



HARVEST HILL

CSA NEWSLETTER

Week 2: June 23rd, 2015



WORD FROM THE INTERNS:

Welcome to the second week of CSA. Thank you all for your support and understanding, as we comb through the initial tangles of the season. Naturally, the newbies here are experiencing their own form of growing pains. Most of us are trying to farm like we're old pros, only to find it is easier said than done (and I think Bill's onto us). But, we didn't come all this way for a cake-walk. We came to test our strength, our endurance, and perseverance. So far, I've only cried once (only jokin').

This season, like the rest of the world, is experiencing victory as well as loss. With all of this rain, as Bill mentioned, there has been some flooding. Because of the dampness and the cold, there has also been some disease. Despite these challenges, many of our crops have prevailed. We are pleased with the quality of this week's produce. In the spirit of duality and growth, we celebrate another week of harvest.

BILL'S FUNKY MINUTE:

I was driving my son Isaac to the Montreal airport on Sunday and noticed how green the corn fields were. I knew when I planted the corn this year at the bottom of field #5, that there was a risk of flooding, as the field is at the bottom of a gently sloping hill. Farming is always a risk. Weather, insects, fungi's, diseases and animals can all cause havoc. It is then up to me how much I will let it affect my sanity. It's hard not to take losses on the farm to heart.

In most cases I am able to keep life on the farm in perspective to what is happening near and far. I look at the corn with its purple leaves, a phosphorus deficiency, caused by too much water and cool temperatures. I know with warmer and dryer weather, the corn will rebound. I know with the challenges on the farm, it is nothing that compares to the tragedies that we so often hear about or that many of us often experience firsthand.

There is such a wonderful feeling that occurs in seeing the fruits and veggies of our labor. The celebration of harvest, however fleeting, blocks the sadness that I sometimes feel for many in a world where celebration is as prevalent as tragedy. We know that duality must exist. If it didn't, how would we know when to recognize the good, the beauty, the light? How would we grow?
- Bill

WHAT'S IN THE BOX

Spinach
Rainbow Chard
Basil
Spearmint
Lettuce

STORAGE TIPS & FREEZING

For storage, the stems of basil should be put together in a glass or cup of water and left out of the refrigerator. Basil will turn brown if kept cold.

For freezing, pick leaves off stems and place in freezer bag. Do not wash leaves.

RECIPES: Inspired by this week's produce



HONEY MINT LEMONADE

by *Foxes Love Lemons*

INGREDIENTS:

FOR THE MINT SIMPLE SYRUP:

- 3/4 cup granulated sugar
- 3/4 cup water
- 1/3 cup packed roughly chopped fresh mint leaves

FOR THE LEMONADE:

- 3 cups water
- 1-1/2 cups fresh lemon juice
- 2 tablespoons honey
- Fresh mint leaves, for garnish (if desired)

DIRECTIONS:

1. Make the Mint Simple Syrup: In small sauce pot, stir together sugar, water and mint. Cook over medium heat 4 to 6 minutes or until sugar is dissolved. Remove from heat; let stand 10 minutes. Strain through a fine mesh strainer; discard mint. Transfer to jar or container and refrigerate 4 hours or up to 5 days.
2. Make the Lemonade: In pitcher, stir together water, lemon juice, honey and Mint Simple Syrup. Fill 6 glasses with ice, and mint leaves, if desired. Serve lemonade over ice.

POACHED EGGS AND RAINBOW CHARD ON SOURDOUGH BREAD

by *Brooklyn Supper*

INGREDIENTS

- 1 small bunch chard, ends trimmed
- Cloves of garlic, smashed and peeled
- 1 tablespoon butter
- 1/2 teaspoon salt, plus more to taste
- ground black pepper to taste
- 2 tablespoons apple cider vinegar (or whatever kind you have)
- 2 slices of sourdough (or other bread on hand)

DIRECTIONS

1. Fill a shallow pan with water and set over medium heat.
2. In a large pan, put butter over medium heat, tossing in minced garlic. Lower heat, cook for 5 minutes. Stir and add the chard. Add a pinch of salt and ground pepper. Stir occasionally for 10 minutes.
3. Rub sourdough in garlic-butter pan to toast.
4. To poach eggs, bring water to rapid boil in shallow pan. Add 1/2 teaspoon salt and 2 tablespoons apple cider vinegar. Crack eggs into a separate bowl, then pour slowly into boiling water. Allow eggs to set. Use a slotted spoon to separate eggs and remove from pan. Let cook 4 – 6 minutes.
5. Stack slices of chard on toast and top with egg. Finish with a tiny pinch of salt and ground pepper to taste.



FOOD FOR THOUGHT

The horse's mind
Blends
So swiftly
into the hay's mind

-“Unity” by Fazil Husnu Daglarca
(translated by Talat Sait Halman)

Questions or feedback? Email us at:
m.f.poems88@gmail.com