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What to find in your share:

Lettuce Heads

Beets

Peas

Parsley

Cilantro

Dill

Garlic Scapes

Fava Beans or

Turnips and/or

Radishes

Swiss Chard or

Kale

Mark Your

Calendar!!

CSA Farm

Potluck,

Saturday, August

18 from 12 – 4

Happy Solstice...Summer is Here

The warm summer seems to have arrived. Although we've had very little rain, most crops are growing just fine and we're happy to offer you some new items this week. Take a moment to check out the website and the new additions we've made to it. There is now a message board where you can go and share your favorite recipes and uses for foods with other members. Use it to make announcements and ask questions as well. The 2007 photo gallery is now on the website and will be updated every few weeks.

Kale. Thought to have originated in Asia Minor and to have been brought to Europe around 600 B.C. by groups of Celtic wanderers. Kale should be wrapped in a damp paper towel, placed in a plastic bag and stored in the refrigerator. It should not be washed before storing since this may cause it to become limp. Braise chopped kale and apples. Before serving, sprinkle with balsamic vinegar and chopped walnuts. It's also good as a green on pizzas!

Swiss Chard. The homeland of chard lies in the Mediterranean region. Ancient Greeks, and later the Romans honored chard for its medicinal properties. Toss penne pasta with olive oil, lemon juice, garlic, and chopped, steamed Swiss chard or add zest to omelets by adding them steamed.

Chard can be used as a substitute for spinach in recipes. It is also a tasty fresh addition to salads. Chop it to small pieces and add to a green salad.

News and Highlights

Website Vegetable ID- Watch on the website under the gallery section for our new veggie ID section. You can see enlarged photos of different items you'll find in the shares to help you identify what you're eating! It's a work in progress so keep watching each week for new additions.

Mulberries Galore- Feel free to enjoy some of our sweet mulberries from one of our three trees at the farm. Ask one of us to lead you in the right direction if you'd like.

Meats and Eggs- We are still getting together our final information and pricing for the meats for the season. Grain prices have risen significantly due to increased corn prices (ethanol demand), so we need to wait a little more time to determine cost based on how much the animals eat. CSA members will get first dibs on all meats.

Pests are enjoying the summer weather as well. We are doing our best to prevent damage to our crops without resorting to harmful chemicals. The following is a description of a few of the organic techniques we are using.

Row covers. Row covers are lightweight blankets that we use to provide a physical barrier to keep insects off. Certain crops are covered immediately after planting up until the time of harvest. You will see several of these in our fields, as they are an effective and non-toxic form of insect control.

Surround. If you walk through our gardens you will notice a white coating on some of our plants. This white powder is from a product called Surround, which is made of pure kaolin clay. Surround acts through host masking or repellency, confusing and unsettling insects so they move elsewhere. Surround is a safe and non-toxic alternative to spraying. If you ever notice Surround on produce, it can be washed off by gently scrubbing with a sponge or brush before cooking.

Children's Book Review

Ugly Vegetables,
Grace Lin, 1999
A Talewinds Book

In *Ugly Vegetables*, a picture book by Grace Lin, a little girl learns how being different can bring happiness to an entire neighborhood.

A girl and her mother plant Chinese vegetables in their garden while neighbors plant colorful flowers in their gardens. As lovely poppies, sunflowers and peonies grow across the fences, vegetables called Fwo Loo Fwo, Kuu Gua and Sy Gua, grow in the girl's garden. Spring turns to summer as butterflies and sweet smells float through the air from the neighbors' flowers. The little girl wishes she and her mom were growing colorful flowers instead of vines with lumps hanging from the ends.

Finally, the girl and her mom pick their vegetables and make a special Chinese soup. As the delicious smell of the dinner travels across the yards, neighbors are drawn to the little girl's house. Carrying cut flowers from their gardens, the neighbors knock on the girl's door and offer flowers in exchange for a taste of soup. The mother invites everyone in and together they share a festive meal.

Grace Lin gives descriptions of a variety of Chinese vegetables, as well as how to pronounce them. This is a wonderful book about diversity in people and in what people eat.

Reviewed by Marcia Maynard

Cilantro and Dill



Cilantro (left) and dill (right) are both culinary herbs we will have for most of the season. Cilantro is commonly used in salsa and Mexican cooking. It generally is finely chopped and added fresh in recipes, especially along with lime. Dill is often used for pickling, but is also delicious on salmon and many types of fish and can be used in soups. Check the website CSA Message Board, where we have a recipe for drying parsley, which could be used with either of these as well.