



The Organic Harvester

Farm Happenings:

Winter Hours:

Fri and Sat 9–5

Yogurt Workshops

Thursday, Jan 18th

7:30 - 9:00 pm

—or—

Saturday, Jan 20th

3:30–5:00 pm

What's available:

Lettuce, Spinach, Mache,
Kale, Cilantro, Cabbage,
Broccoli, Sweet Potatoes,
Leeks, Butternut Squash,
Brussels sprouts, Garlic,
Onions, Beets, Potatoes,
Turnips, Carrots, Baby
Carrots, Celeriac, & more

Farmer Andrew's Report

Hello from the farm. What a winter! I can't believe Nate and I are still harvesting from the fields. Last week, with the help of farmers from Appleton, The Food Project, Picadilly Farm, Vangaurden Farm and others we put up a new greenhouse. Thanks to those farmers and Nate deserves credit for owning the project from start to finish (it's nice to have a carpenter on the crew).



Thank you to the members who are still making Green Meadows their destination for produce and groceries. As always we're looking for more members to come by and see what we have on the shelves. One question that has come up a couple times is why are we reselling conventionally grown produce. To me this is a very complex question. The first reason is we don't have all the vegetables people are looking for so we need to buy in. Second, and the bigger issue, is I believe it is more important to support a small local conventional grower than a large scale, far away organic grower. Third, I'm worried the prices for far away organic is cost prohibitive. Here's an example (these prices are from the largest wholesaler of organic produce): my cost for purchasing a case of 24 organic head lettuces is \$44. That means I would need to charge about \$3 a head of lettuce (we usually retail our lettuce for \$1.50-\$2.00). Another example, a case of 12 bunches organic leeks will cost me \$50.75. I'd need to charge about \$5 a bunch to break even (we typically retail leeks for \$2 a bunch). If members are willing to pay for this premium, I'm happy to buy in these organic items. Please let me know where you stand on this issue.

While discussing these issues with members, the suggestion came up of why not start a winter CSA where I buy in organic produce (when local sources of organic and conventional run out) and members will receive a significant discount because they have committed to buy. This might be a good solution, but I'd like some feedback.

Reminder for the pork share members I contacted last week, we will be distributing the bacon & ham on Friday from 3-7 in the stand. Pork share members who were not contacted, your distribution will likely be the 19th.

Learn How to Make Your Own Yogurt



Thurs, Jan 18 7:30 – 9:00pm or Sat, Jan 3:30–5:00pm cost: \$15

Using simple equipment from your kitchen, you can make your own yogurt and always have a fresh supply in the house. We will discuss the importance of clean equipment, what is actually happening in the jar, and show several methods of making yogurt. We will discuss the reasons for each step we take so you will understand how to make variations at home. We will also sample different yogurts, and share our favorite recipes as we go step by step through the heating, cooling, mixing, and incubating. Participants will take home a jar of soon to be yogurt ready to incubate when you get home.

Participants should bring:

- 1 quart of milk
- 1 quart size container with a lid (a plastic yogurt container or glass canning jar is fine)
- A saucepan for heating your milk.

If you happen to have a candy thermometer, please bring it. We will supply the rest. Because space is limited, please pre-register by calling the farm office at 978-468-3720 or sign up at the farmstand.



Green Meadows Farm
650 Asbury Street
South Hamilton, MA 01982

Phone: 978-468-3720
Email: gm@gmfarm.com

www.gmfarm.com

Mahi Mahi with Spicy Asian Slaw

If your New Year's Resolution is trying to pay a little more attention to your carbohydrate intake, we have found this very tasty recipe using mostly products found in the farmstand.

- 2 four ounce pieces of EcoFish Mahimahi
- 1 tablespoon ginger, minced
- 2 Tbs Apple Cider vinegar
- 1/2 cup chicken or vegetable broth
- 1/2 tsp red pepper flakes
- 1 clove garlic, minced
- 1/2 tsp sugar
- 1 red, orange or yellow pepper
- 1 small head of cabbage, shredded
- 1 carrot, shredded
- 1 cup cilantro
- Juice of 1 lime
- 2 additional lime wedges for the fish



Thaw fish overnight in refrigerator. Combine vinegar, broth, ginger, garlic, red pepper flakes and sugar in a large saucepan. Add red pepper and sauté for 3 minutes. Add carrot and cabbage and cook for another 5 minutes. Remove from heat and toss with cilantro and lime juice. Set aside. Heat

a skillet with oil for the fish. Sprinkle fish with salt and pepper. Sear for 3 minutes then flip and continue to cook until done, approximately 3—5 more minutes. Sprinkle with lime wedges and serve on top of the slaw.

New Products at the Farmstand

Organic Lip Balm Products

Your lips are one of the most sensitive and absorbent parts of your body. Unlike skin which secretes sebum to balance moisture, your lips have no natural moisturizer other than saliva which actually dries lips further. Using healing organic herbs and moisturizing organic vegetable oils, Eco Lips provides lasting protection as it softens and moisturizes your lips. The all-natural formulas, including high concentrations of certified organic ingredients ensures protection from all the harsh elements: sun, wind, and cold.



Allergy Free Baking Mixes

In 2000, Patsy Rosenberg developed food allergies and had to relearn how to bake without dairy, eggs or nuts. She realized there were no good mixes on the market and developed Cherrybrook Kitchens, located in Burlington, Massachusetts. We love their cute packaging and excellent products. We have a few of their expansive line of allergy free baking mixes—including some gluten free cake and cookie mixes.



Sustainable Frozen Fish

Check out our freezer for Mahimahi from a great company called EcoFish, based in Dover, New Hampshire. EcoFish Mahimahi comes from the Peru hand-line fishery (hook and line), where local villagers fish in small open day boats. Mahi are wide-spread and abundant because they are efficient breeders and grow very rapidly. All EcoFish seafood is all-natural — the way nature intended. There are no preservatives, dyes, growth hormones, antibiotics, pesticides, moisture retainers, carbon monoxide, tasteless smoke, etc. Yes, that's right, sadly much of the seafood out there today actually has at least one of these elements in it.



EcoFish's small-scale family fishers are using much more sustainable fishing techniques than large corporations.