



JERICHO SETTLERS' FARM

22 Barber Farm Road Jericho, VT 05465
jsfarmvt@gmail.com (802) 899-4000
JerichoSettlersFarm.com

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Welcome to the Farm

Summer CSA – First Pickup!

We are in full swing growing lots of great food for you. Thank you for joining us this summer. We look forward to sharing a bountiful harvest and a bundle of stories with you this season. We doubled our CSA membership again this year and SOLD OUT by end of May! It is heartening to know that so many families are choosing to eat local, organically grown produce! It makes sense in so many ways, and we look forward to learning with you how to grow healthy food sustainably for our community.

How the CSA Works

PICKUP TIME: 3:00 to 6:30 PM Monday/Thursday

You have chosen a Monday or Thursday pickup day for the season. Each week when you arrive on your pickup day you will find the farmstand filled with a fresh harvest. At the first pickup we will give you a bushel basket to use for the season for collecting your share – please return this basket at the end of the season. When collecting your share you will see a sign in front of each crop indicating how much of each crop you may take. Please note that there are different quantities and/or items for the small and large shares, so please make sure to take the appropriate amount for the share size you ordered.

THE SWAP TABLE: The swap table is for you to leave any items from your share that you do not want. And likewise, you may take any items left on the swap table that you do like. You do not have to leave an item in order to take an item. The goal of the swap table is to ensure all produce is used without forcing anyone to take home a vegetable they truly don't like (if there is such a thing!).

U-PICK CROPS: There will be u-pick flowers and herbs available, as well as peas, beans, cherry tomatoes, and hot peppers in season. Each week we will let you know which rows to harvest from and how much to harvest. All other crops we harvest for you.

WHAT IF I MISS A PICKUP? If you know you are going to miss a pickup you may arrange for someone else to pick up your share. You do not need to tell us ahead of time if someone else is picking up your share, just be sure to tell them to check your name off on the pickup list. We cannot hold shares beyond the pickup date and time. If you do not pick up your share we will donate it. This year we are providing shares to three local senior housing units. Any of your unclaimed shares will be donated to these seniors.

You may arrange with other members to pick up each other's shares to swap vacation weeks or similar. We have a bulletin board available in the farmstand to facilitate this communication and ask that members make arrangements between themselves.

You may switch your pickup day from Monday to Thursday or vice versa if you notify us by phone or email by 8 PM on the Saturday before. This gives us time to plan and harvest appropriately so we have your share ready for you on the correct day. If you do not notify us by the Saturday evening before then your share will be harvested for you on your regular pickup day.

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**PORK and BEEF SHARES
STILL AVAILABLE**
Pork shares filled anytime
Beef shares to be filled in August

Winter CSA

Shares are still available for the Winter CSA, in which we offer monthly pickups of storage crops from October through February. Crisp sweet carrots in January are better than chocolate! Salad greens are included for the first three months. Potatoes, beets, leeks, shallots, onions, garlic, winter squash, cabbage, parsnips, celeriac, parsley root, and much more fill your share basket each month. Vegetable storage tips and hearty winter recipes are included. Cost is \$270 for a small share and \$420 for a large share. Winter bread and cheese shares are offered.

Egg Shares

The summer egg share begins this week (June 15th) and runs for 18 weeks through the week of October 12th. One share entitles you to 1 dozen eggs per week. You may pick up your eggs anytime during the week. The farmstand door is open every day from 7:30 a.m. to 7:30 p.m. When you pick up your eggs please check your name off on the list hanging on the clipboard by the cooler. There is a box to check for each week of the share. Please try to stay current with your pickups. It's OK to miss a week here and there and catch up later, but please try not to fall too far behind.

For the winter our hens are on a diet of grain and vegetable scraps. They live in the hoop house, scratching and dust-bathing in the soil and mulch hay. As soon as the snow melts they are once again roaming the pastures, eating plants and bugs, scratching in the dirt. Hens on pasture-based diets have been shown to produce eggs high in vitamins A and E, as well as Omega-3 fatty acids. Read more about it at:

<http://www.eatwild.com/healthbenefits.htm> and <http://www.rps.psu.edu/0305/poultry.html>

We also like the benefits the chickens provide to our pastures, vegetable fields, and livestock by reducing insect pests and by scratching and spreading the livestock manure deposited in the fields. Plus, their winter bedding and manure makes great compost for our vegetable fields.

Quick Recipes

Pac Choi - A mild and tender Asian green for stir fry or steaming. Chop up leaves and stem and braise it in a little broth with ginger then drizzle with soy sauce. Or sauté with sweet onion and garlic in sesame oil (or bacon grease) and top with brown bean sauce or soy sauce and dry mustard. Pac choi can also be chopped, drizzled lightly with oil, and cooked on the grill in a foil pocket.

Sage "Potato" Chips - For an easy, tasty snack, pan fry whole sage leaves in olive oil for a minute or two, flip for another minute, and put leaves onto paper to drain. Salt. Eat right away.

- CSA member Kerry Swift



Radishes – not just for salads!

OK – I'll admit. There is one vegetable I really don't like. I've never been able to enjoy radishes, that is until I started cooking them! Now I add radishes to practically every spring sautéed meal we make. I add them to stir fry, pan fry them in the skillet next to the hamburgers, and chop them fine to add to omelettes. Sautéed and spiced radishes are an excellent addition to cold salads – potato salad, egg salad, pasta salad. The cooking takes a bit of the sharpness out of them and sweetens them without losing all the zip that makes a radish a radish. Spiced with coriander and sesame they are an excellent addition to any asian-style recipe.

Great Tasting Pastured Poultry

Chicken Shares Sold Out!

We raise our broiler chickens seasonally on pasture. Chickens will be available for pickup at the farmstand from **July 24th through September 29th**. Chickens will be available fresh July 24 to August 11. After August 11th frozen chickens will be available.

One pastured chicken share entitles you to 6 chickens. You may pick up your share all at once, or spread out throughout the season. You may pick them up fresh or frozen. We will keep track of the number and weight of chickens you pick up to ensure everyone gets an equal share. We do not guarantee to reserve your birds beyond **September 29th, 2008**. Please pick them up by that time.

If you missed out on ordering a chicken shares, we will have a limited number of chickens for sale at the farmstand first-come, first-served at the end of July. Price per pound is yet to be determined as it is dependent on summer grain prices.