

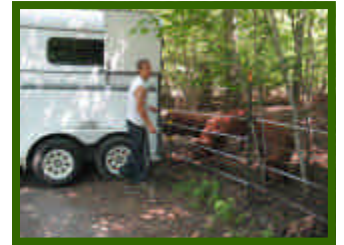


Farmer Andrew's Report

It's hot out there! The UV index is off the charts. Despite this, and with a lot of irrigating, the veggie crops are growing fast and the blueberries are plumping up...knock on wood about those blueberries. Last year was devastating. Lets all pray the blueberry gods are smiling on us this year.

On Monday, Nate and I loaded up 6 of our pigs to go to market. For those who have pork shares, I'll be e-mailing you within the week to let you know when the pork distribution will occur. As in the past, this will be held for just one evening and we appreciate you altering your schedule to accept the share.

Please join us for our Farm Family Saturdays. We've planned a class for almost each Saturday during the growing season. This week is "Nature Exploration" and next week we're holding two classes. On the 30th were presenting, "Chickens in Your Backyard", a class designed to give you all the information needed to raise your own small flock of chickens, and "Full Moon Fishing", a chance to fish a pond on Green Meadows Farm. We'll be adding more classes as the summer progresses. Members pay \$8 per person and \$16 per family.



Nate gets ready to load the pigs on Monday. Three of our pigs decided they'd rather wait to leave the farm. New piglets will be arriving in a couple of weeks.



More baby turkeys arrived last Thursday. They have beautiful tortoise coloring and seem very happy in their new home in the last bay of the tractor barn. We still have limited shares of turkey available, but we expect to sell out, so reserve now if you're interested.

Farmstand Hours:

Wed–Fri 9am–7m

Sat & Sun 9am–5pm

Saturday, June 23rd

"Nature Exploration"

9:30am

Saturday, June 30th

"Chickens in Your Backyard" 9:30am

"Full Moon Fishing for Families" 6pm

CSA Share:

Spinach, Lettuce, Swiss Chard, Kale, Salad Turnips, Collard Greens, Radishes, Baby Arugula

Additional fruit and vegetables available for purchase at the stand.



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Recycling Center from Recycled Materials

One great thing about a farm, is that there are great barter relationships that develop here. Michael Kilburn is an Associate Professor at Endicott College teaching Politics and International Studies. Last summer, he noticed some great old wood on the farm, and asked Andrew if he could trade some labor in exchange for materials. Andrew put him to work on enclosing the farm's wash up station (attached to the farmstand). This year's project is a garbage/recycling center made out of all recycled wood.

Michael's favorite vegetables on the farm are the greens and mesculin mix, and he also mentioned that Hellen, his 9 1/2 year old daughter, loves lemon cucumbers and hopes the farm grows them again this year.



Michael Kilburn, a PhD with a P.H.D. (Post hole digger)

Host NSMT Youth

Helen Patton-Plusczyk, Joanne Patton's daughter who lives in Germany, is sponsoring German students to attend the North Shore Music Theatre's Youth Academy this summer, from July 9 to August 13. The theatre is providing housing as it can, for the students. Two of the boys, Jan and Jonas, 16 and 17, are still in need of a place to stay for the time they are here. Both speak excellent English and according to Helen are good friends and good fellows. The Theatre is able to give any family who could take the boys in, a stipend of \$400 toward their room and board. The Theatre will provide transportation to and from the Theatre every day, for the 9 AM to 5 PM program. There will be invitations for dinner and other evening activities, hosted by Theatre friends and families, so the people who house the boys will not have to feed them every night. This could be a very interesting international learning experience for a CSA family. If anyone is interested they can call Toby Schine, Education Department of the Music Theatre (978) 232-7256 or Joanne Patton (978) 468-3769. Thank you!



Dudley (black) and Patrick (white) with their owner, Nancy Mangion



Llamas move in with the Sheep

Llamas Guard Sheep

The newest residents at Green Meadows Farm are Dudley and Patrick, Peruvian Llamas here to guard the sheep from predators. They are here on loan from Nancy Mangion, of Lexington, MA.

Last summer, we lost one of our lambs to coyotes, a big problem here on the farm. Suki, the farm dog, was the reluctant guardian but it not up to task this year. We have heard great things about llamas, and how they see the sheep as their job to protect. These llamas were very curious when first introduced and seem very content here among our flock of 19 sheep.

Feel free to stop by the sheep barn to get a good look at them. On hot days, the sheep like to sleep in the shade of the barn, so it's easiest to see them early and late in the day. Please do not enter the barn.

PYO Crop This Week: Sugar Snap Peas



We're going to make you walk a little for your first Pick Your Own crop this season. Usually, the PYO crops are in the front field, right next to the farmstand, but this year, we've planted the peas in Plains Meadow, our main growing field. To get there, walk down the dirt road off the parking lot, past the pigs. The horseflies can be a little bothersome near the swamp area. The sugar snap peas are located as soon as you enter the field, on your right. As with all of our PYO crops, if you don't have time to pick them during your regular distribution, feel free to come back any time. We love seeing members here on Sunday mornings picking in the fields!

Pick peas when pods are plump, not flat like snow peas. Gently hold the plant and twist the pea pod off. Snap peas need stringing: Snap off stem tip toward the flat side of pod and pull downward. Eat these young, fresh snap peas raw or slightly cooked. Put out a heaping bowl for snack or mealtime. If you decide to cook them, boil quickly, no more than 2 minutes. Add to a chilled, marinated vinaigrette-style salad. If you're feeling adventurous, deep-fry in a tempura batter along with other vegetables. Peas are an excellent source of vitamins A, C, K and the Bs. They are also high in the minerals iron, potassium and phosphorous. All of this in a high-protein, high-carbohydrate, high-fiber package!

SPICY SUGAR SNAP PEAS WITH MUSTARD

- 1/2 lb. fresh sugar snap peas
- 1/2 tsp. whole mustard seeds
- 2 tbsp. vegetable oil
- 2 cloves garlic, finely chopped
- 1/2 hot dried red chili
- Salt and pepper to taste

Heat the oil in a large skillet over high heat. When hot, add the mustard seeds. As soon as the mustard seeds begin to pop, add the garlic, then add the red chili and stir for a few seconds.

Put in the sugar snap peas and season to taste. Let cook for a few minutes until they have absorbed the flavor of the spices.

