



Farm Happenings:

Lacto-Fermentation

Sunday, Sept. 24th, Noon

Socially Responsible

Investing—

Thursday, Oct. 5th, 4pm

Harvest Festival:

Saturday, Oct. 14th,
11am—4pm

Distribution this week:

Miscelun, Lettuce, Kale,
Collards, Swiss Chard,
Summer Squash, Peppers,
Hot Peppers, Tomatoes,
Radishes, Arugula, T atsoi,
Asian Mustard Greens,
Onions, Corn, Turnips

PYO: Herbs, Cherry
Tomatoes, Basil, Parsley



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Farmer Andrew's Report

Soy beans have been in peak harvest recently, but I've been told many people don't know how to use them. This is a tasty, versatile vegetable that goes well in soups, pasta, and also by itself. I like to prepare them like you see in a Japanese restaurant. Simply boil in salty water until beans are bright green (about 5—8 minutes) and then throw in the fridge until cold. I eat them while watching the Sox games. The only edible part is the beans, not the pod.



Special note: One of our members may have lost a silver open weave ring in the beans or cherry tomatoes during picking. Please be on the look out!



A great photo of Gracie harvesting broccoli a few weeks ago. This was taken by work for share Lauren Kennaley, a professional photographer in Beverly. Stay tuned for a farm "photo day" with Lauren, where you can have your family portrait taken here at the farm. Details soon!

Special Lecture: Socially Responsible Investing



Find out more about how to help reach your financial goals in a way that is consistent with your values. Learn about corporate ethics and companies that are proactively managing environmental and social issues. Join Kathryn L. Maffei, Certified Financial Planner, and financial consultant, Linsco/Private Ledger, Member NASD/ SIPC, to learn more about working towards meeting your financial goals the SRI way. Kathryn has specialized in SRI for over 20 years and has been in the investment business since 1982. Paul Hilton, SRI Marketing Director, and Anthony Eames, Sr. Vice President both with Calvert Group, Ltd., the nation's largest family of SRI mutual funds, will join Kathryn in a presentation that will open your eyes to a dynamic and inspiring area of social change.

Thursday, October 5th at 4pm under the tent, behind the farmstand. Pre-registration is necessary. Please sign up at the farmstand or send us an email to organicfarmer@comcast.net

Investors should consider the investment objectives, risks and charges and expenses of the investment company before investing. The prospectus contains this and other information about the investment company. You can obtain a prospectus from your financial representative. Read the prospectus carefully before investing.

Lacto-Fermentation

From *Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats*, available in our farmstand.

It may seem strange to us that, in earlier times, people knew how to preserve vegetables for long periods without the use of freezers or canning machines. This was done through the process of lacto-fermentation. Lactic acid is a natural preservative that inhibits putrefying bacteria. Starches and sugars in vegetables and fruits are converted into lactic acid by the many species of lactic-acid-producing bacteria. These lactobacilli are ubiquitous, present on the surface of all living things and especially numerous on leaves and roots of plants growing in or near the ground. Man needs only to learn the techniques for controlling and encouraging their proliferation to put them to his own use, just as he has learned to put certain yeasts to use in converting the sugars in grape juice to alcohol in wine.

The proliferation of lactobacilli in fermented vegetables enhances their digestibility and increases vitamin levels. These beneficial organisms produce numerous helpful enzymes as well as antibiotic and anticarcinogenic substances. Their main by-product, lactic acid, not only keeps vegetables and fruits in a state of perfect preservation but also promotes the growth of healthy flora throughout the intestine.

In Europe the principle lacto-fermented food is sauerkraut. Cucumbers, beets and turnips are also traditional foods for lacto-fermentation. In Russia and Poland one finds pickled green tomatoes, peppers and lettuces. Korean kimchi, for example, is a lacto-fermented condiment of cabbage with other vegetables and seasonings that is eaten on a daily basis and no Japanese meal is complete without a portion of pickled vegetable. American tradition includes many types of relishes--corn relish, cucumber relish, watermelon rind--all of which were no doubt originally lacto-fermented products.

Lacto-fermented condiments are easy to make. Fruits and vegetables are first washed and cut up, mixed with salt and herbs or spices and then pounded briefly to release juices. They are then pressed into an air tight container. Salt inhibits putrefying bacteria for several days until enough lactic acid is produced to preserve the vegetables for many months. The amount of salt can be reduced or even eliminated if whey is added to the pickling solution. Rich in lactic acid and lactic-acid-producing bacteria, whey acts as an inoculant, reducing the time needed for sufficient lactic acid to be produced to ensure preservation. Use of whey will result in consistently successful pickling; it is essential for pickling fruits. During the first few days of fermentation, the vegetables are kept at room temperature; afterwards, they must be placed in a cool, dark place for long-term preservation.

Special Workshop on Lacto-Fermentation: Sunday, September 24th, Noon

Bring home your very own lacto-fermented vegetables! We'll supply the jars, salt, spices, herbs and veggies. You only need to bring your own cutting board and knife. From Noon—1pm, we'll prepare the veggies and then Jaquie Marsh will join us to demonstrate the lacto-fermentation process. The fee is \$4.00 per jar. Please sign up in the farmstand or call the farmstand and leave a message at 978-468-2277.

Hakurei Turnips

The flavor is great raw - sweet and fruity - and the texture is crisp and tender. The dark green hairless tops are useful raw or lightly cooked with the roots.



Scalloped Turnips

Ingredients:

- 1 1/2 pounds turnips, thinly sliced
- Salt
- 3 tablespoons butter
- 3 tablespoons flour
- 1/2 teaspoon dried mustard
- 2 cups milk
- 2 large onions, thinly sliced
- 1 1/2 cups grated Swiss cheese



1. Cook turnips in boiling salted water 10 minutes. Drain well.
2. Meanwhile, in heavy saucepan, over low heat, melt butter. Stir in flour, 1/2 teaspoon salt and mustard until smooth. Very gradually stir in milk; cook over low heat, stirring constantly, until sauce has thickened.
3. Preheat oven to 350°F. Generously grease 9-inch (6-cup) baking dish. Place 1/3 of turnips in dish in an even layer; top with 1/3 of onions, 1/2 cup sauce and 1/2 cup cheese. Repeat twice, topping third and final layers of turnips and onions with 1 cup sauce and 1/2 cup cheese.