



Farmer Andrew's Report

Thanks to everyone who came to the orientation and pot luck. I think we have a great group of new members joining the farm...proving themselves very dedicated by walking the farm in the cold and rain! I also want to praise the returning members, many who are part of the original 50 members who have been with Green Meadows Farm CSA since the beginning.

Down to the business of the field conditions. As everyone knows, conditions have been very wet. The soil started to dry out from the flood and then more rain came. When the soil is supersaturated, tractors can't get through the fields and disease thrives in the damp cool weather. What this means to you is delays in planting, cultivating and eventually the harvest. That being said, the crew will work all hours of the day, 7 days a week if necessary to provide food for our dedicated members. The floods are only a minor set back in what will be a great season.

When you come to distribution (remember, come on the day you signed up for) take some time to enjoy the trails and scenery. We've increased our livestock program significantly (over 20 lambs this year!) and doubled the flock of chickens. Fences will be kept on and they are quite powerful so please warn your children.

Farm Happenings:

- Distribution begins
June 10th
- "Meet the Chickens"
on Saturday at 9:30
- Meet the Author
June 17th at 2pm

New Farmstand Hours:

- Saturdays 9am—5pm
- Sundays Noon—5pm
- Tuesdays 2pm—7pm
- Thursdays 2pm—7pm



A new program designed to provide enrichment for local children ages 5 through 10 will kick off on Saturday, June 10th. Young Farmer Saturdays invites kids to participate in farm related activities each Saturday during our growing season. We meet at 9:30 AM under the oak trees to the left of the Farmstand, and spend an hour exploring the farm.

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| June 10 | Meet the Chickens |
| June 17 | Growing Vegetables |
| June 24 | Beavers and Other Creatures |
| July 1 | The Living Compost |
| July 8 | Sheep, Pigs and Goats |
| July 15 | Build a Scarecrow for the Farm (bring clothes) |
| July 22 | Flowers and Weeds |
| July 29 | Build Fairy Houses |
| Aug 5 | Blueberry Festival (no class this day) |
| Aug 12 | Harvesting and Tasting |
| Aug 19 | All About Farm Equipment |
| Aug 26 | Collecting Bugs |

The cost for each class is \$5.00 per child, \$3.00 for CSA members. Drop in or sign up at the Farmstand or by calling 978-468-3720. Please have your child dressed in farm-appropriate clothing: boots and hats. Bug spray is suggested.



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

www.gmfarm.com

If you've been thinking of doing something different this year for your child's birthday, family reunion or company picnic, why not hold it at the farm? Spaces are filling up quickly but CSA members get first pick. Call our office at 978-468-3720 to reserve your date now!

Meet Terry Golson, Author of *The Farmstead Egg Cookbook*



Photo by Elizabeth Wood

Saturday, June 17th at 2pm, Terry Golson, a cookbook author with nearly 100,000 books sold, will be at the farmstand to discuss her new book, *The Farmstead Egg Cookbook*. This event is free and no pre-registration is necessary. She has for the last ten years kept a small flock of chickens in her backyard. As the flock grew from one hen to eleven (it is easy to fall in love with and collect chickens!) she found herself with a lot of eggs. The more that Terry cooked with these eggs, the more she saw how absolutely delicious they are - and how superior they are from standard commercial eggs. These eggs have a richer flavor and better texture (which comes through in many recipes from meringues to custards) than typical supermarket eggs.

The Farmstead Egg Cookbook shares what Terry has learned about cooking with good eggs. Included are seventy recipes and color photos. Terry also shares stories about her hens and garden. *The Farmstead Egg Cookbook* is a warm, engaging and charming book, with recipes that you'll use time and again. It might even encourage you to get some hens of your own! Try a recipe from her cookbook and have a chance to "pick her brain" on Saturday, June 17th at 2pm. Her book will be available for purchase.

Distribution this week will include spinach, so what better recipe to pull from *The Farmstead Egg Cookbook* than Shirred Eggs with Spinach and Cream. This recipe serves one. If making these for a number of people, simply multiply the recipe as needed. Always bake in individual ramekins, although the ramekins can be placed in a baking dish so that they are easy to handle in and out of the oven.

Shirred Eggs with Spinach and Cream

- 1 teaspoon unsalted butter
 - 2 tablespoons chopped spinach
 - 1 tablespoon cream (light or heavy)
 - 1 egg
 - Kosher salt
 - Freshly ground pepper
 - Freshly ground nutmeg
 - 1 tablespoon grated cheese of your choice
1. preheat the oven to 350 degrees.
 2. Put the butter in a 6- or 8-ounce ovenproof ramekin. Melt in the microwave (about 20 seconds) and swirl around to coat the bottom and sides.
 3. Briefly cook the spinach until wilted, then squeeze out the excess liquid. (This can be done quickly in the microwave.) Put the spinach in the ramekin. Pour in the cream. Crack the egg into the ramekin. Grate salt and pepper onto the egg. Dust on the nutmeg. Top with cheese.
 4. Place the ramekin in the oven and bake about 15 minutes, until the yolk begins to set. Serve hot.

Yield: 1 serving



Product Spotlight

Organic Loose Leaf Teas

Green Meadows farm has partnered with Hopkinton based Upton Teas to bring you fine, **certified organic** loose leaf teas at a great price. Use a metal tea ball or paper tea sac for brewing. Our current selection:

"Fragrant Cloud" Jasmine Da Zhang Shan

Quality green tea leaf is married with an ethereal jasmine scenting.

Ceylon BOP

A nice strong tea for breakfast.

Raspberry Fruit Tea

An organic, caffeine-free fruit tea with dried apple, hibiscus, rose hips, and natural flavoring.

Earl Grey

This is a fine organic Ceylon tea with a compelling Earl Grey scent.

China Green Young Hyson

A very popular Chinese green tea.

Genmai Cha

Literally, Genmai Cha means brown rice tea. Toasted and partially puffed rice is blended with large-leaf Sencha.

Domestic Peppermint

Fresh tasting, highly aromatic, very round peppermint flavor.