



## Farmer Andrew's Report

Sun, sun, sun, sun and more sun...I've learned not to complain about the weather, but it would be nice if we got about an inch of rain this week and next week. Luckily General Patton dug irrigation ponds in almost all the fields. Even though we can irrigate, a heavy natural rain would benefit the carrots, beets, and broccoli. A natural rain tends to do a far better job of soaking the soil than overhead irrigating.

On the subject of irrigation ponds, this past Saturday many members came to the farm on the full moon to do some fishing. Everyone had a great time, and I think by sundown everyone had landed at least one or two fish. I'd like to encourage members to take advantage of the trails and ponds on the farm. The Patton family wants us to enjoy the miles of trails and many fishing ponds (catch & release) and other natural resources the farm has to offer.

And speaking of water, I was reading a recent article by Kerry Mackin, Executive Director of the Ipswich River Watershed Association. Here are the main points from this article: In the summer, many homeowners overwater their lawns which is pumped out of the Ipswich River system, leaving sections of the riverbed so dry that "river fish" like brook trout and fallfish can't survive. Ipswich, Hamilton, Wenham and Topsfield residents have wells adjacent to the Ipswich River and its tributaries. These wells along with the other withdrawals upstream, reduce the amount of water in the river to only a tenth of what it would be without the withdrawals. To help address this problem, the Ipswich River Watershed Association has established [www.greenscapes.org](http://www.greenscapes.org) Please visit this website to learn how to have an attractive lawn and garden, and save time and money too!



Young member Jordan came with her grandfather and reeled in two large mouth bass.



Work for share Lisa Kawski reluctantly admires Jim's big catch

### Farmstand Hours:

Wed-Fri 9am-7m

Sat & Sun 9am-5pm

### Wednesday July 11th

Wild Edibles Walk with  
Russ Cohen

### Saturday, July 14th

Fairy Houses and Elf Forts

### CSA Share:

Spinach, Lettuce, Swiss  
Chard, Kale, Radishes,  
A rugula, Kohlrabi, Cilantro,  
Broccoli Raab, Garlic  
Scapes. PYO: Parsley,  
Thyme, Oregano, Savory.

Flower Shares:

*Additional fruit and vegetables available for purchase at the stand.*



Green Meadows Farm  
650 Asbury Street  
South Hamilton, MA 01982

Phone: 978-468-3720  
Email: [gm@gmfarm.com](mailto:gm@gmfarm.com)

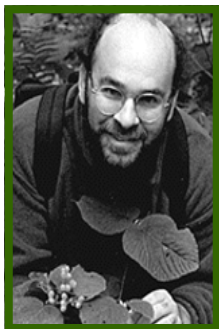
[www.gmfarm.com](http://www.gmfarm.com)

## Meet Megan Lowery

Megan Lowery is 18 years old and is a student at Mt. Allison University in New Brunswick, Canada and is home for the summer. She is here to work on the farm because she loves to be outside, is very interested in sustainable living, and she loves to eat vegetables. She has also lead backpacking trips in Maine. Her favorite part about working on the farm is to harvest first thing in the morning and to take care of the animals, especially the lambs. Megan loves to read and on the top of her summer reading list is Wendell Berry's "What are People For?" Her favorite vegetable is tomatoes...eating them whole like apples.



## Farm Events



### Wild Edibles Walk with Russ Cohen

Join Russ Cohen, author of "Wild Plants I've Known and Eaten" for a walk around the farm to see what edible plants are growing naturally in our fields and woods. \$5 requested donation to the Essex County Greenbelt association. Meet at the farmstand.

**Wednesday, July 11th, 6 to 8 pm**

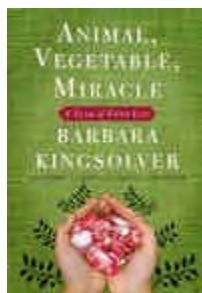
### Fairy Houses and Elf Forts

Back by popular demand! Bring your wings and join us as we build fairy houses in our enchanted forest where fairies and elves live. Wings, tutus and other magical wear will be available for sale that day. Read a story and have a magical snack before you build your house. \$10 (\$8 members) or \$20 per family (\$16 per member family)



**Saturday, July 14 from 10am - Noon**

## Summer Reading



Many members have already discovered this terrific book, just out this year by Barbara Kingsolver. Here is a description from the publisher:

"Hang on for the ride: With characteristic poetry and pluck, Barbara Kingsolver and her family sweep readers along on their journey away from the industrial-food pipeline to a rural life in which they vow to buy only food raised in their own neighborhood, grow it themselves, or learn to live without it. Their good-humored search yields

surprising discoveries about turkey sex life and overly zealous zucchini plants, en route to a food culture that's better for the neighborhood and also better on the table. Part memoir, part journalistic investigation, *Animal, Vegetable, Miracle* makes a passionate case for putting the kitchen back at the center of family life and diversified farms at the center of the American diet."

One great feature that makes the idea of eating locally seem feasible, is the weekly meal suggestions from Kingsolver's daughter, Camille. For example, our CSA is still mostly in "greens" season, when it seems like endless amounts of spinach and chard. Here are Camille's suggestions for the week's dinner menu (it hardly seems like deprivation to us!):

**Sunday**—Grilled chicken, fresh bread, and giant salad of fresh greens, carrots and peas

**Monday**—Asparagus and morel bread pudding

**Tuesday**—Asian summer rolls with spicy peanut sauce, served with rice

**Wednesday**—Vegetarian tacos with refried beans, pea shoots, lettuce, spring onions, and cheese

**Thursday**—Cheese ravioli tossed with stir-fried spring vegetables, oregano, and olive oil

**Friday**—Chicken pizza with olives and feta

**Saturday**—Frittata packed with cheese and vegetables, salad, strawberry—rhubarb crisp

Download these and all other *Animal, Vegetable, Miracle* recipes at [www.AnimalVegetableMiracle.com](http://www.AnimalVegetableMiracle.com) The book is for sale in the farmstand.

### Bulgur with Leeks & Swiss Chard

*Submitted by member Kathy Mahoney*

2 Tbs. olive oil

2 medium leeks, white and tender green parts chopped

1 lb. Swiss chard, stems cut into 1-inch pieces, leaves torn into large pieces (spinach works well, too)

2 cups sliced mushrooms

4 cloves garlic (about 4 tsp)

2 ¾ cups low-sodium vegetable broth

1 cup bulgur

Heat oil in large pot over medium high heat. Add leeks and chard stems and cook for 4 minutes or until softened, stirring often. Add mushrooms and cook 5 minutes until mushrooms are tender, stirring occasionally. Add garlic and chard. Cover and cook 5 minutes until leaves are wilted, stirring occasionally. Season with salt and pepper to taste. Stir in broth & bulgur. Bring to a boil. Reduce heat to medium low and cover. Simmer for 10 minutes or until liquid is absorbed and bulgur is tender. Makes 4 generous servings. 252 calories per serving



Llama Love: Kids got to feed and learn all about llamas last Friday