



Farm Happenings:

Summer Festival:

Aug 5, 11am–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, Cucumbers, Summer Squash, Cilantro, Dill, Peppers and Mesclun

PYO : Herbs , Cherry Tomatoes, Blueberries .

Farmer Andrew's Report

Thursday the heat wave broke for us and almost nowhere else in the state. It was one of the most amazing weather phenomena I've ever experienced. The crew has been altering our work schedule to benefit the plants (starting before sunrise...breaking for a siesta during the hottest part of the day, and then resuming at around 5pm to dark to complete the daily tasks. However, today in the most incredible of weather oddities, the crew was suffering under 95 degree temperatures (soil temps around 130) and then a gust of ocean scented wind blew in. The temperatures dropped at least 20 degrees. The cold air reinvigorated the crew and the plants. The cool temperatures lasted throughout the day allowing for some perfect PYO conditions for members.

FRUIT SHARES begin this Thursday distribution. Half-peck bags (about 5#s) of extremely fresh peaches will be available for members who signed up for the fruit share. Cider Hill Farm has joined forces with Green Meadows Farm to provide members with locally grown fruit, utilizing IPM methods. The Fruit Share lasts 11 weeks, providing peaches, pears, apples, and fresh cider. If you are interested in signing up for this program, it costs \$65 and there is still space. Contact Ellen in the office to register.



Please visit these beautiful fairy houses built by our Young Farmers Class. They are located in the pines, down the road just past the pigs on the right side of the road. We had a very large turnout of builders for this program and we're sure the fairies will love these as much as we do!

The True Cost of Food



The Sierra Club recently started a campaign to educate people about the environmental impact of their consumption choices. We have a limited number of these DVDs available for loan from our farmstand. Please take home a copy and view it with your family. Here are the major points brought to light in this entertaining and very informative DVD:

- The way food is produced and the way we eat create huge costs that are not reflected in our food bills. Some are actual dollar amounts (subsidies and cleanup costs that we pay for in taxes); some are damage to the environment (pollution and loss of wildlife habitat); some are loss of quality of life (tasteless food, loss of the pleasure of preparing food and eating together); and some are health issues (obesity, diseases, poor nutrition, contaminated food).
- We transport much of our food from centralized factory farms—instead of buying it from local sources—which is a poor use of resources and a contributor to air and water pollution.
- Americans get much of their meat from pollution-causing factory farms and feedlots.
- More and more of our food production is controlled by a few large producers. Buying from



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Notes from the Wild Edible Walk

A few weeks ago, 20 CSA members, friends of the farm, and a few passers-by joined our crew and Russ Cohen for a walk around the farm. This was not the ordinary scenic tour, but rather a mission to find the hidden beauty in our weeds. Russ has 30 years of experience as a forager and is the author of *Wild Plants I Have Known...and Eaten*. Our tour began with a few of the basic foraging rules: Don't eat plants that taste bad even after you've prepared them properly (you might have made a mistake in identification). Ask permission before foraging on farms or other private property. And, don't harvest rare or endangered plant species—fortunately, there are plenty of yummy weeds and invasive species for beginners to learn about and enjoy without fear of disrupting the ecology. Here are a few of the plants that I could identify with confidence, and that I will encourage you to harvest around the farmstand to your heart's content:

Dandelion: We all know what this looks like. Harvest the flower buds before they open (usually the last few weeks in April), wash, boil for just 60 seconds then eat immediately or incorporate into soups, casseroles, omelettes, etc.

Wood Sorrel: Often mistaken for clover but wood sorrel has 3 heart-shaped leaflets (clover has oval-shaped leaflets). It has a lemony flavor and is a nice addition to soup. Do not eat a massive quantity of this plant at one sitting to avoid excessive oxalic acid intake.

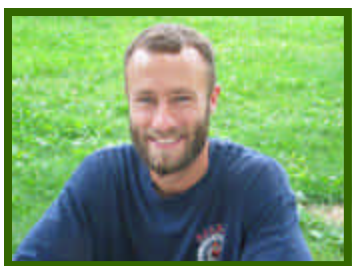
Peppergrass: Once pointed out it is easy to recognize and hard to confuse with anything poisonous. It definitely has a spicy, watercress-like bite to it. Russ suggests adding it to cream cheese and spreading it on a cracker. With enough of the tiny round seed pods, it adds a nice flavor to my otherwise dull snack.

Purslane: A succulent annual with small, broad leaves, noticeable by their almost bloated appearance. This prolific vegetable/weed is easy to find in our Pick-Your-Own field. It is notable for its high nutritional value, especially its high iron and Omega-3 content.

Amaranth Like Purslane, another common summer farm/garden weed. It's a close wild relative of beet (you can see the family resemblance by the pinkish-red color of its root), amaranth greens are an excellent substitute for (and higher in vitamins than) beet greens.

A few of the other plants that Andrew hates, but Russ quite likes, include: Elderberry, Pokeweed, Burdock, Jewelweed, Wild Grape, and Japanese Knotweed (a source of resveratrol, a cholesterol lowering chemical). Russ's book is available in the farmstand. Our thanks to Russ for the wealth of information and a lovely evening walk around the farm

Crew Spotlight: Michael Lister



We're very honored to have Michael working here on the farm. Michael is at the radical front of bridging the gap between public education and organic agriculture. He has started an organic garden at his Salem public school, where his 3rd and 4th graders actively participate in vegetable production. Michael has ambitions of linking public school systems with organic farms to ensure children are receiving proper nutrition which will lead to healthy adults and productive members of society. Michael is a true visionary in the organic revolution so that all of society can benefit from proper nutrition.

Baked Cherry Tomatoes with Feta

Cherry Tomatoes are ready this week. Try this Greek dish also called *Mezes me Ntomatakia kai Feta*.

- 1 tbsp minced garlic
- 2/3 cup olive oil
- 2 lb cherry tomatoes
- 1 loaf focaccia bread or French bread, heated
- 6 oz soft feta cheese
- 2/3 cup fresh basil cut chiffonade

Steep garlic in olive oil at least 1/2 hour. Preheat oven to 400 degrees F. Wash and stem tomatoes and cut them in half (put unwrapped bread into the oven). Put tomatoes in a shallow baking dish, pour olive oil and garlic over and toss lightly. Bake 10 minutes; sprinkle over chunks of cheese (cut into 1/2-inch pieces) and slivered basil. Stir gently. Serve with bread to mop up juices.