



Wolf Pine Farm

Community Supported Agriculture

Newsletter
Week 5
July 17, 18 & 20

Share Contents:

1 head butterhead lettuce
¼ lb. lettuce mix
1 bunch parsley
1 bunch dill
½ lb. braising greens (for cooking...
a little bigger than our salad greens)
1 bunch Swiss chard (choice of other greens too)
1 ¼ lb new potatoes
2 orbs kohlrabi
1 ¼ lb sugarsnap peas
1 bunch baby turnips (see my farm musings if you're rolling
your eyes about these)
garlic scapes

Your Questions Answered:

As promised, we will try to answer your questions in the newsletter, not just in the end of season report as in the past. Check out the back for Amy's response to a question about winter storage shares.

Thanks for your questions!

Farm Musings: "People will like this..." and ideas on using your share

Sometimes I am faced with a dilemma of what to give out in a certain week... I have a plan, but things don't always go according to plan. Sometimes things perform better, sometimes worse. In the field, we often find ourselves saying "people will like this" when trying to make a decision. This usually means "I would like this if I were a shareholder." I realize this is not always the case! Hence, this morning, while trying to defend my decision to give out both parsley and dill in one week, I said "people will love it," and backed it up with several reasons why, given the other ingredients in this week's share. Leah disagreed, as she still hasn't come around to liking parsley, but didn't make much objection. After all, the herbs in the upcoming weeks are just so exciting (cilantro, then basil...), and I had to squeeze more parsley in somewhere so it wouldn't get lost.

Indeed, there is so much you can do with both parsley and dill! I was thinking that the dill would be great with the potatoes (I know there aren't many, but thank goodness there are potatoes, and boy do they melt in your mouth). I have also really been enjoying my creamy dill dressing, and the salads are still plentiful with all this lettuce. As for the parsley, you could also use it with the potatoes, or I was thinking that I would probably use it with a bunch of garlic scapes to make garlic scape pesto. There is a simple recipe if you search the recipe section of our website for this. I also add some of my dried cherry tomatoes to this pesto for a nice touch. I have great confidence that you will have no trouble using both parsley and dill

this week. All of the above mentioned ideas call for garlic scapes too. Please don't make me cry by leaving them all on the trade table ☺.

As for those baby turnips, I have had to think long and hard about whether to give these out *again*. I am a recent turnip and turnip greens convert. Raw, they are ok. If you try cooking with them, you expand your options. I put them in a great soup last week. Both the turnips and their greens add a nice mild flavor. You can also chop them in half and throw them in with homefries. They are absolutely delicious this way. They are also great with the kohlrabi on the grill.

If it ever feels like you are getting in a rut with your cooking, try something totally new and wacky. We are full of ideas if you need some inspiration. Just try it, you'll love it! Ok, I would love it.

~Natalie

Your Questions Answered: Winter Shares?

Question From a Shareholder: Have you guys at all considered doing a winter CSA program? I don't know what is involved - I know that storage is an issue. No idea how hard it is, but I know that other CSAs in the US (somewhere) offer it. It kills me that we are able to get such great vegetables from you during the summer, but have to rely on food from CA and other countries for the winter months. Makes the whole "Eat Local" thing very hard to do. Again, no idea what is involved, but I would be interested in participating if you were to do it in future years... With climate change and energy prices going up, food prices are only going to go up. The more that we can source our food locally, the better long term for everyone.

Response from the Farm: Thanks for your question. The issue is multi-faceted and I'll do my best to answer you here. We did do a November Share and December Share in our first couple of years as a CSA where we offered greenhouse grown salad greens in addition to storage crops of leeks, cabbage, onions, winter squashes, pumpkins, garlic, carrots, turnips, rutabagas, parsnips, beets, & potatoes. We bit off a little bit more than we were ready for. With inadequate storage we had winter squashes and pumpkins piled up (a few rotting on occasion...a few devoured by mice) in our living room until late December. And without a winter wash station we were washing piles of carrots in our kitchen to keep our fingers from freezing in the cold December wind. I (mostly) enjoyed it at the time and people who participated were happy for an extended season. BUT... if we are to do it again, we'd need to invest in a good storage and washing facility, more greenhouses, more staff time, and probably more land. I've thought about doing this for shareholders in the short term by buying in from other farms in Maine who do have storage facilities or winter greenhouses, but in these days of young kids we're not quite ready to take any of this on again. I thank you for your comments, and I do hear the need for this. We'll keep it in mind as we think about the future of our farm and will work on getting some of our farmer friends to come this way to start a winter CSA. In the meantime, a project that you should consider is to create your own simple root cellar (if you have any space in a basement or in your yard) where you stock up and store your own crops that you purchase from the farmers markets in the fall. [Root Cellaring: Natural Cold Storage of Fruits and Vegetables](#) is a great resource that I own. I'd be happy to loan it out to anyone who wants to take a look. Maybe next season we could even offer a Root Cellar Share (distributed all at once in late October/early November) for people who want to store their own veggies. Shareholders, please let me know if you would be interested.

Happy Stocking up!
~Amy

Pick some flowers and herbs! Now in front of the barn you can pick thyme, savory, nasturtiums... ask farmers on duty for more info about what to pick

Open Farm Day Local Foods Breakfast Sunday, July 22nd 8-11 am in the barn

Menu:

Blueberry pancakes with Maine grown organic wheat, local blueberries and maple syrup

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Organic eggs from Diversity Farm with Wolf Pine greens

*

Home Fries with Wolf Pine potatoes

*

Organic bacon from Diversity Farm

Tickets available in advance or at the door—please let us know if you know you'll be there!

\$7 regular breakfast

\$9 breakfast with bacon

\$4.50 kids' breakfast (under 7)

This is also the shareholder open farm weekend for the month of July, so we welcome you to stop by on Saturday or Sunday to check out the farm, pick some flowers, or go for a swim. We will probably be busy preparing for the breakfast, but would love to see you!