



BLOOMING GLEN FARM

June 12  
Newsletter  
Issue #3

# BloomingNow!

Features Fresh from the Farm

Community  
Supported  
Agriculture

## From the field...

We had 4.5 inches of rain in the last week, 4 of those in two days. We were wishing for rain after the last hot, dry spell, but not quite so much so fast. It makes you realize the benefits of a CSA – the diversity of crops, the support of the membership– all very reassuring. Unfortunately you also realize why big time monoculture farmers are so susceptible to extremes of weather, and you see why there is such an alarmingly high rate of suicide in this profession. Luckily right now it looks like we only lost a small percentage of our biggest carrots– too much rain causes them to split, and then turn to mush on the ends. We are thankful for this weekend's sun and wind so things can dry out and we can get back out in the

fields with the tractor to make beds for planting. Of course the weeds tripled in size with the rain, so we have a busy week ahead of us. Thanks to those of you who came out to the farm to work, it really makes a big difference– with help we thinned a bed of parsnips and carrots, got our heirloom tomatoes planted in the greenhouse and a lot of straw mulch put down in the aisles of our tomato, pepper, and strawberry beds. Our first potluck was a wonderful success. Around 40 people wine and dined on an array of tasty dishes and desserts while getting to know their neighbors. As one member said “we want to integrate the farm into our lives, as well as the food into our kitchen.” As Tom and I relax this Sun-

day, shelling peas for our lunch, I think about the term Slow Food. The process of picking your peas, popping the tiny row of round bright green morsels out of the pod, cooking them, and then sitting down to eat them... it is such a meditative process. I feel not only connected to the earth that nurtured their growth, but my family as we giggle and watch Dakota “helping” put the shells in her bucket, and I think about how lucky we are to be able to experience this process, so simple yet so rich. We hope you all will find time this week to pick some shelling peas and enjoy a fresh flavor unlike any you'll get out of a frozen bag of peas. A little row of Spring Sunshine! Enjoy. Tricia and Tom

## News and Notes:

- If you decide not to take something when you pick-up, please put it on the sharing table for someone else to enjoy. Thanks!
- Coming up in the share: endive and escarole, dill and cilantro, fennel
- Feel free to use the large cork board in the distribution center to communicate with other members... some people are looking for others to go in together on beef from Tussock Sedge. Please post your name and needs here.

## The Transcontinental Lettuce

“Anika Carlsson-Kanyama of Stockholm Univ. has shown that a basic diet—some meat, grain, fruits and vegetables—composed of imported ingredients can easily entail 4 times the energy and greenhouse gas emissions of an equivalent diet with ingredients from domestic sources. Among the biggest culprits are those pricey, delicate items which are mostly water and provide few calories, such as cut flowers, fruits, vegetables and frozen foods. The transcontinental head of lettuce, grown in the Salinas Valley of California and shipped nearly 3,000 miles to D.C., requires about 36 times as much fossil fuel energy in transport as it provides in food energy when it arrives.” - From Eat Here. Reclaiming Homegrown Pleasures in a Global Supermarket, by Brian Halweil

## The Mystery Veggie: Kohlrabi

Kohlrabi, a cousin of cabbage and cauliflower, is rich in Calcium and Vitamins A and C. It is excellent raw or cooked. Try it grated onto salads or in thin spears with a dip. Steam thinly sliced 5-10 min. and dress with oil, lemon juice, and fresh dill,

or dip in flour and briefly fry. Add sliced or cubed to hearty soups, stews or mixed veggie stir fry's. The leaves can be used like other cooking greens, but you may want to remove the center rib. Store the globes and leaves separately in the fridge.



## Polenta with Endive

Endive and Escarole are very rich in Vitamin A

3 Cups water  
 1/2 tsp. salt  
 1 Cup fine cornmeal  
 1 head endive/ escarole (8 C chopped)  
 3 garlic cloves, minced  
 1 1/2 T olive oil  
 Salt  
 Pinch of crushed red pepper flakes  
 1/2 C grated Pamesan cheese  
 Dash of ground black pepper

Preheat broiler. Bring water to boil and add the salt. When the water is boiling rapidly, pour in the cornmeal in a thin, steady stream, whisking constantly to prevent lumps. Lower the heat and simmer for about 10 min., stirring often to prevent sticking, until the polenta thickens.

While the polenta cooks, rinse, shake dry, and finely chop the endive. In a skillet, lightly sauté the garlic in 1 T oil. Add the chopped endive and continue to sauté for 3-5 min., until the endive turns bright green and is somewhat reduced in volume. Stir in the salt

and optional red pepper flakes, and remove skillet from heat.

When the polenta is thickened, stir in the sautéed endive and the grated cheese. Spread the mixture in an unoiled flameproof 10-inch pie pan, brush the top with the remaining 1/2 T of oil and sprinkle with black pepper (I also use paprika). Broil for about 4 min., until the top is crisp and browned. Great with grilled Portobello mushrooms.

From Moosewood Restaurant Cooks at Home, by the Moosewood Collective

## Swiss Chard Cheese Bake

Swiss Chard is a marvelous, delicious, gorgeous vegetable. Tasting vaguely like spinach or bok choy, its endlessly versatile- you can sauté it with garlic and olive oil, wrap its giant leaves around savory stuffing, bake it into a creamy gratin, or stir it into soups.

1 pound Swiss chard, chopped  
 4 eggs, beaten  
 1 C milk  
 1 C cheese, shredded  
 1 C bread, cubed  
 1/2 C scallions, sliced  
 1/4 C parmesan, grated

Cook greens (I put a tiny bit of water in a pot, and throw the greens on top for a few minutes until wilted and bright green in color) Thoroughly drain.

Combine all other ingredients and add in cooked greens. Pour into a greased 2 quart baking dish. Cover and bake in preheated oven at 375. until set, 30-40 min.

## Kohlrabi with Peas and Potato

1/2 C scallions or onion chopped  
 1 clove garlic, minced  
 In a soup pot, sauté in 1 T oil, for 3-4 min.  
 1 1/2 tsp. curry spice  
 (or a combination of dry mustard, cumin, turmeric and coriander)  
 Add and stir fry for about 30 sec.  
 1 C kohlrabi, peeled and chopped  
 1 C potatoes, chopped  
 (You could use all kohlrabi) Add and stir.

1 C tomatoes, chopped  
 1/2 C water  
 3/4 tsp salt  
 1/2 tsp sugar  
 Add and bring to a boil then simmer until veggies are crisp-tender, about 15 min.  
 Kohlrabi leaves, finely chopped  
 Add and simmer 8-10 min.  
 1/2 C peas  
 Stir and cook until peas are done.  
 Serve over rice.

## Sugar Snap Peas with Scallions

If you don't eat all your peas raw, this is yummy!

1 T butter  
 2 scallions, thinly sliced  
 1 pound sugar snap peas  
 Salt and pepper

Heat the butter in a pan on med-high  
 Add the scallions and toss for a few seconds. Add the peas and a few tablespoons water. Cook, stirring, until tender but still crisp, about 5 min.

