



The Organic Harvester

Farm Happenings:

Young Farmer Classes:

July 29 at 9:30

Aug 1 & 3 at 3:30: Build Fairy (and Elf) Houses

Summer Festival:

Aug 5, 11am–4pm

GMO Food Lecture

Aug 15, 6–8pm

Sustainable Dinner:

Aug 25 at 6pm

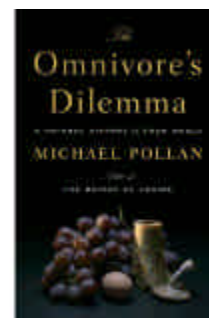
Distribution this week:

Lettuce, Beets, Kale, Carrots, Collards, Swiss Chard, Cucumbers, Summer Squash, Cilantro, Dill, Peppers and Mesclun

PYO : Herbs in front field

Farmer Andrew's Report

Several members have approached me after foraging for some early blueberries and commented that there aren't any out there. This is a lingering effect of the floods early. Blueberries, which are a native species to New England, have developed a symbiotic relationship with Bumblebees (honey bees were imported from Europe). Blueberry bushes have a unique flower that is difficult to pollinate, except for the Bumblebee. The symbiotic relationship is the Bumblebees get the nectar and the bushes get the fruit. Here in lies the problem with the flood. Bumblebees are ground nesters and the heavy rain drowned them. I'm certain not all died, but enough of their numbers were killed so that they could not pollinate all the flowers. Next year, assuming we aren't flooded again, we should rebound. For this year, though, we will not have many blueberries. For this reason, the blueberries we do have are exclusively for the CSA. CSA members have made a commitment to the farm and we feel that the farm should always provide for the CSA first.



In *The Omnivore's Dilemma*, Michael Pollan examines what he calls "our national eating disorder" (the Atkins craze, the precipitous rise in obesity) in this remarkably clearheaded book. Available in the Farmstand for \$26.95. Add it to your summer reading list.

GMF Summer Festival

We've had a slight change for our usual blueberry festival. This year, we're going to call it the "Summer Festival". There will still be most of the usual fun, just no pick your own blueberries. We will have hayrides and pony rides. This year, Dole and Bailey, the same company supplying us with local, naturally raised beef, will be heading up the barbeque with all natural burgers. Wood's Tea Company will be our musical guests. We will also hold a pie eating contest and children's art contest with prizes. The event will be held Saturday, August 5th from 11am–4pm. Admission is free.



Hailing from the hills of Vermont, Wood's Tea Company serves up a zesty blend of Celtic, Bluegrass, and folk. Its four members -- Rusty Jacobs, Michael Lussen, Howard Wooden, and Chip Chase -- juggle up to a dozen instruments, including banjos, guitars, fiddles, mandolins, whistles, bodhrans, bass, and bouzouki.



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GMO FOODS: Heroes or Villains?

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.roddstockwellmd.com

Young Farmer Saturdays Grows to Tuesdays and Thursdays!

We've had such great feedback about our Young Farmer Saturdays program, that we've decided to extend these classes to our Tuesday and Thursday young farmers. This program is open to children ages 5—10, younger children welcomed in the company of an adult. The cost is \$3.00 for CSA members and \$5.00 for non members. No pre-registration necessary. Saturday class is held from 9:30—10:30. Tuesdays and Thursdays are from 3:30 to 4:30.

July 29, August 1 & 3 Fairy Houses
Aug 5 Blueberry Festival (no class)
Aug 12, 15 and 17 Harvest and Tasting
Aug 19, 22, and 24 Farm Equipment
Aug 26, 29 and 31 Collecting Bugs



Education Coordinator
 Laura Davis explains "why we make scarecrows" to the Young Farmer group.

Lindsey's Organic Pizza



Basic Cheese Pizza, \$12

\$0.50 for each additional toppings.

Topping choices vary each week depending on harvest.

White Pizza, \$14.00

Olive Oil, Herbs, Olives, Caramelized Onions and Garlic

To order, just tell Lindsey when you come to pick up your share. Pizzas take approximately 20 minutes. You may also call ahead. The farmstand number is 978-468-2277. Enjoy at our picnic tables or take home. Pizzas are available at Tuesdays, Thursdays and Saturdays during distribution.

Easy Cucumber Salad

- 2 cucumbers, peeled and sliced very thin
- 1 small white onion, sliced very thin
- 2 tsp sea salt
- 2 TB white or red wine vinegar
- 1 TB fresh minced dill
- pinch of sea salt

Toss cucumber and onion slices in a large colander with sea salt. Place colander over a bowl to catch draining liquid and refrigerate the whole thing for 1–2 hours. The cucumbers will shrink considerably as the salt releases their moisture.

Hold colander with cucumber and onion under cold running water and toss about to rinse off the salt. Set aside to drain thoroughly (about 20 minutes).

Toss drained cucumber and onion with wine vinegar, dill, and a pinch of salt, if desired. Cover and refrigerate 1–2 hours more until ready to serve.