

Wise Acres Farm CSA Newsletter

Week 2 – July 12, 2017

Hello and Week 2 greetings to you!

There is so much going on at the farm this week! After spending many, many hours valiantly trying to keep the abundant strawberries picked for the past few weeks, we have been playing catchup with pruning and trellising tomatoes and cucumbers, weeding, and continuing to plant succession crops that we will harvest in the late summer and fall. Our building contractor also began construction on our new packing shed this week, and we are working to finish covering up the irrigation lines that another contractor installed for us earlier this month. Both the packing shed and irrigation lines are long-awaited pieces of infrastructure that will help us farm more efficiently and effectively for the long run, so it is really exciting to see them take shape!

We are participating for the first time in Maine's Open Farm Day on Sunday, July 23rd! The farm will be open to visitors from 12-6, and we will offer guided tours starting in the farmyard at 3:30 and 5:00. We will also have produce for sale and samples of some easy-to-snack-on veggies. Parking will be available in our field driveway (a few hundred feet closer to Route 222 than our house driveway). We hope many of you can come out and visit the farm!

One of our members asked which veggies in the share can be frozen for later use – an excellent question! The UMaine Cooperative Extension has great online instructions for food preservation, including this bulletin on freezing vegetables: <https://extension.umaine.edu/publications/4384e/> Some veggies need to be blanched (i.e. briefly steamed or boiled) to maintain a good texture while frozen, and the bulletin provides info on what to blanch, how to blanch, and how long to blanch. Items in this week's share that we often freeze include garlic scapes and parsley (unblanched), peas and chard (blanched)...and also any extra pesto from the recipe below!

-Brittany

Recipes and Veggie Notes

Baby Kale

Baby kale (this variety is Red Russian) is delicious as a tender, raw salad green, but to use it up quick you can also sauté it briefly (it cooks down dramatically!). Or whiz it into a fruit smoothie (you won't even taste a few handfuls!), or try it in the pesto recipe below!

Peas

All of the peas we grow have edible pods, but this week you will notice a few big funny-looking curly ones in the mix. They are Oregon Giant snow peas, which, like the more traditional Sugar Snap types, can be eaten raw or cooked lightly. Pop off the ends and either use them whole or cut into pieces.

Rainbow Swiss Chard

Definitely use the colorful stems of these! We strip the stems from the leaves, cut them into 1" pieces, and start them sautéing with some garlic (or garlic scapes!) and oil for about 5 minutes before adding the chopped greens to wilt down until tender. Our favorite way to eat chard is folded into pasta with the aforementioned garlic, walnuts and dried cranberries or cherries.

What's in the box?

Baby Kale

Garlic Scapes

Lettuce

Parsley

Peas (Edible Pod)

Rainbow Swiss Chard

Scallions

***Remember to return
your box next week!***

Maple-Balsamic Salad Dressing

We know that you are going to be eating a lot of salad with ingredients from your CSA shares, so you need some great salad dressing! Homemade salad dressing is yummy, thrifty and free of additives. This is one of our favorites, but try experimenting with different oils, vinegars and sweeteners.

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.

Garlic Scape Pesto

Laura has been making this pesto with scapes and herbs from her home garden!

1 bunch garlic scapes (if you are timid about pungent garlic flavor, add 1-2 scapes and then add more to taste)
1/2 cup olive oil
2 cups of fresh parsley leaves (or baby kale, or other baby greens, or other herb leaves – add more than 2 cups if you are limiting the garlic scapes!)
1/2 cup grated Parmesan cheese (optional)
¼ t salt
3/4 cup sunflower seeds, walnuts or pine nuts

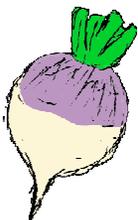
Puree garlic scapes in a food processor. Add parsley and oil. Puree again. Add cheese and salt and mix, adding additional oil if necessary to blend. Stir in sunflower seeds or other nuts and continue to puree until smooth. Taste and add salt as needed. Mix into warm pasta or use as a dip or spread for bread.

Pea and Scallion Risotto

From Gatheredtable.com

2 cloves garlic (or 2 garlic scapes), finely chopped
1 onion, finely chopped
8 ounces snow peas, sliced crosswise
1/2 bunch scallions, white and green parts thinly sliced
4 cups vegetable broth
2 tablespoons extra virgin olive oil
salt and pepper, to taste
3/4 cup arborio rice
1 cup snap peas, cut into 1" pieces

Heat broth in a saucepan on low. Heat the oil in a large skillet over medium heat. Add the onion, salt and pepper to taste and cook, stirring occasionally, until tender, 6 to 8 minutes. Add the garlic and cook, stirring, for 1 minute. Add the rice and cook, stirring, for 1 minute, until rice is coated in oil. Add 1/2 cup warm broth and simmer, stirring, until absorbed, 5 to 7 minutes. Repeat with 1/2 cup broth at a time until all the broth is used and the rice is tender and creamy. Fold in the peas and cook until heated through, about 3 minutes. Fold in the scallions and serve.



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