



181 Bay View Ave
Berkley, MA 02779
660-528-0466
www.kettlepondfarm.com

What to find in your share:

Lettuce Heads
Swiss Chard
Cabbage
Hong Vit and
Tat Soi Greens
Peas
Fava Beans
Cucumbers
Parsley
Cilantro
Dill
Basil
Fava Beans
Beets or
Turnips

Enjoy Your
Veggies and Have
a Fun and Safe 4th
of July Week!

Where's all the rain?

One of the more interesting and often stressful aspects of farming is the dependency on the weather. Every season will be a little different. Last year we were inundated with rain and at this time of the year the puddles were just finally drying up. Over half the days in May were rainy and in the first week of June we received over 7 inches of rain! This year has been extremely dry thus far. Temperatures have bounced around a lot as well. Last week we set record high temperatures. Our drip irrigation is now finally up and running and we're doing our best to keep things good and green.

Fava Beans- Favas, also known as Broad, Pigeon, Horse, and Windsor beans, are one of the oldest known cultivated plants. They are very popular in the Mediterranean and have been eaten in China for over 5,000 years! Favas should be shelled and then boiled for 3-5 minutes, until tender. Only eat cooked beans. Drain and rinse with cool water. Slip off the translucent skin from each bean. Use the peeled and cooked beans as appetizers, in soups, or in salads.

Favas and Nutrition- Favas are loaded with fiber, high in iron, and are low in fat. A $\frac{3}{4}$ cup serving will give you lots of energy, containing 300 calories and 50 grams of carbs.

Italian Fava Spread- Combine one pound of cooked and peeled favas, one minced clove of garlic, and a few basil leaves in a food processor. Add $\frac{1}{4}$ cup of olive oil as you puree the mix until smooth. Add salt and pepper as desired. Use the spread on Italian bread. It is also nice to mix with salami, prosciutto, and slices of Parmesan and pecorino cheese.

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 trees at the farm. Ask one of us to lead you in the right direction if you'd like.

Free-Range Chickens- Our first batch of chickens will be available this week. We have a sign up sheet for reservations here at the farm. If you are not coming by for pickup, please call or email ASAP to let us know what you'd like. Chickens will be available fresh for pickup on Saturday from 9-6 or frozen on any other day, 9-6.

Time to Recycle

This year we are happy to announce that we have joined a recycling campaign called CORE Recycling. We are now collecting used inkjet printer cartridges as well as old cell phones. These items that many people simply throw away can be refurbished and reused. You can bring any items you have here to the farm at pickups and we'll take care of it from there. If your workplace currently is not recycling printer cartridges, talk to us and we can send postage paid envelopes to your work. Every little change makes a difference.



Fair Trade Items in the Farm Stand

You likely have noticed the signs in the farm stand for Fair Trade items. We figure this is a good time to explain what exactly Fair Trade means and why we think it's so important.

Fair Trade means that the producer receives a fair and stable living wage for the product and that they meet certain labor requirements. Often Fair Trade products come from the developing world where cooperatives and unions of small farmers or artisans are being established. These cooperatives set rules for all the producers, who often are organic or sustainable farmers. Although these products are not local, buying from a Fair Trade source ensures that all people involved in producing the product receive decent wages and that workers are treated with respect. Fair Trade Certification is common with chocolates, coffee, teas, and handcraft items. A few other requirements are as follow:

1. No Child or Forced Labor
2. Sustainable and/or organic techniques are encouraged
3. Equal Employment Opportunities
4. All aspects of trade and business are open for public accountability
5. Producers receive a fair price- a living wage.

All the Equal Exchange products we sell in the farm stand are both Certified Fair Trade and Organic. The various handcraft items are all Fair Trade Certified and come from an organization named SERRV. Half of each sale on the SERRV items goes to a non-profit organization named United Families, which helps those with mental illness. Buying any of our Fair Trade products supports a more just, socially responsible, and environmentally friendly production system.

New Asian Greens in the Shares



Hong Vit Radish Green



Tat Soi

We recommend using Hong Vit lightly cooked. It has a mild radish flavor and is good in stir-fries. Tat Soi is delicious and most tender used fresh in salads. It may also be sautéed or stir-fried.