



# *Wolf Pine Farm*

*Community Supported Agriculture*  
*259 Mouse Lane, Alfred, Maine 04002*

**June 23, 2006**  
**Week 1!**

## **Newsletter**

### *Share Contents List:*

**1 head lettuce**  
**1 bunch cilantro**  
**1 bunch scallions**  
**1 bunch baby turnips**  
**1 head Chinese cabbage**  
**mesclun**

**1 bunch mustard greens**  
**sugarsnap OR shelling peas**

Ask us if you have any questions  
about using these...

*Please wash your vegetables! We  
wash them here, but sometimes  
can't get all the dirt out... if you  
don't have a salad spinner, maybe  
you could ask for one for July 4<sup>th</sup>?*

### **Mark Your Calendars** **Saturday June 24<sup>th</sup>**

**2pm: Keeping Your Share Fresh  
Workshop with Amy on  
basic food storage—  
refrigerating, freezing  
and drying.**

**4:30 pm: POTLUCK dinner at  
the farm**

### *This week's share*

You may have noticed that the weather this spring has been a little wacky. The plants have noticed also, and have been responding in various ways. Some plants have gone into “survival” mode; that is, they have decided to make babies as fast as possible to continue the existence of their kind. In the plant world, we call going to seed “bolting”. While it makes for nice pretty flowers, it can sometimes lead to bitterness and less than full vegetable development.

The cold, rainy spring, followed by some extremely hot days in June led to some bolting in our fields. Hence, we have replaced the intended arugula with mustard greens (they never bolt!). Arugula is sure to come for those of you arugula-lovers out there. Don't worry.

One thing that fared pretty well this spring is the peas. We have a little teaser for you today, and they are looking good.

Sarah has found a delightful recipe for Chinese cabbage and baby turnips. If you are at a loss for what to do with do much green, try it. The Chinese cabbage will store for over a week in your refrigerator.

Farming is quite an adventure, and we hope that you consider being part of a CSA as sharing in that. So, welcome to the beginning of a most excellent adventure. We look forward to seeing all of your faces around the farm or at the delivery site in Portland, and sharing the bounty of the season with you.

~Natalie

### ***MOFGA Membership***

We are ever grateful for the broader sense of community that Maine Organic Farmers Association (MOFGA) gives us. They are integral in helping organic farmers connect with other farmers and consumers and provide excellent resources for information on organic farming and sustainable living. To help show their appreciation for your efforts to broaden the organic farming community in Maine they are offering half-price memberships to their organization to CSA members around the state. Check out their brochures and membership discount coupons.

### ***BAGS!***

We all know what its like when you get to the grocery store and you realize that you've forgotten your bags at home, but hopefully we can all get into a rhythm of remembering to bring your reused bags, totes, etc. when you come to the farm. Not only are plastic bags for packing veggies very expensive for us to buy, but there is a tremendous amount of waste in the food packaging process. You can help reduce this waste by reusing you plastic bags and bringing them to the farm. You can also bring any of your extra grocery bags to the farm to share with other shareholders. This season we will also be selling reusable cloth produce bags at the farm store, made by one of your fellow shareholders. So next week on your way to the farm, make sure to have your bags in hand and maybe some to share. Thanks!

### ***BUY A MILK SHARE***

We love to help connect our shareholders with other local farmers who make and grow other goods that we can't provide. If you are interested in joining a milk share group for Post Family Farm's dairy products check out the info about it in the shareroom or inquire with Amy (324-2357).

### ***Send Us Your Thoughts:***

If you have something you'd like us to include in the newsletter, please send us an email at [farmers at wolfpinefarm.com](mailto:farmers@wolfpinefarm.com). We especially like to read new poems! Send us a brilliant (or not so brilliant) haiku that you composed on the way to work or while sitting in the fields on a visit to the farm. We will reward you with infamy and perhaps a few extra tomatoes.

Looking forward to a great season,

*Amy, Tom, Adrienne, Natalie, Sarah, Delia and Maggie too.*

### ***Chinese Cabbage Salad (adapted from *From Asparagus to Zucchini*)***

5 cups Chinese cabbage (chopped)  
¾ cup sliced salad turnips  
1 ½ cups soba noodles  
1 cup crushed peanuts  
¾ cup sesame seeds  
4 tbs. sesame oil  
3 tbs soy sauce  
1 tbs honey  
½ tsp dry mustard  
2 tbs rice vinegar

**Cook soba noodles. Mix sesame oil, soy sauce, honey, rice vinegar, and mustard for dressing. Mix noodles, peanuts, cabbage, sesame seeds and turnips in a mixing bowl. Add dressing as desired and enjoy!**