



Farmer Andrew's Report

Pick Your Own crops are growing very well. The parsley hasn't been over picked and there are still tons of peas (mostly shelling). We'll keep the peas for this week and then get that field ready for late season summer squash and cukes. Thyme, oregano, and savory are open to picking. Use scissors to harvest these herbs and do not over harvest. Feel free to pull some weeds as you go. Please remember when out picking to make sure your children don't walk on the plants.

Volunteers are desperately needed!!! The weeds are starting to get ahead of us. If we can get some extra hands then we'll be able to catch up on weeding and have better yields come harvest time.



Member Jen Maguire picks peas on Thursday with young children all around.



On the left, the 900 High Crop hills potatoes. Hilled potatoes, on the right.



Farmstand Hours:

Wed–Fri 9am–7m

Sat & Sun 9am–5pm

Friday, June 28th

Meet the Llamas

10am–Noon

Saturday, June 30th

"Chickens in Your Backyard"

9:30am

"Full Moon Fishing for Families" 6pm

CSA Share:

Spinach, Lettuce, Swiss Chard, Kale, Radishes, Baby Arugula, Kohlrabi, Cilantro, Beets. PYO: Shelling Peas, Parsley, Thyme, Oregano, Savory.

A dditional fruit and vegetables available for purchase at the stand.

In the Farmstand: Chelsea Bardot

Chelsea Bardot graduated from Tufts University in 2006 with a degree in political science and environmental studies. Last fall, After her internship with the EPA ended, she came to Green Meadows Farm to join her fiancé Nate; our Assistant Farm Manager. She quickly showed us how talented she is and has made lots of exciting changes to the farm stand.

Chelsea oversees everything having to do with the farm stand, including ordering grocery items, produce, and running the grocery co-op. She has made connections with new vendors, like Atomic Café. She's also excited about bulk olive oil program and A.J. King bakery. Her favorite product is Valley View Goat Cheese, and her favorite vegetables are peppers.



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Farm Events



Meet the Llamas Bring your kids to the farmstand on **Friday, June 29th** to meet our newest farm animals. Patrick and Dudley have moved here for the summer to protect the sheep. We'll bring them out and talk about their important job here on the farm. Free!

Full Moon Fishing for Families June 30th is a full moon – the fish are jumping and Farmer Andrew loves to fish the farm ponds. Bring a pole and whatever tackle you have and meet him at the farmstand at 6:30 for a fishing adventure. A prize will go to the child catching the largest fish! **Saturday, June 30** at 6:30pm (Free for CSA Members)

Chickens in Your Backyard Learn all you need to know about raising your own small flock of chickens for fun and eggs at your home. Farmer Andrew and Farm Educator Laura will explain what chickens need for food, water and warmth and how easy it is to raise your very own hens. **Saturday, June 30** 9:30 – 10:30 am. \$10 per person, \$20 per family.



Greens and Eggs

Green Meadows Farm latest crop of greens has inspired my Sunday morning breakfasts! I combine the Farm's organic greens with my own for a scrumptious AM energy jolt. *From Member Maggie Battista*

3 tablespoons olive oil
1 Tablespoon finely chopped garlic
1/4 cup chopped onion
4—6 cups wilted greens
1/2 cup white wine
2 eggs
salt and pepper



Drizzle 2 tablespoons of the olive oil in a skillet set to medium heat. Add garlic and onion. Once that softens, add whatever mixed greens you have on hand - organic kale, spinach and swiss chard. Let it all cook until it wilts nicely, about 10 minutes. Just before it's complete, pour in 1/2 cup of a nice white wine. Let it all cook until the wine evaporates. Add a touch of salt and pepper and set. In a separate non-stick pan, set the heat to medium-high and drizzle the rest of the olive oil. Break two eggs and cover. Let cook for 4-5 minutes. Sprinkle a little salt and pepper. Place a small pile of greens on the center of a plate. Slide one egg on top of the greens. Drizzle with a touch of very good olive oil. Serves two, with a bit of leftover greens. You'll love that moment with the creamy yellow yolk breaks and drenches the greens. We eat this and feel ready for weekend tasks, and our energy lasts until a late lunch or early dinner.

Have a favorite seasonal recipe?
Email us at organicfarmer@comcast.net

New this Week: Kohlrabi

From Asparagus to Zucchini cookbook: Kohlrabi is closely related to broccoli and comes in green and purple varieties. It's high in vitamins A and C, offers lots of potassium and calcium, and is high in fiber.

After washing, trim away any woody or tough portions of the skin. It's excellent cooked and raw, dipped in hummus. Sauté grated kohlrabi in butter, add herbs or curry. Mash kohlrabi with cooked potato, form into patties and fry in butter. Add slices to soups or in a stir-fry.



Kohlrabi and Havarti (from plainfolks.com)

Ingredients:
2 Kohlrabi, sliced into small chunks
Butter
Caraway Seed
Flour
Evaporated Milk
Shredded havarti cheese
Salt

Put a little water in a skillet and steam the kohlrabi until it is just about done, then pour off any excess water.

Add butter and caraway seed, lightly sauté, salt.

Mix a little flour into the butter, as for a gravy. Add evaporated milk, then shredded havarti, and let it bubble until thick. You can serve this as a side dish or, on toast, as a main.