



Farm Happenings:

Young Farmer Saturdays:

July 22 Flowers and Weeds 9:30am

July 29 Build Fairy (and E If) Houses 9:30am

Blueberry Festival:

Aug 5, 11am–4pm

Sustainable Dinner:

Aug 25 at 6pm

Distribution this week:

Lettuce, Beets, Kale, Carrots, Collards, Garlic Scapes, Swiss Chard, Arugula, Cilantro, Carrots, Cukes, Asian Greens, Broccoli and Mesclun

PYO: Herbs in front field

Farmer Andrew's Report

We had a very sad event happen on the farm Wednesday night. At 2am I awoken to the piercing howl of a coyote. The rallying yell was coming from near the lambs. I jumped out of bed, grabbed my shotgun and raced down to the pasture. When I got there, the lambs were all crying and huddled around Suki (our guard dog). Suki was barking fiercely and frantically darting between the lambs making sure all the lambs were accounted for. Unfortunately, one lamb was injured by the attack.

This is the second attack Suki has thwarted. The first attack occurred in June. Suki sustained several bites on her head, but no lamb was even slightly injured. As a farmer, I see this as Suki winning. For the coyote to bite her on the head, Suki probably was tearing into the coyote's stomach.

Currently the injured lamb is in a separate pen adjacent to the flock. He requires bottle feeding throughout the day, at 10pm and again at 2am. We're hoping the lamb will recover from the injuries and be able to walk again soon.



The Young Farmer Saturdays crew built the scarecrows that you now can see next to the farmstand.

Why We Don't Pet the Animals...

Many children come to the farm hoping to pet the sheep or feed the animals, because they are used to doing that on other local farms. Some children want to hold a chicken because they may have done that at a friend's house.

The primary goal of Green Meadows farm is to raise food for our community. The livestock are one of the products of the farm, and are not pets as you might find at other local farms. Though we do not coddle them, we treat them with respect, by raising them in a natural setting where they can forage for foods they like and need to stay healthy, and by providing water, grain, shelter, and protection from predators. Also, some animals, like pigs and sheep, become aggressive if they are handled frequently.

Children want to see the animals "do something" so they may yell, chase or throw things into their pens. Instead, we encourage thoughtful observation: particularly being quiet, and listening for their sounds and communications, noticing their colors, forms, textures, watching their behavior with one another and the world around them.

While we have the chicken-yard gate open, we strongly discourage anyone from entering the yard – both to respect the chickens territory, and to recognize that we may carry diseases harmful to the chickens which could compromise the whole flock, or that there may be things in the chicken-yard that are not good for humans.

We are very privileged to be able to share farming with local youngsters, and give them a true sense of what it takes to grow the food we eat, and we appreciate your support in wanting to learn and share along with them. —Laura Davis, Education Coordinator



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First Sustainable Dinner a Success!



Appetizers were served under the oaks



The greenhouse all dressed up and ready for guests



Salads of organic lettuce, beets and goat cheese



Dining was family style

Thirty-two people attended our first “Sustainable Dinner” last Friday night. They enjoyed appetizers, salad, a main course and dessert. Vegetables were provided by the farm, Dole and Bailey provided the beef and salmon and it was all prepared by the talented Bill Collins, personal chef located in Beverly Massachusetts.

Many hands pitched in to make the dinner a success. Lisa Kawski, a work for share and owner of LMK Interiors, helped transform the greenhouse into a beautiful dining room. Cecilia, our farmstand manager, has a catering background and helped the chef in the kitchen. Education Coordinator Laura Davis helped with serving, clearing and cleanup. The rest of the crew was around to help with clean up after the dinner was over.

We are about half sold for the next dinner on August 25th, so if you are considering joining us, please sign up soon. The menu will be out in mid-August, and will feature wild caught fish, a sustainable meat dish, and a vegetarian entrée. The price is \$45 and includes appetizers, salad, entrée and dessert. You may bring your own beverage of choice. Sign up at the farmstand or call the office at 978-468-3720. If you are interested in learning more about our chef, visit his website at www.chefbill.com. He is available to come to your home and prepare a week worth of meals, a “Romantic Dinner for Two”, or teach a private cooking class for you and your friends.

Summer Squash and Basil

Ingredients:

- 2 tablespoons olive oil
- 2 medium yellow squash -- halved lengthwise and cut crosswise into 1/8 inch thick slices
- 2 cloves garlic -- finely chopped
- 1/2 cup chicken or veggie stock
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 cup finely chopped fresh basil

Heat 1 tablespoon of the oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then add half of squash and sauté, stirring occasionally, until browned, about 5 minutes. Transfer browned squash to a bowl, then heat remaining tablespoon oil and sauté remaining squash in same manner.

Transfer browned squash to a bowl, then heat remaining tablespoon oil and sauté remaining squash in same manner. Return squash in bowl to skillet. Add garlic and sauté, stirring occasionally, 1 minute. Add stock, salt and pepper and simmer briskly, covered, until squash is tender and most of liquid is evaporated, 6 to 7 minutes. Stir in basil.

Valley View Farm Goat Cheese

This article appeared in one of our newsletters last year, but we feel that it's worth repeating for our new members and those who missed it.

In 1998 Peter and Elizabeth Mulholland and Mary Brown, Elizabeth's mother, established Valley View Farm. Today the farm is the only remaining dairy in Topsfield. It is a valuable local source of wholesome fresh dairy products, and adds to the rural scenery that is fast disappearing in Essex County.

At Valley View Farm, a small herd of Anglo-Nubian goats produce sweet, mild milk especially suited to fresh farmstead cheese making. These goats are known for their assorted colors and patterns, long floppy ears, and Roman noses. Every spring 30 to 40 kids are all hand bottle-fed, producing very friendly goats.

Valley View Chevre is a soft, fresh goat's milk cheese that's either plain, or coated with a variety of herbs or peppers. The Topsfield's Round is a soft-ripened cheese that has a white, velvety exterior. It is more strongly flavored and the flavor intensifies as it ages. This cheese should be served at room temperature to allow it's full flavor to come forth. The Feta is made with whole goat's milk and is full of flavor that is matched only by imported Greek cheeses. We are happy to sell Valley View Cheeses to farm stand shoppers.