



The Organic Harvester

Farm Happenings:

Current Farmstand Hours:

Wednesday 1–7pm

Thursday 1–7pm

Friday 9am–7pm

Saturday 9am–5pm

Sunday Noon–5pm

Plant A Seed Workshop

Saturday, June 2nd

Plant a Seed Workshop, 9:30am

CSA Member Farm Tour 3:00

Organic Plant Sale

Still lots of seedlings available!

Produce Available:

Our Own Spinach!

Lettuce, Spinach, Swiss Chard,
Broccoli, Carrots, Beets, Zucchini,
Tomatoes, Cucumbers Potatoes,
Onions, Sweet Potatoes, Garlic,
Winter Squash, Strawberries,
Peaches, Apples, Bananas, Raisins,
Nuts (some items vary by week)

Farmer Andrew's Report

Knock on wood, but this may be the nicest start to the growing season I've seen in my 5 Springs at Green Meadows Farm. The crops are looking great (aside from the flea beetle infestation in the broccoli and kale). The crew has been working at a heroic pace to plant out our vegetables and we've even begun to harvest.

Spinach will be harvested again on Thursday and it's a very nice looking crop. If favorable conditions continue, we'll probably be harvesting some lettuce next week. On Saturday a member enthusiastically asked me why not start the CSA now if we're already harvesting. It's a great question and deserves a thoughtful response. The truth is that although the spinach is doing great, there's not really anything else ready to harvest. My goal is to provide at least \$20 worth of vegetables to members per week during the early part of the growing season. The bounty increases to over double that during the height of the season, but for now we have to wait for the other crops to put on some size.

On Saturday June 2nd at 3pm there is a CSA orientation convening under the oaks beside the farm stand. Please mark your calendar and bring your family/friends. Even for the CSA vets, this is a worthwhile hike. I'll show members where all the best veggies and fruits are and the proper way to harvest PYO crops.

Please don't forget about our plant sale. We have a huge variety of organic vegetable and flower seedlings for sale at the farm stand.



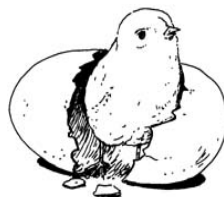
Intern Karen holds a tray of seedlings



The crew transplants flowers in the pick your own field

The Amazing Life of Chickens

Explore the fascinating world of chickens. During this four day program, we will observe the miraculous transformation from egg to chicken. We will learn to candle eggs, turn them in our incubator, study their development and watch as each chick pecks its way out of the egg. We will learn to care for chicks by providing the warmth, water and food they need to grow into healthy hens and roosters. Cost \$40/4 classes (\$37 members) Ages 5–8. June 4, 5, 7, and 8 from 3:30pm – 4:30pm. Please call the farm office to sign up.



Plant a Seed

Join us for our Farm Family Saturday series on Saturday, June 2nd at 9:30 for "Plant a Seed". Learn all about seeds and how they grow. Visit our greenhouses and see how the farmers plant, water, and then transplant the seedlings into the fields. Visit our growing fields and try to guess what seedlings will become your favorite vegetables. You'll plant seeds of your own to bring home and watch grow. \$10 per child (\$8 per member child) or \$20 per family (\$16 per member family)

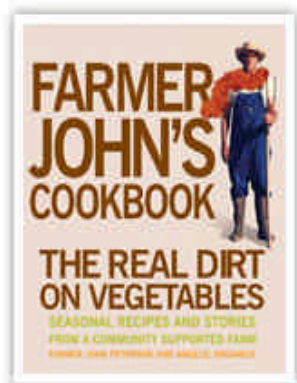


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Farmer John's Cookbook: The Real Dirt on Vegetables



This new cookbook is a great resource for CSA members and others who like to buy seasonal vegetables. Written by CSA farmer John Peterson, this cookbook has a similar format to our other favorite CSA cookbook, "Asparagus to Zucchini". It is organized by vegetable, with particular concentration given to less commonly used vegetables that turn up in CSAs such as Kohlrabi, Turnips and Cooking Greens. The book also offers a huge section on herb recipes.

It's more than just a cookbook because it also offers a glimpse into the mind of the farmer through his short stories and photographs from the field. We've purchased several copies of this book for the farm stand, and encourage all CSA members to pick up a copy to help them fully enjoy your produce.

Support Essex County Agriculture

On June 7, 2007 from 6pm—9pm, the Essex National Heritage Commission will continue its tradition of gathering friends, partners and supporters for a unique heritage experience. Essentially Essex County, 2007 – Farm Fresh, an evening of fun and education at the historic Smith Barn in Peabody.

The ENHC has planned the evening to highlight the rich agricultural history of Essex County and underscore the heritage significance of the local farm and future initiatives in the area of sustainable agriculture. The event will connect all those attending with the area's agricultural roots as well as with leaders from business, civic and non-profit organizations across Essex County, all while enjoying a sampling of foods grown on local farms.

Auction items range from exotic vacation getaways to donated items representing the richly diverse heritage resources of our region, including a small share to the Green Meadows Farm CSA. Visit <http://www.essexheritage.org/> to buy tickets or bid on one of the many auction items during the online auction. A portion of the proceeds will go to Essex County Buy-Fresh Buy-Local, and a portion will go to further ENHC's mission to preserve and promote the unique historical, cultural, and natural resources of Essex County. So tell your friends, family, and community. Get everyone in on the auction action!



Global Mamas: Fair Trade Certified



Our newest line of Fair Trade Certified clothes have been selling quickly! Global Mamas is the name brand for goods produced through the efforts of Women in Progress, an international not-for-profit organization assisting women of Africa in attaining economic independence. All proceeds made by Global Mamas' sales go directly to the women producing the merchandise and to the business development programs carried out by Women in Progress.

Sales of Global Mamas' products provide dignity to African women who are now able to earn an honest living through the production of handmade batik products. By helping women to help themselves, Global Mamas is taking small steps towards helping end Africa's dependence on foreign aid and creating a sustainable society.