



The Organic Harvester

Farm Happenings:

Winter Hours:

Fri and S at 9–5

Chick “Peeping”

Saturday, March 10

10am–Noon, Free

What’s available:

Lettuce, Spinach,
Swiss Chard, Broccoli,
Carrots, Beets,
Red Peppers, Tomatoes,
Potatoes, Onions,
Sweet Potatoes,
Garlic, Winter Squash,
Blueberries, Apples,
Bananas, Raisins, Nuts

Farmer Andrew’s Report

The season has begun! Onions & leeks are seeded and we start on flowers, greenhouse tomatoes, and herbs this week. We’re going into the season with an experienced, excellent crew with Nate Lewis as the Assistant Manager, Chelsea Bardot running the farm stand, Israel Castro working his second season for the farm and Karen Pattinelli is new to our farm, but with great experience. If you happen to be on the farm, please stop in the greenhouse to say hi and see how your crops are doing.

If you haven’t been by the farm lately, please come by and see the wonderful organic produce we’re buying in from all over the country. As you can imagine, I’m very picky when it comes to produce and I honestly believe we are getting some high quality items and our prices are better than other markets selling organic foods.



We have just started the onions in the large greenhouse.

“Peeping” at the Chicks

Join us Saturday, March 10th from 10am—Noon for chick “peeping”. We have about 200 new baby chicks living in the glass greenhouse attached to the farm stand. This year, we’ve got some really interesting new breeds including Polish hens, which sport very cool plumage on top of their heads. They come to us via mail order- yes, they ship live chicks in boxes through the post office! Kim, our baker, will be ready with special chicken themed treats and hot soup too (a vegetarian soup). Free!



Our new chicks in the glass greenhouse, attached to the farm stand.



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New 2007 Farming Intern: Karen Pettinelli



Karen joined us on March 1st and will be living on the farm for the 2007 season. She is 24 years old and graduated in May of 2006 from the University of Oregon with a degree in Environmental Studies. She has worked on other farms, including Land's Sake in Weston, Ma and Meadowbrook Farm in Sudbury, Ma (the same farm where Andrew did an apprenticeship). For the past six months, she was traveling in Europe, mostly in Spain and Germany. In addition to farming, Karen loves sewing and has recently taken up ice hockey. She is particularly interested in learning more about sustainable living and self sufficiency. Her favorite vegetable is winter squash.

Naturally Raised Meat

We have several choices of excellent frozen meats in the Farm stand. The best tasting steak according to the crew, is the New England Family Farms line. We particularly like the "Top Butt" and "Flat Iron Filet" and the price is very competitive. We also have a great selection of cuts from Appleton Farm in Ipswich. We also have naturally raised Buffalo, Murray's Chicken, and Ecofish's Salmon and Mahi mahi.

Miso Curry Steak Salad

Recipe from Chelsea and Nate

8 oz steak, cut of your choice (we like New England Family Farms Top Butt or Flat Iron Filet)

1 cup Kanghi Organic Curry Miso Omnisauce, plus more to drizzle

5 oz Organic Baby Spinach

Marinate steak in Omnisauce for at least 4 hours. Grill or broil steak to desired doneness. Slice steak and serve over spinach with additional Omnisauce.



Thawing Frozen Meat

One pound packages of meat usually take one full day to thaw in most refrigerators. If you don't have the time, or forgot to thaw your meat, you can use a cold water soak. This is faster than refrigerator thawing but requires a little more attention. The food must be in a leak-proof package or plastic bag because meat tissue can also absorb water like a sponge as it thaws, resulting in a watery product. Fill a non-reactive glass or ceramic bowl with cold tap water and submerge the package of meat, changing the water every 30 minutes so it continues to thaw. Small packages of meat or poultry (about 1 pound) may be partially thawed in about 15 minutes, or completely defrosted in an hour or less. A 3- to 4-pound package may take 2 to 3 hours. Once thawed, the food must be cooked immediately. Foods thawed by the cold water method should be cooked before refreezing.

Churned Butter with Sea Salts

We're excited to have this product from Vermont Butter & Cheese Company. It won "Outstanding Cheese or Dairy Product" at the Fancy Food Show.

What is Cultured Butter?

Fresh, high fat, local cream is first pasteurized and then a bacterial culture is added to start the fermentation process. The fermenting cream stays for one day in a vat to produce a complex blend of flavor compounds, which makes our butter so unique. After fermentation, the cream is churned into butter and the sea salt crystals are added, then each basket is packed by hand.



- Churned in small batches from fresh, rBGH-free Vermont cream
- Higher butterfat (86%), lower moisture, and lower pH for:
 - Higher burn point
 - Less absorption of fat in pan searing
 - Greater plasticity, holds together when rolled into sheets
 - Richer texture
 - Natural and Kosher certified sea salt from Haiti.