



Farm Happenings:

Young Farmer Saturdays:

July 15 Build a Scarecrow for the Farm (bring your own clothes) 9:30am

July 22 Flowers and Weeds 9:30am

Wild Edible Plant Walk
Russ Cohen—July 20th , 6pm

Sustainable Dinner:

Aug 25 at 6pm

Distribution this week:

Lettuce, Beets, Kale, Col-lards, Garlic Scapes, Swiss Chard, Arugula, Cilantro, Carrots, Cukes, Asian Greens, and Mesclun

PYO : Rosemary, Oreg-ano, Thyme, Parsley, Basil.

Farmer Andrew's Report

I hope everyone stayed safe during the last rain storms. The farm received a little over three inches of rain and a couple lightening touchdowns...one a little too close for comfort.

Despite the continued difficult weather conditions, the crops seem to be putting on strong growth and the weeds even stronger growth. The crew very much needs help keeping the weeds from getting out of control. The crops would benefit greatly if while doing PYO, members could pull weeds from around the plant being harvested.

Just a reminder, PYO is open any day of the week. So if you don't have time during the week, come by on the weekend.



New pigs have arrived!
They are living across the dirt road from the other pigs.
These ones are a cross of many different heritage breeds.

New England Family Farms Beef



We have just started selling locally grown beef from Northeast Family Farms (NEFF) in our freezer. This organization links small New England farms with family owned butchers and distributors committed to the mission of keeping these family farms viable enterprises.

The cows in this program are never given hormones or *feed*-grade antibiotics. Antibiotics are allowed if the animal is sick, and if used, must be documented with diagnosis, date, antibiotic and amount administered. This process ensures that the animals are treated humanely and given a chance to recover from any mild illness. In addition, the farmers are guaranteed that their cattle will be purchased by NEFF, even if the cow is briefly treated for an illness.

They are pasture fed and finished on any combination of grass, legumes or stored feeds such as hay, haylage, corn silage, grains and grain by-products. This produces a much richer tasting meat., and is healthier for cows living in the harsh New England climate.

We've tasted the meat and feel that it's the best tasting naturally raised beef on the market. We are also excited about the low price that we are able to charge for it. For more information, visit www.newenglandfamilyfarms.com or check out their brochures available in the farmstand.



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Intern Spotlight: Nate Lewis



Nate Lewis is 22 years old and graduated from the University of New Hampshire with a degree in Environmental Science and a minor in Forestry. He has experience in masonry, carpentry, and painting which makes him Andrew’s first pick for construction projects around the farm. Nate built the pig houses and fixed the turkey fencing with Grober and Michael. He lives in the intern apartment here on the farm, along with Gracile and Grober. Taking care of the animals is one of his favorite farm chores.

French fries are his favorite “vegetable” but he also loves preparing crew lunch each Tuesday and using as many different farm vegetables as possible. He is also quite a fan of bluegrass music and likes to play guitar. Sorry ladies, he’s taken!

Sautéed Kale

- 1 bunches kale
 - 2 tablespoons olive oil
 - 8 garlic scapes, finely chopped
 - 1/2 teaspoon salt
 - 1/2 teaspoon freshly ground pepper
 - 1 teaspoon fresh lemon juice
1. Rinse kale well in a large bowl of cold water. Drain and cut off the tough stems. Cut leaves into 1/4-inch strips.
 2. In a well-seasoned wok or large frying pan, heat the olive oil over moderately high heat. Add the garlic and cook, stirring, 30 seconds. Add half of the greens and cook stirring, for about 1 minute, until they begin to wilt. Add the remaining greens and cook, stirring constantly, for 8 to 10 minutes, until the greens darken slightly and are fairly tender. Season with the salt, pepper, and lemon juice.

Kale Gets an “A+” for Vitamin A

