



Notes from the Field by Kelly Carey, Down To Earth Organic Farm

Battling house fires, bugs, and the occasional groundhog - all in the game for our rookie farmer.

I am Kelly Carey from Down to Earth Organic Farm in Quantico, MD. Welcome back to all the returning members and welcome to all the newcomers. As a farmer I appreciate your support and confidence and hope this season will be wonderful for all of us.

This is my first year farming on my own and I am certainly enjoying myself. There are challenges with any new undertaking - but being the new kid on the block in a CSA with other more experienced farmers takes a bit of the load off. I have received advice, tips & tricks, and general support from all four of the other farmers at one time or another and it is much appreciated. I got off on the wrong foot at the end of February (life threw one of those unavoidable wrenches) and the farmer's and member's patience and support has been wonderful.

I have learned a lot in the short months of this season. For example, there are other pests besides the ones I learned about at Jay's. My newest little friend is the Bean Leaf Beetle. He pokes little holes in the leaves of my beans but doesn't cause the plant damage of a Mexican Bean Beetle. He just makes the plants look like swiss cheese and could damage the beans when they appear in a week or two.

My other little pest friend is a groundhog named Ernie. Ernie has not caused any damage but he inches closer and closer to my veggies daily. I will be keeping a close eye on Ernie and have thought of planting him his own little trap crop of groundhog favorites to keep him away from the good stuff. Time will tell if it comes to that.

Other than a 'pet' groundhog named Ernie, Down to Earth Organic Farm is much like other organic farms. I spend the days hoeing, weeding, checking for bugs, cultivating, smacking may flies and mosquitoes, shoveling, feeding and watering, and either seeding or transplanting what was supposed to go in the ground a week or two ago. Talk about a good day!

I look forward to meeting as many of you as I can as the season moves ahead. Please take the opportunity to talk to all of us and ask your farmers questions. We love to talk about farming - especially if we think someone is listening! Have a great summer and I will see you soon!!!

Kelly

Visit <http://providentorganicfarm.com/> for additional material not in the print version.

Introducing Nice Farms Creamery, LLC of American Corner, Maryland

We milk 50 mostly Holstein cows on a 201 acre farm in Federalsburg, Maryland, and what makes our farm and milk unique is our farming practices. We have 118 acres of pastures on which the cows are rotational grazed from March until November each year. Our cows typically come out of the field for less than three hours a day for milking only. Contrasting most milk you find in the grocery store, having cows on pasture guarantees that they produce milk which has higher levels of vitamins and minerals naturally (to read more about the benefits of milk produced by pastured cows go to www.eatwild.com).

Cream-line Milk: Unlike milk in grocery stores, this milk will be pasteurized minutes after it came from the cow (as opposed to nearly 2 days in conventional milk). The homogenization process, which destroys milk lipids and hurts the taste, will be omitted so the milk will have its cream surface to the top - simply shake and enjoy! The milk will be kept under 42 degrees until it gets to you - no fears about milk sitting on the loading dock of a large dairy. This all natural milk will be available for \$3.25 ½ gallon and \$4.25 a gallon.

Cream-line Yogurt: Contrasting yogurt found in grocery stores, I plan not to add pectin or gelatin to our high quality milk - just culture. I want to start with plain, vanilla, and seasonal local berries for flavors. The yogurt will be sold by the quart for \$3.50 and by the 8oz cup for \$1.25 (price may vary with fruit)

My goal is to get our family farm's best kept secret - all natural milk from our pasture fed cows - directly to consumers without it being diluted and mixed with other milk. Our milk is indeed, "Local, Pasture-fed, and Wholesome."

Feel free to email or call if you have any questions or comments. 410-829-4456 or nicefarmscreamery@gmail.com

Bob Miller
Owner/Operator

Volunteers Needed

We are still in need of helping hands on the Green Branch Farm and Calliope Farm. These are the farms closest to Salisbury. If anyone can spare a few hours a week for volunteering please contact Nancy Murphy at murphyna2003@yahoo.com

In Your Share* This Week

Asparagus
Swiss Chard
Lettuce
Peas
?

*Share makeup is best estimate at publication time.

Note: For preservation tips and additional recipes, visit the CSA website at <http://www.providentorganicfarm.com/>

Swiss Chard - Nutrition

Calorie for calorie, Swiss Chard is one of the most nutritious vegetables around.

One cup of Swiss chard contains just 35 calories, but provides 109.9% of the daily value for vitamin A. Swiss chard is also excellent for its concentrations of vitamin K, vitamin C, magnesium, manganese, potassium, iron, vitamin E, and dietary fiber. Swiss chard also is a very good source of copper, calcium, vitamin B2, vitamin B6, protein, phosphorus, vitamin B1, zinc, folate, biotin, niacin and pantothenic acid.

How to Store: To store, wrap unwashed chard in paper towels and store in a plastic bag in the refrigerator. It will keep fresh for several days. If you have large batches of chard, you can blanch the leaves and freeze them.

How to Prepare: Wash the chard well to remove any sand or soil that may be hidden in the leaves. Trim the bottom end of the stalk. If you find the stalks to be more fibrous than desired, make incisions near the base of the stalk and peel away the fibers, like you would do with celery.

How to Cook: Since the stalks are thicker in texture, they will take longer to cook than the leaves, so their cooking should be started a few minutes earlier. Swiss chard is recommended for quick boiling since being immersed in water helps to free the oxalic acids it contains and makes the chard more sweet. Make sure that the water is at a rapid boil before adding the Swiss Chard.

Steaming and Sauté is not recommended, and may give chard a slightly bitter acid taste. Cooking Swiss Chard in oil is also not recommended, because high-temperature heat can damage delicate oils and potentially create harmful free radicals.

3-Minute "Quick Boiled" Swiss Chard

Swiss chard is one of the most nutrient-rich foods and very easy to prepare. It is a great complement to almost any meal.

Ingredients:

1-2 large bunches chopped Swiss chard
(approximately 1 lb.)

Mediterranean Dressing

1 medium clove garlic, pressed
½ tps balsamic vinegar or fresh lemon juice
3 tbsps extra virgin olive oil to taste
salt and black pepper to taste



Directions:

1. Bring lightly salted water to a rapid boil in a large pot.
2. Press garlic and cut off tough bottom part of chard stems.
3. Add the chopped leaves to the boiling water and simmer for only 3 minutes. *Do NOT cover, and do not wait for water to return to boil.*
4. After the Swiss chard has been cooking for 3 minutes, strain through colander and press out excess water. Toss with rest of ingredients just prior to serving. **Serves 2**

Flavor Tips: Try these serving suggestions with the recipe above.

1. Combine 1 medium chopped tomato, 6 chopped black olives, 1/2 cup crumbled feta cheese and 1 tsp fresh or 1/2 tsp dried oregano. Add the hot 3-Minute "Quick Boiled" recipe and toss gently.
2. Top with grated Parmesan or Romano cheese and walnuts.
3. Add a few drops of tamari (soy sauce) to mellow the flavor of Swiss chard.
4. Top with balsamic vinegar and crumbled goat cheese.
5. **Swiss Chard Lasagna** without pasta, prepare 3-Minute Swiss chard with Mediterranean Dressing. Place half of the chard in a baking dish and top with plain low-fat cottage cheese mixed with dried basil, oregano, salt and pepper. Top with

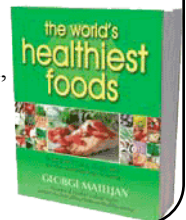
remaining chard and cover with prepared tomato sauce and grated Parmesan. Place in 400 degree oven for 5 minutes.

6. Wrap Swiss chard leaves around your favorite vegetable and grain salad and roll into a neat little package. Bake in a medium-heat oven and enjoy this nutrient-superstar alternative to stuffed cabbage.
7. Toss penne pasta with olive oil, lemon juice, garlic, and cooked Swiss chard.
8. Add zest to omelets and frittatas by adding some steamed Swiss chard.
9. Use chard in place of or in addition to spinach when preparing vegetarian lasagna

Swiss Chard information and recipes (as well as the previous newsletter recipes) are from

"the world's healthiest foods"
essential guide for the healthiest way of eating by George Mateljan, 2007 GNF Publishing. Winner "National Best Books 2007 Awards. (US \$39.95)

<http://www.whfoods.com>



Introducing Georgia the Leghorn Hen

Georgia is one of our Leghorn hens who hatched November 1st in an incubator in my kitchen. She grew up for several weeks (ok, it was like 4 months) with 11 others in my bathtub, converted to a brooder. (We showered in the master bathroom instead.) They went from fuzzy chicks, to stinky escape artists in no time! I used to have them roost on my finger and some would hop up on my shoulder and ride around.... until the day one pooped on me! In February, I had had enough of cleaning up after them, and on a not so freezing cold day, I cleaned out my spare coop, a converted dog house with small pen, and moved them out there with a heat lamp that I used at night only when it dropped below freezing. I worried that they were too cold, or that something would eat them, but they did just fine. Georgia got her name because she like to get up on my deck, and hop over the edge, out side the fenced in back yard, and takes a “walk about” around my yard. The Leghorns are an egg-laying breed, and rather small, so they are better flyers than my Speckled Sussex. Still, it’s more hopping and “falling with style” than flying. So, for her curiosity and ingenuity we named her after Curious George. This very morning she was hunting down bugs around the Leland Cypresses, flirting with danger with our neighbor’s dogs, kept in line by only an invisible fence. She’s a fine layer who defiantly isn’t at all like your average hen. Some chickens just aren’t chicken at all!

Blessings to You and Yours,
-Liz La Posta, the Homesteading Housewife

Message from Amy:

Dear CSA members and friends:

1) The season has started and all of the farms are harvesting great produce of early summer. The big harvest season is yet to start. We are still in need of helping hands on the Green Branch Farm and Calliope Farm. These are the farms closest to Salisbury. If anyone can spare a few hours a week for volunteering please contact Nancy Murphy at murphyna2003@yahoo.com. Become an active part of the CSA by giving your time at the farms, help others to pick, wash and pack for distribution or market. Mail for more information. Thanks Nancy

2) For those of you purchasing the regular share, please remember your pick up starts this week.

Enjoy!

Newsletter Items Requested

If you have information, suggestions, questions, or announcements of general interest to the CSA members, please send them to sheltonlankford@me.com.

The newsletter is produced each Sunday during the growing season. Shelton and Verna Lankford are the editors, and the CSA farmers and officers provide the **Notes from the Field** articles. If you have requests or suggestions, we would like to hear from you.

The newsletter is distributed on paper at the pickup locations. Reproduction is contributed by BEACON, at Salisbury University.

Verna and I will normally be at the Asbury distribution point on Tuesdays.

We are asking members if they would prefer to receive the newsletter by email and are not currently getting the online copy, please send your email address to SheltonLankford@me.com. We produce a .pdf (portable document file) version that can be read by Adobe Acrobat reader, a free utility you can download from Adobe.com for any computer, or by “Preview” on the Macintosh. It might save a tree - you never know.

Back issues are available for download in the [Newsletter Archive Section](#).

Shelton F. Lankford, Senior Editor