

Wise Acres Farm CSA Newsletter

Week 1 – June 26, 2019

Welcome to CSA season! We are so glad to be getting produce out to you after a long winter and a slow chilly spring. We truly appreciate the commitment you made to our farm early in the season, and we are working hard to grow you lots of lovely and colorful organic produce from now through late October.

Some quick introductions for those of you who are first-time members this year: I am Brittany, your full-time farmer. I co-own our farm with my wife Joy, who works off the farm and helps me at the farmers' markets we attend in Bangor, Ellsworth, and Waterville. We have been farming and selling at farmers' markets since 2012 after I spent 3 years working and apprenticing on other area farms. I wasn't sure when I started my first farm apprenticeship if it was going to be right for me, but I absolutely loved it and I still do! Our farm has changed a lot over the years as we have added our CSA program, built infrastructure including a cooler, packing shed, and high tunnels, and grown from one farmer working on one acre to three farmers (me and our awesome employees, Jen and Lily) working more and more intensively on 2.5 acres (plus another 2+ acres of cover crops each year). We are proud to have our land and products certified organic by MOFGA.

What's in the box?

Bok Choy

Hakurei Salad Turnips

Mini Lettuce

Radishes

Rhubarb

Salad Mix

Strawberries

Remember to return your box next week!

As we all get settled into the CSA routine, please don't hesitate to get in touch if you have any questions, recipe ideas, or feedback! You can email wisecresgarden@gmail.com or call/text me at 730-6214. I look forward to seeing those of you who pick up on the farm every week, but I am also glad to hear from those of you who get your shares in Bangor. A reminder that the farm is open to you during Wednesday pickup and you are welcome to come explore all that we have growing here.

-Brittany

Recipes and Veggie Notes

Store strawberries in the fridge for up to 3 days. Store all other items in a closed bag in the fridge for 7 to 10 days.

Salad Turnips

Forget everything you know about turnips! These small, white turnips are sweet and tender. The best way to eat them is raw—sliced up in a salad or out of hand as a snack (with or without dip). You can also cook them if desired – including them in a stir-fry with Asian flavors (garlic, ginger, soy sauce) is a great option.

Rhubarb

We have two mighty patches of rhubarb that we've cultivated from plants that were established here when we moved to the farm. Rhubarb is very sour and requires sweetener for most palates. I like to make rhubarb sauce; just trim off the leaf and root ends, chop the stalk into 1" pieces, add the pieces to a pot with a small amount of water, and simmer until the stalks break down and the sauce thickens. Then add sweetener (I use plain white sugar) to taste. This sauce makes a great addition to yogurt or a yummy topping for vanilla ice cream.

Strawberries

I think you all know what to do with these (devour them on the way home??). But I thought I would brag about them a little bit! I've been growing strawberries for seven years and while they are incredibly popular, I have really struggled to get them right as a viable crop for the farm. This year's crop is shaping up to be the best crop ever and we are really excited! The major change I made was building a caterpillar tunnel (a low, modular hoop house with plastic held down by ropes that make it actually look like a caterpillar) over the top of the two beds of strawberries we planted last July. The tunnel keeps rain off the leaves and berries, which means that (so far, at least) we are seeing much less disease and squishy berries than we have in the past.

Many of the berries this week are quite large; each blossom cluster has a "king blossom" that ripens first and gets really big. Regardless of size, the flavor and texture are unlike anything you can get at the grocery store, and since we grow organically, they are free of all the scary stuff that is applied to conventional strawberries. The berry season is fleeting, but we hope to include them in your shares for at least one more week after this.

Bok Choy Stir-Fry

1 bok choy, chopped (you could also add your salad turnip greens, etc.; this recipe can take pretty much as many greens as you want to put in it!)

1 lb protein of your choice, diced (we use tofu – chicken, shrimp or tempeh would also work)

1 tablespoon minced garlic (or garlic scapes!)

1 tablespoon minced ginger (optional)

Pinch red pepper flakes (optional)

2 tablespoons vegetable oil

Soy sauce

1 to 1.5 cups rice

Cook rice according to package directions. Heat 1 tablespoon of oil in a skillet over medium-high heat. Add protein and cook until lightly browned; sprinkle on some soy sauce, let it evaporate and remove protein from heat. Heat the remaining tablespoon of oil in a large skillet (or stock pot if you're using a lot of greens) over medium-high heat. Add the garlic, ginger and pepper flakes and sauté until fragrant, about 30 seconds. Add greens and stir occasionally until wilted, about 4-5 minutes. Combine with the tofu and serve over rice; add more soy sauce to taste.

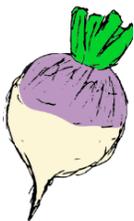
Maple-Balsamic Salad Dressing (one of our favorite salad dressings for baby greens and lettuce!)

2-3 tablespoons balsamic vinegar

¼ cup olive oil

½ tablespoon maple syrup

Combine all ingredients and shake or whisk until emulsified. Toss with or pour over salad greens.



Wise Acres Farm
Brittany Hopkins and Joy Trueworthy
424 Townhouse Road, Kenduskeag, ME 04450
wiseacresgarden@gmail.com • (207) 730-6214

