bench to admire it from.

I had hoped to round out the season with a good lot of lettuce, but our timing was just off (like lettuce was through much of the summer). Last year we were swimming in lettuce—I think in response to that I cut back on the number of plantings but obviously overdid. I'll go for the middle road next season.

I am already looking ahead to next season, checking my notes to remember other things that worked and what didn't. Some things aren't hard to remember—like everyone getting a bazillion cucumbers for two weeks, then nothing. I won't apologize for all the kale though—kale is one of our staple foods here, all year round, and it's easy to freeze for the winter. Last year we missed our tomatoes so much, but learned how satisfying kale was. Something about bright reds and greens in the dead of winter makes me feel like I'm absorbing lots of needed vitamins.

It will be so strange to not put this newsletter together next weekend. We'll send out a winter issue when we are ready to take new registrations. Usually that is the first week of the new year.

We hope you enjoy your last share day of 2010, and that you'll all return for 2011. Thanks for a great season!



Winter Market location at Christ Church Episcopal, across the street from the Common, same place as last year. If there is a school cancellation due to wintry weather, the market will also close. The winter market is open every 1st and 3rd Wednesday through April, when we return to our weekly Wednesdays on The Common. The hours are always 2—6 p.m.

We picked parsnips this afternoon. What gnarly things some of them were! It's hard to understand why some grow so long and elegantly, while others are gnarly clubs. You may get some of each—they should taste equally good!

The sunflowers (left and right) were still beautiful despite several frosts as of October 17.



Are we angry yet? Not here at the farm anyway ~ Denis Thoet

People are angry.

Some are angry at Republicans for getting us into this current economic mess. Others are angry at Democrats for not getting us out of the current economic mess.

And some in Maine, according to the Sunday newspaper, are angry about all those people on some kind of state or federal assistance.

It all makes me very angry. Actually, not. My guiding principal — move towards love and away from fear — is inspired by the Vietnamese Buddhist Thich Nhat Hanh. On a scale of 1-10, with love being one and fear being ten, anger is probably around eight or nine.

It is not a good guide to positive living, to say the least. So, I'm not going to be angry about what happens election day, mostly because I have no influence there and anger would be misplaced.

My goal is to have influence on the local level, particularly regarding healthy food and a stronger local economy. We have lots to do there.

And on a personal level, I have a lot of



Chickens for sale — Free range stewing chickens anyone? Soon we are culling our flock down to about a dozen layers for the winter, and will be selling about 30+ hens for stewing. Price: \$7.50 per hen., CSA members first.



So long — Fiona (left) and Matilda rummage through the parsnip greens we brought back Sunday. They are leaving us Wednesday morning. We loved their calm demeanor and occasional playfulness.

empathy for people on public assistance. I get a Social Security check every month, am covered by Medicare, and receive veterans' health benefits.

Veteran's health care is the best I have ever received and it is a definite bonus.

I was dragged kicking and screaming into the Army in 1967, at the height of a war that I strongly disagreed with.

And like most people on public assistance, I have a job that keeps me going year round, if not for a lot of money.



Parsnips in the rough — Michele and I harvested all our parsnips Sunday afternoon. They will be washed, weighed and distributed this week. Enjoy!