



Wolf Pine Farm

Community Supported Agriculture
259 Mouse Lane, Alfred, Maine 04002

June 27, 2006
WEEK 2

Weekly Newsletter

Notes from the Farm...

Well it seems like the season is off to a good start. There was a lot of good energy in the share room and the Portland delivery site last week, and a lot of beautiful green vegetables to share. I hope everyone is as excited as we are to start eating locally again after a long winter and spring of store bought veggies .- As you may have found last week, early summer shares are filled with a lot of leafy greens. Although some of you may be well versed in how to prepare these nutritious greens we realize they may be new for some of you so we thought we would provide you with some resources to get your culinary skills up to speed for the summer.

In this week's share you will find some more familiar greens, spinach, chard and kale. All of these greens are great just by themselves, sautéed with a little garlic and oil, or mixed up in a number of dishes. There are a lot of excellent recipes for how to use these greens on the Recipe Board on our website, just click on the recipes link on our homepage. Also, Amy hosted a well attended "How to Preserve Your Share" workshop this past Saturday, that went over a lot of different ways you can utilize your share. Her notes can be found on a link on www.wolfpinefarm.com.

This weekend's potluck was a success, lots of yummy food and good people. It was a great way for everyone to get to meet each other. Our next farm Potluck is August 20th so mark you calendars and hopefully more of you will be able to attend.

We look forward to seeing you all again this week.
~Adrienne

Share Contents List

Mesclun greens
Lettuce heads
Spinach
Sugar Snap Peas
Parsley
Garlic Scapes
Radishes

The Farm Store

We just wanted to add a quick note on how the farm store operates this season. There have been many variations in the past, but this year we are trying to make it like a traditional store set up. You shop around, and then come to one of us to cash you out when you are done making your selection. We have all sorts of locally made, organic products for sale, so check them out.

This Week's Special Veggie:

Garlic Scapes

Scapes are the flower stalks found on members of the Allium family (onions, leeks, chives, and garlic). Garlic scapes, only appear on hardneck garlic varieties, curl upward as they grow, ultimately straighten, and then grow little seed-like bulbs. When the garlic scapes are still in full curl, they are tender and delicious, and ready to harvest. Harvesting the scapes, also allows that plant to focus more of its energy on bulb development, which we will all enjoy near the end of July.

Garlic Scapes have a subtle garlic flavor and crunchiness if added to salads and soups, they cook well in stir fries, and can be processed in vinegars, as pickles, or into a green pesto sauce.

Even though garlic has a bad reputation of giving you bad breath, it also has a valuable side. Garlic is high in vitamin B and C, protein, phosphorus, and smaller amounts of other health boosters such as calcium, iron, and potassium. Garlic has long been recognized for its medicinal values, among which is the lowering of high blood pressure. ~Sarah

Source: Wikipedia, *free encyclopedia*.
<http://en.wikipedia.org/wiki/Garlic>. June

FOOD BLOG

One of our shareholders, Stephen Smith, has a food blog that contains interesting recipes and links to other culinary sites. This season he is focusing on recipes centered on what he gets in his share at the farm.

- Check it out at:

www.stephencooks.com

GARLIC SCAPE PESTO

1 bunch garlic scapes (about 10 scapes, or 4-6 cloves garlic)
½ cup olive oil
2 cups fresh parsley and/or cilantro leaves
1 cup grated Parmesan cheese (optional)
Sunflower seeds (optional)

Puree garlic scapes in a food processor. Add parsley, cilantro, and oil. Puree again. Add Parmesan cheese and mix again adding additional oil if necessary to blend. Stir in sunflower seeds or other nuts.

Mix into warm or cold pasta or use as a spread for bread.

Variations:

In place of parsley/cilantro add basil or any other herb or green that you have on hand. Spinach and arugula are nice additions.

A Poem To Share:

A Standing Ground

However just and anxious I have been,
I will stop and step back
from the crowd of those who may agree
with what I say, and be apart.
There is no earthly promise of life or peace
but where the roots branch and weave
their patient silent passages in the dark;
uprooted, I have been furious without an aim.
I am not bound for any public place,
but for ground of my own
where I have planted vines and orchard trees,
and in the heat of the day climbed up
into the healing shadow of the woods.
Better than any argument is to rise at dawn
and pick dew-wet red berries in a cup.

~ Wendell Berry