



LONG MEADOW FARM CSA

Weekly News

Week 18 www.longmeadowfarmmaine.com October 3, 2010

Frost arrives; Anna goes, and onions again! ~ Michele Roy

We got it! The first frost of the season hit us today (Sunday). It was not unexpected, but it still hurt to see things succumb to the cold. It was only a nip, 31 degrees here and there. I think we'll get some more tonight. We had already picked the frost-tender things, and as you all know our tomatoes are history, so it wasn't too bad. Still, it's another sign that the season is moving along.

A reminder: This is week 18 of 20 weeks. Our last Share Days are Monday, October 18 and Thursday, October 21.

Anna has left us to move to Portland! She will be terribly missed by us all, and I suspect she may miss us (and the sheep and Ollie and Gibbs and Kiwi and Balti...) but she is excited at the prospect of exploring urban living for a year or so. She'll visit often. Thanks for all your hard work, Anna!

You are getting lots of onions in your shares, because our onions all grew to enormous size! I've been trying to give you lots of ideas for ways to use them. Every now and then I just cook up a pan full of sliced onions in butter, along



Farewell to Anna! As usual, we marked a special occasion with great food. Gibbs will miss Anna almost as much as the rest of us!



Here's the next area we want to transform into garden space. Volunteers needed at our work party, Saturday, October 16, 10:00 to 3:00.

with some garlic. I let them get nice and brown and devour them. I haven't tried the onion pie recipe yet but plan to—I'd love feedback on that recipe if anyone tries it.

We have lots of exciting plans to work on in the coming months. Denis describes the grant we are getting from MOFGA in his column, we have our Farms for the Future grant to continue work on, and we have lots of work to do for our Winter Gardiner Farmers' Market which starts the first Wednesday of November at Christ Church in Gardiner. The garden planning and CSA registration for 2011 starts in January. Winter is never long enough for me!

Grant supports low income families as members ~ Denis Thoet

Long Meadow Farm has received a grant that will be used to provide up to six CSA members in the 2011 season the ability to use some of their Food Stamp or WIC (Women, Infants, and Children) benefits to help them pay for their membership.

The grant, administered by the Maine Organic Farmers and Gardeners Association (MOFGA), will provide up to \$900 to offset the cost of CSA membership. That means that each member would receive \$150 towards a small share (\$350), with the member providing the balance from WIC or Food Stamps.

The funds are provided by the Wholesome Wave Foundation. Two other farms, Small Wonder Organics in Bowdoinham, and Hatchet Cove Farm in Warren, have also received the grants.

One of our highest goals at Long Meadow Farm is to make healthy food available to everyone, but especially to those families with low incomes. While we think our share prices are reasonable,



Pete Engler, right, of Small Wonder Organics, Bowdoinham, received a grant to help low income families receive their winter CSA share. Denis Thoet (left), chats with Pete at the Gardiner Farmers' Market last week.



Jerusalem Artichokes at the Share Room door.

it is often a big stretch for low-income families to take advantage of what we offer.

Long Meadow Farm has been registered with the WIC Program since 2007, and can accept Food Stamp (SNAP) purchases through the Gardiner Farmers' Market.

Over the fall and winter we will try to identify potential new members under the grant award. If current CSA members have ideas that can help, please get in touch with us.

We will also be looking for creative ways to help potential new members under the grant to pay for their shares, possibly on a weekly or monthly basis.

We are very grateful to MOFGA and the Wholesome Wave Foundation, who are taking first steps in an important direction: good nutrition for low income families.

Work Party!

Saturday, Oct. 16

10:00 to 3:00

We'll be developing a new area for gardens. Bring work gloves, nippers, weather-appropriate clothes and footwear. We'll have beverages and food, but feel free to bring something to share.

RSVP 582-4817