

June 18, 2007
Volume 2, Issue 2



181 Bay View Ave
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What to find in your share:

Salad Mix
Lettuce Heads
Arugula
Mustard Greens
Parsley
Beet Greens
Peas
Swiss Chard or Kale

Mark Your Calendar!!
CSA Farm Potluck,
Saturday,
August 18 from
12 – 4

Reminder: If you are looking for extra items throughout the week or when you come for pickups, please stop by or give us an email or call. Friends are welcome to come as well.

Here Come the Peas

We hope you enjoyed the first week of the CSA. This week we have many similar salad items, as well as a few peas. The peas are just getting started, so we should see many in the next few weeks. We have several other items such as beets, carrots, and cilantro, which will be coming soon. The weather has been very dry so we are working on setting up our drip irrigation system. Drip irrigation is much more efficient than sprinklers, thus reducing our water usage. The water also concentrates right on the root areas of the plants, rather than watering the entire area and all the weeds. Throughout the season we will introduce you to some of the methods we use to make the farm more sustainable, efficient and healthy for all. Please feel free to ask us about any of our practices and things you may be able to do in your home garden as well.

Peas. Originated in northwest India through Afghanistan as well as Ethiopia and areas of the Near East. There are many wild varieties as well as a huge array of cultivated varieties. In the southern U.S., peas are called English Peas as the term “peas” refers to edible Cow Peas. Primitive seed peas have been found in Swiss caves dating back 5,000 years. The famous Austrian monk Gregor Mendel worked with peas to lay the foundation of the science of genetics.

Using Shell Peas- We strongly recommend shelling the peas and eating them fresh, how they will be sweetest. You can also add them to any fresh green salads or pasta salads. If you are going to cook with the peas, add them into pasta and cheese type recipes just for the last couple minutes.

Using Snap Peas- These peas are great to eat fresh. Eat the entire pea, including the casing. They can also be lightly sautéed in olive oil.

News and Highlights

Call for Volunteers- We are always happy to have volunteers around the farm, whether it be for a few hours or a weekly thing. Let us know if you're interested. No previous experience or skills are needed and all ages are welcome. Come and get your hands dirty!

Building Materials- If you have spare lumber or other building materials in the basement or the shed, let us know and we may very well be able to put it to good use. Spring-cleaning can be a great way to clear some space and help us out at the same time.

Call for Bags- We are always happy to reuse your plastic grocery bags, rubber bands, or pint containers. Bring them by at pickups.

More News

Website Changes- Soon we'll be updating the website with some new sections. You'll be able to post your favorite recipes as well as see the new 2007 gallery and a veggie ID gallery.

Gone for pickup? Going out of town? – If you're going to be away and not able to pick up your share, please give us a call or email so we know. Feel free to send friends for the pickup. If we don't hear from you the day following the pickup, we will donate your produce to a local soup kitchen.

Farm Meats- Next week we will have information regarding our farm meats and eggs at the pickup. We should have eggs available within the next month. We will have meat chickens available at two times, as well as turkeys for the holidays, and beef and pork later in the summer. Watch for details and reservation forms at the pickup. We have limited supplies available.

Meet the Farm Interns (left to right)

Kate- I am going to be a senior at Boston University this fall and am majoring in hospitality administration. I am incredibly excited to have left the craziness of urban life in Boston and love the lovely small town that is Berkley, MA. Vegetables are definitely in my top 5 favorites things in life...other favorites include cute, baby animals, community service and Angela Lansbury!

Steve- I am a 21-year-old physics major at UMass Dartmouth interested in challenging social norms and doing handstands. You can often find me making ridiculous comments with my crazy voices or singing songs and dancing. Future plans include preparing the world for petrocollapse and restructuring society. [P.S. Bear hugs are awesome]

Eugene- I am 22-year-old physics major at the University of Rochester interested in saving or conquering the world, whichever comes first. Future plans include being a superhero, becoming elected Emperor of the Galaxy, and not having a job in a cubicle. Working at the farm fulfills two large desires: bigger biceps and free raw vegetables. Many have noted that the way to my heart is a hand-knit hat or scarf.

Angela- Hey! I'm Angela and I live just down the road from the farm. My family has been involved in the project from its early stages. The growth and success of the farm continues to amaze me! Personally, my favorite aspect of working on the farm is witnessing the progression of growing food, from seeding, to transplanting, to watering and weeding, to harvesting.

