



Wolf Pine Farm

Community Supported Agriculture

Newsletter Week 6
July 24, 25 & 27

Share Contents:

1 head red butterhead lettuce
0.35 lb. mesclun
1 bunch cilantro
1 bunch beets
1 summer squash
1 cucumber
1.5 lb. beans
0.5 lb. peas

Farm Musings:

I think it'll be a one pager this week... we served up over 100 people at our Open Farm Day breakfast this year on Sunday, and I can only speak for myself, but I'm tuckered out! Thanks to all of you who came—it was nice to see folks in a different context and I just can't believe what a hit that sandbox is in front of the barn. Thanks also to those who helped playing music, flipping pancakes, and, of course, washing dishes!

If you want to see pictures from the breakfast, please visit our farm news at www.wolfpinefarm.com/news.

~Natalie

New stuff this week:

Beets: If you love them, great. If you don't, please check out A Veggie Venture (link available on our homepage), because Alanna loves beets, and has lots of delicious ideas for the beet disliker... beet pesto would be great with the cilantro.

Beans: It seems like it is going to be a good bean year... check out A Veggie Venture for bean recipes as well.

Summer Squash*: This is the beginning of the summer squash, and some are a little on the big side. Hey, if you've got a family to feed, go big. If you like the tenderness of the small ones, then leave the big ones for someone with a big family. The only negative thing about the big ones is that the seeds sometimes get a little tough. Take them out and make stuffed squash, or grill them or some such thing.

Cucumbers*: There's only one this week. And if you don't know what to do with a cucumber, I'm not sure how to help you.

*These are both members of the squash family, which seems to be a little slow this year because of the chilly weather. This July weather has been very strange indeed.