



Farmer Andrew's Report

Welcome back to the farm! The first distribution is this Wednesday starting at 1pm and ending at 7. So far the weather has been very favorable and the crops are looking great. My one complaint is the pest pressure has been unrelenting. To fight off the pests we've been covering our tender brassicas (like arugula) with a floating row cover, spraying a Chrysanthemum extract on the tougher brassicas (like broccoli and kale) and summer squash, squishing bugs when we see them and actively scouting for eggs on the underside of leaves. We've also been using a ton of fish fertilizer through our new boom sprayer to give the veggies an extra boost of nutrition.

For those who are new to the farm or haven't been by since the fall, we have been selling a wide variety of vegetables and fruits grown organically on other farms. We will continue to sell these items until our crops are ready as an added convenience for members.

Don't forget to bring your Pick-Your-Own Tool Kit. PYO crops become a large portion of the share and it's important that you have everything you need to harvest those crops. A good kit should have scissors, sun block, bug spray, hat, a basket to harvest into, farm shoes, and time to get everything in the share without have to rush. Doesn't look like we'll be opening any beds to PYO this week, but it's better to be prepared.



Farmer Andrew picks turnips



Karen and Evita wash greens

Farmstand Hours:

Wed—Thurs 9am—7m

Sat & Sun 9am—5pm

Saturday, June 9th

"Farm Animals" 9:30am

Organic Plant Sale

Still lots of seedlings available, but we're going to be getting rid of them soon.

CSA Share:

Spinach, Lettuce, Swiss Chard, Kale, Salad Turnips, Pac Choi, Collard Greens, Baby Arugula

Additional fruit and vegetables available for purchase at the stand.



Green Meadows Farm
650 Asbury Street
South Hamilton, MA 01982

Phone: 978-468-3720
Email: gm@gmfarm.com

www.gmfarm.com



New Intern: Evita Tamayo

Meet Evelin Tamayo, our newest crew member from the MESA Program. Those of you who were with us last year may remember Grober and Gracile, from Peru, who were also MESA Students. "Evita" as she like to be called, is from Quito, Ecuador and graduated last December with a degree in Agronomy from Escuela Politecnica del Ejecito—IASA. Her family has a small hot-house tomato farm and we're excited to learn more from her as we try our own hot-house tomatoes this year. She has one brother and one sister, both university students back in Ecuador. When she returns to Ecuador, she will bring back her knowledge in organic techniques and will also soon be married to her fiancé Marcos. She's lots of fun to have around, please say hello to her! Her favorite vegetables are lettuce and carrots.

New Artisan Breads from A &J King



Andy and Jackie King

After meeting each other at the New England Culinary Institute, in Montpelier, VT, Jackie and Andy decided to simultaneously pursue careers in baking and each other. After just a few months of working at the Standard Baking Co. in Portland, ME, they decided to tie the knot. Three years after that, they decided to open a bakery.

A&J King Artisan Bakers use traditional techniques to create each beautiful loaf by hand. We are thrilled to see these breads sell out each day! We'll have a selection of French, Ciabatta, Pain Au Levain, Whole Wheat, Brioche and more through the summer. As with all artisan breads, A&J King breads are to be enjoyed over a couple of days, not a whole week or more, as there are no preservatives or unnatural ingredients used at the bakery.

Here are some tips on how to store your fresh breads:



Pain Au Levain from A&J King

Lean doughs, like French and Ciabatta, should be wrapped in plastic if they are not going to be eaten right away. They can also be frozen; just let them come back to room temperature for about an hour, and warm them in a 400°F oven for 10 minutes. No crusty bread should ever be stored in the refrigerator. After cutting into a sourdough, place the bread back into its paper bag, cut-side down. The bread should keep this way for several days. You can freeze them in a plastic bag and reheat as above. Rich dough, like Brioche, will last two or three days wrapped in plastic. They can also be frozen. That being said, all of these breads taste best the day they are baked.

Farm Animals

Join us on Saturday, June 16th at 9:30am to visit with all of our farm animals. Observe how they interact with each other, learn what they give us, and how we care for them to ensure they are happy and healthy.

\$10 per child (\$8 member child) or \$20 per family, (\$16 member family)



Peruvian "Tortillas"

This is a repeat recipe from last year—we had so many comments on this one that we thought we'd share this with our new members. It's an easy way to use miscellaneous green.

We know that sometimes, kids (and some adults) don't eat all of their greens. Our Peruvian interns have taught us a great way to prepare them that even Anson, the Farmer's toddler, gobbled down without blinking an eye. These are flourless and it seems that in Peru, anything flat is called a tortilla.

Ingredients:

- 1/2 onion
- 1/2 bunch of greens (chard, spinach, mustard)
- 5 eggs (from Green Meadows Hens, if available)
- Butter
- Salt and pepper



Sauté the onion in butter until soft, then add the greens until wilted, about 5 minutes. Remove from the pan and cool slightly. Beat the eggs and mix in the greens and onions. In a hot skillet, add about 2 teaspoons of butter. Pour the mixture into small pancakes (about the size of a coaster). Flip after they are slightly brown. They will turn out like small omelets. Sprinkle with salt and pepper and serve. There are a million variations on this. Try adding different herbs and spices, and try with other veggies. We also sometimes add left over brown rice or quinoa. We guarantee your kids, and others in your family who don't like to eat their greens, will love these!