



# The Organic Harvester

## Farm Happenings:

We will be closed on Tuesday, July 4th

Tuesday pick up shares: please come on Thursday, the 6th from 2pm–7pm

Young Farmer Saturdays:

July 1 : Compost

July 8: Sheep and Pigs

Sustainable Dinners:

July 14 and Aug 25

Reserve your space!

Distribution this week:

Lettuce, Beets, Kale, Col-lards, Nappa Cabbage, Garlic Scapes, Spinach, Swiss Chard, Radicchio, PYO :Snap Peas, Rosemary, Oregano, Thyme, Parsley.

## Farmer Andrew's Report

Herbs are ready to be picked...but very carefully. For the first few weeks of PYO herbs it's extremely important to be gentle when harvesting, not over harvest, and do a little weeding as a show of gratitude to the plant. At this point in the season the herbs are small and delicate. Never harvest by pulling or twisting the plant, use scissors. Only take a sprig from each plant so that foliage is left to allow the plant to photosynthesize and grow bigger. In a few weeks, the plants will triple their size and we can harvest much more. Basil will be open to PYO soon. Again, only take the top leaves off the plant. This will force the basil to become a bush and we'll have tons for making pesto for the entire season. If the herbs and basil are harvested otherwise, the plants will die. If you have any questions on how to harvest herbs, ask one of the farmers or

## Sustainable Dinners: The Menu

There are still spaces left for the July 14th "Sustainable Dinner". Tickets are \$45 per person, payable at the time of reservation. This includes a sunset hayride and beautiful buffet in our farmstand greenhouse. You may bring your own wine/beer if you wish.

Call our office at 978-468-3720 or sign up at the Farmstand.

Questions? Email [organicfarmer@comcast.net](mailto:organicfarmer@comcast.net)

Caramelized Onion Flatbread with Sautéed Spinach and Local Goat Cheese

Fresh Vegetable Spring Rolls with Peanut Sauce

Summer Salad of Greens, Beets and Goat Cheese

Roasted Rib Eye of New England Grass Fed Beef with Horseradish Cream Sauce

Whole Poached Wild Alaskan Salmon with Lemon Herb Pesto

Vegetarian Swiss Chard Torta

Gratin of Summer Squash with Grafton Village Cheddar

Roasted Beets

Strawberry Rhubarb Cobbler with Ice Cream



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## Intern Spotlight: Gilberto Galindo "Grober"

Hi, My name is Grober and I am 23 years old. I am from Peru and I attended the Universidad Nacional del Centro del Peru, where I studied Agronomy. I am from the town of Pampa Hermosa, City of Satipo, PERU. My family are farmers. We work in the jungle lands, in Satipo City – Pampa Hermosa where we grow organic coffee, avocado, pineapple, passion fruit and soybeans. My neighbors are farmers too. Some summers we have problems with the rain because the trucks can't cross the river and we can't transport our products to the city. Another problem is that most of farmers don't realize that organic coffee can get a better price in the market – most of the coffee grown in our area is organic but is sold as conventional.

I like to work with plants and understand vegetable life. I am here at Green Meadows to learn the management of the organic agriculture in the United States. I sincerely enjoy to working here. Everyday I learn different things and Andrew teaches me how to grow organic vegetables. It is great to work hear.

When I go back to Peru I want to help to the small organic farmers form a co-op, so that we can set good prices for our produce and build bridges to get to the city.



Photo of Grober on the John Deere 900 High Crop Tractor.



**To the left: My grandmother in the kitchen cooking lunch for everybody. In the dining room we have a lunch together. In this picture we are eating organic yucca, watermelon, bananas, beans, rice.**



**To the right: My mother and my brother passing a bridge and a trolley to go to Satipo City. It is the only one way to get to the city. I don't understand why the Government doesn't built modern bridge for the approximately 500 small organic coffee farmers in Peru.**



### Searred Radicchio with Balsamic and Parmesan

- 2 large heads radicchio, about 8 ounces each
- 2 tablespoons extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper

Cut each radicchio through the core into 4 even wedges. Heat a large skillet over medium-high heat and add the olive oil. Place the radicchio, cut-side down, in the skillet and season with salt and pepper. Sear the radicchio until the bottoms brown and wilt slightly, about 3 minutes. Turn the wedges over and sear the other sides, about 2 minutes more. Transfer the radicchio to a plate. Add the balsamic vinegar to the pan and boil until syrupy and reduced by about half, about 1 minute. Return the radicchio to the pan and toss to glaze with the balsamic syrup. Season with salt and pepper. Divide the radicchio among 4 plates. Using a vegetable peeler, shave large pieces of cheese over the top. Serve warm.

Looking to learn more about Peru? Gracile and Grober are eager to share their photos and stories. They are only in the US for a short time, and would like to see more. They would love a trip to Boston, to visit a museum, or you could simply invite them over for dinner. Please feel free to ask one of them or send us an email to [organicfarmer@comcast.net](mailto:organicfarmer@comcast.net)