



The Organic Harvester

Farm Happenings:

Weeding Party/Pot Luck:

Saturday, Aug 19th :4pm

Young Farmer Classes:

Aug 12, 15 and 17

Harvesting and Tasting

Aug 19, 22, and 24

All About Farm Equipment

GMO Food Lecture

Aug 15, 6–8pm

Sustainable Dinner:

Aug 25 at 6pm

Distribution this week:

Lettuce, Beets, Kale, Carrots, Collards, Swiss Chard, Summer Squash, Peppers, Mesclun, Fennel, Corn, Tomatoes, Radishes, Arugula
PYO : Herbs, Cherry Tomatoes

Farmer Andrew's Report

Mark your calendar—**Saturday, August 19th** for the first annual Weeding/wiffle ball/pot luck party. We'll meet at 4pm behind the farmstand and rescue the flowers from the weeds. At 6 we'll fire up the grill, play wiffle ball and enjoy the evening (b.y.o.b.). Participants **earn a flower share** (for those who already have a flower share, you get weed free picking for the rest of the season).

Corn has made it into the distribution (at least for a week...and then much more in a couple weeks). The variety this week is a heirloom called Ashworth. Not as sweet as the modern varieties, but an excellent distinct corn flavor. The later varieties are all super sweets. Don't be alarmed by the worm in your corn. Corn Ear Worm is extremely common. Every ear will have one worm located at the top of the ear. Simply cut off the top, and no more worm. Conventional farmers spray massive amounts of pesticides to prevent these worms from entering the corn, however, there is not a very effective organic control. I think the saying, 'if it's safe for the worm to eat, then it's safe for me to eat' is appropriate here.

Please be careful of ticks. We've pulled several off our 2 1/2 year old and even one off our 6 month old already this summer. Here's a great trick to remove them: Put a large dab of liquid soap on a tissue and rub counterclockwise over the tick. The tick releases itself quite quickly, and it has worked for us every time.



GMO FOODS: Heroes or Villains?

Reminder : Join us for a special lecture on Tuesday, August 15th from 6pm—8pm. \$5.00, pre-registration is not necessary.

Does it really matter if our foods are genetically modified (GM)? Are the concerns raised by some just based on fear of the unknown? Join CSA member Rodd Stockwell, MD for a talk on the scientific evidence for and against GM foods and a lively discussion of eating options.

Rodd Stockwell, MD is board certified in family medicine and holistic medicine. His Holistic Medicine practice is in Topsfield, MA. Using homeopathy, mind-body medicine, anthroposophical medicine, nutritional counseling (and conventional medicines when indicated), he helps patients achieve healthy living through natural healing. For more information about Dr. Stockwell's practice, visit: www.rodstockwellmd.com



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August 25th Sustainable Dinner

Because of a bicycle accident while he was preparing for the Pan Mass Challenge, Chef Bill Collins fractured his shoulder blade and will be unable to prepare the Sustainable Dinner on August 25th. We have found an excellent replacement in our very own baker, Lindsey! There are only a few spots left so if you are interested in joining us, please call the office at 978-468-3720 soon. Tickets are \$45 per person, and are BYOB. We will enjoy appetizers and a hayride, followed by a fabulous buffet in the farmstand greenhouse.

Appetizers:

Roasted Tomato Tart
Regional Cheese Platter
Mixed Olive Tapenade

Salad:

Organic baby greens in a garlic and herb vase
with an herb vinaigrette

Marinated vegetable salad

Main Course

Green Meadows Farm Raised Lamb
Crusted in garlic and fresh herbs and served on skewers

Glazed new potatoes with baby carrots and fennel

North Shore, Wild Caught Striped Bass
Grilled with lemon and fresh thyme

Herb basmati rice

Vegetarian Entrée

Portabella mushroom, fresh local goat cheese and eggplant stacks
Served with buckwheat noodles and heirloom tomatoes

Dessert:

Kim will bake a special organic dessert with fresh local peaches!

About Fennel

*Adopted from **The Asparagus to Zucchini Cookbook**.*

- To prepare fennel, wash the bulb and trim off any damaged areas. Store fennel in a plastic bag in the refrigerator for up to 2 weeks. The leaves should be wrapped in a moist paper towel.
- Fennel can be baked, steamed or sautéed. Try substituting for celery in most any recipe.
- Cut raw fennel into slices and use for dipping. Use the feathery leaves as a fresh herb for seasoning in place of dill—excellent with fish.
- Add to soups, pureed or chopped.

Braised Fennel

3 Tbs butter
1/4 cup chopped shallots
Seeds from 2 cardamom pods, crushed
2 medium fennel bulbs, cut lengthwise into 6 pieces
1 1/4 cups chicken stock
1/8 tsp ground mace
Salt and pepper to taste

Heat over to 350 degrees. Melt butter in heavy, oven proof skillet over low heat. Add shallots, cardamom, and mace; sauté 8 minutes. Add fennel and toss to coat. Stir in stock, bring to boil, cover, and braise in oven 30 minutes, basting occasionally. Place skillet over high heat and boil until liquid thickens slightly, about 15 minutes. Season with salt and pepper. Makes 4 servings.