



Harvest Hill CSA Newsletter

Week 7: Thursday July 25th, 2013



What's in the box:

- Lettuce
- Broccoli
- Basil
- Cauliflower
- Carrots
- Summer Squash
- Zucchini
- Mint

Hello There!

The picture above is a team meeting in one of the greenhouses. We spend a lot of time with Farmer Bill while he teaches us about the ways of organic farming.

Cheers, Olivia

We need your help!

One of our interns, Chelsea, is running a survey this week as a project for her university about our CSA program. The survey is anonymous, only 11 questions and should take less than 10 minutes for you to complete. Just type the link below into your web browser and fill it out. Simple as that! Thank you for helping Chelsea with her school project as well as providing valuable feedback to the farm crew!

LINK: <http://goo.gl/U3JkhR>

Bill's Funky Minute:

Last week was a very hot week for the crew at Harvest Hill. Through the heat, they transplanted, weeded for hours, harvested, washed and packed produce. Their diligent work shows and I hope that



some of you will come to the farm next Thursday, meet them, enjoy some pizza and have a tour of the farm.

The heat is causing the lettuce to bolt prematurely and will affect the availability in August. Blueberries look great and are ripening and will arrive to you in early August. New potatoes, cucumbers and beans should be in your boxes next week.

Enjoy, Bill

Mark Your Calendars!

NOFA-VT, (Northeast Organic Farming Association) is having a pizza social here at the farm in Walden on Thursday, August 1 from 5:30-7:30. This event is **FREE** to CSA members and their families. RSVP by Tuesday, July 30, to let us know if you are coming gershunhalf@gmail.com or 563-2046.

Helpful Hints & Recipes

Meet the Intern:

Alex Meggitt



Alex grew up in New Jersey, where his grandparents ran a greenhouse and flower shop. After several

years in Brooklyn, Alex is eager to learn about growing plants and see if he's inherited his family's green thumb. When not farming, he is most likely trying to get through the huge pile of books he brought to the farmhouse.

Maple Glazed Carrots Recipe



Ingredients

5 carrots
2 tbsp. butter
1 tbsp. maple syrup
fresh lemon juice
salt & pepper

Instructions

1. Cut carrots into 2" lengths, then half or quarter the pieces lengthwise so they are all in equal size strips.
2. Melt butter in a large heavy sauté pan over medium low heat. Add carrots, cover, and braise, stirring occasionally, until carrots are fork-tender, 20–30 minutes.
3. Increase heat to medium, and stir in syrup and a squeeze of lemon juice. Cook for 2 minutes, then season to taste with salt and pepper.

Introducing: Summer Squash

Over the next few weeks you are going to be getting a variety of summer squash from us. Here is your guide to de-coding what comes in your box! Some fun squash recipes will be in next week's newsletter.

Zucchini & Gold Zucchini



Patty Pan Squash



Yellow Squash



Storage Tips:

Lettuce: greens love an air-tight container with a damp cloth.

Basil & Mint: remove dried-up ends, stick the bunch in a tall glass of water. Loosely cover the basil with a plastic bag and keep it on the counter.

Broccoli, Cauliflower, Carrots, Squash & Zucchini: store in a plastic bag in the fridge.

Got Feedback? Find us at gershunhalf@gmail.com