



# JERICHO SETTLERS' FARM

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### Who is your farmer?

Is this a silly question to ask? Not anymore. Most folks have a certain car mechanic they go to, or a trusted plumber and electrician they rely upon. So it sure makes sense to find a farmer you trust and rely on when it comes to your food. Good food keeps your body alive and healthy, contributes to your well being, and is important in your cultural identity.

When you shop at the supermarket for food, think about who might be growing that food. Where did all the ingredients that make up that food come from? If you buy macaroni and cheese in a box your “farmer” is most likely a large multinational food corporation like KRAFT. I doubt KRAFT would let you walk into their processing factory to see how their mac & cheese is made, and I am sure you would not find a cow in the pasture at the place where the cheese powder in the packet is made! On the other hand if you buy macaroni shells and then some cheese from a local farm, you have a real farmer with a face and a farm and animals that you can visit. The cheese is made on the farm in a “cheese room”, perhaps aged underground in a cheese cave. You can see the cows (or goats or sheep), you can see the milk, and you can see how the cheese is made.

There are ingredients on packages these days that I have no idea what they are or how they are made, or even what they came from. I'll always remember the bright red and electric blue jello one of my college housemates brought to our house one week. It was a sample of a new product her father was helping to develop for Proctor & Gamble. He was a chemist. His challenge was to figure out a way to keep the jello “gelled” at room temperature, so they could market a jello snack that could go in lunch boxes. Even in a house full of hungry college students, those packets of red and blue goo were never eaten. We weren't sure we could eat them – were they food?

Our son, Asa, is growing up surrounded by vegetables and animals. He can identify all the vegetables growing in the field as well as when they show up on his lunch and dinner plate. And this isn't because we tour him through the fields each week and grill him on it – they are part of his every day life – they are as familiar to him as his Thomas trains. He is excited about picking and shelling peas. He sees the broccoli and says “hmmm, broccoli is good!”. “Lettuce,” he says “I like lettuce.” And he's harvesting the first cherry tomatoes before the rest of us even know they've ripened. (Yes, they are just starting to ripen now!)

As farmers our intent is to provide you with real, wholesome food to nourish your body and mind. Our aim is to share with you all we know about growing food, preparing food, and taking care of the land. We love to grow food for you; and we love to answer your questions if you want to venture into growing your own food. I have had past members apologetically tell me they are growing their own food now, so they didn't renew their CSA membership. That is excellent! That is perfect – that is exactly what needs to happen. What is better than to be your own farmer! But of course, we don't all have the land or time to grow all our own food and keep up with the many other aspects of life. Which is why having farmers in our community is so essential. Having locally grown food in our community is essential. Having fresh, nutritious, wholesome, real food to eat is essential.



Plant a seed, know your farmers, know your food.

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## Cream of Garlic Soup – Austrian style

6 - 8 cloves garlic  
1 small onion  
2 Tbsp. butter  
2 Tbsp. flour (all purpose)  
3 cups chicken or vegetable stock  
2 Tbsp. sour cream  
1 tsp. salt, 1/2 tsp. pepper  
1 tsp. sugar, 1 dash of vinegar  
chives or parsley, chopped

Peel and chop garlic and onion. In a soup pot melt butter and add chopped onions and fry at moderate heat until golden brown. Add flour and stir and fry until butter and flour have combined well.

Add stock and finely chopped garlic. Season with salt, pepper, sugar and vinegar and let the soup boil for 20 minutes. Then blend soup in a blender and return it to the soup to heat again. Bring to a boil stirring occasionally to prevent soup from burning. Adjust seasonings to your liking and add sour cream just before serving.

Serve with bread cubes roasted a little in butter (croutons). Add chopped chives or freshly chopped parsley to top of the ready to serve soup.

## Basil Pesto

3 cups packed fresh basil leaves  
3 to 4 cloves garlic  
1/3 cup lightly toasted pine nuts or walnuts (optional)  
1/3 cup olive oil  
1/3 cup grated parmesan cheese  
salt and freshly ground black pepper to taste

- mince garlic and basil leaves in food processor  
- add nuts, if desired, and blend until finely ground  
- drizzle in olive oil while blending until mixture is a paste  
- transfer to bowl and stir in parmesan, salt, and pepper  
- refrigerate or freeze for longer storage – if freezing omit cheese and add it later when you thaw pesto for use

## Pastured Poultry Ready Soon!

Fresh broiler chickens will be available starting July 24th. You may pick them during your regular CSA pickup or on Friday, Saturday, or Sunday from 10 a.m. to 6 p.m. If you have ordered chicken shares, one share entitles you to 6 chickens. You may pick them up all at once or a few at a time – however you wish. We record the weights of the chickens you pick up to make sure everyone gets an equal share. We will also have some chickens available for purchase by the pound first-come, first-served for those of you who did not purchase chicken shares. Price per pound it still to be determined, as grain prices are fluctuating weekly at this time.

## Spiced Carrot Salad – serves 4 to 6

2 cups sliced carrots  
3 tbsp finely chopped fresh parsley  
2 tbsp finely chopped fresh cilantro  
1 tbsp finely chopped fresh mint  
2 tbsp freshly squeezed lemon juice  
2 cloves garlic minced  
1/2 tsp ground cumin  
1/2 tsp ground cinnamon  
1/2 tsp paprika  
1/8 tsp cayenne pepper  
1 tsp sugar  
1/3 cup olive oil  
lemon slices

Bring a medium pot of water to a boil. Add the carrots; boil until barely tender and still brightly colored, 1 to 2 minutes. Drain the carrots and immediately run cold water over them to stop the cooking. Drain well.

Transfer carrots to a large salad bowl. Add the parsley, cilantro, and mint; toss to combine. Mix the lemon juice, garlic, cumin, cinnamon, paprika, and cayenne in a small bowl. Stir in the sugar. Slowly pour in the olive oil in a thin stream, whisking constantly, until the dressing is thick and no longer separates. Pour dressing over carrots and toss until well coated. Cover and refrigerate for at least 2 hours. Let the salad come to room temperature before serving. Top each serving with a lemon slice.

- from *Farmer John's Cookbook*

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