



**CSA Newsletter**  
**Week Three**  
**03 July 2013**

## CREATING COMMUNITY IN CSA

While we typically use this space to give you updates about the farm, we thought we would take some time to tell you what we are seeing and hearing from the members that make up Sweet Top Farm's CSA. CSA stands for "Community Supported Agriculture," and while it takes on various meanings for different farms, for most, there is a deeper relationship beyond a "member" paying the farmer upfront for a season of produce. As new farmers in our second season, the meaning of CSA for us is ever evolving.

This year, for many reasons, we set up drop sites for the Wednesday deliveries that allow us to deliver 6 to 10 boxes to one member's home. While this minimizes the amount of our time spent doing deliveries, the real intention is to provide the opportunity for our members to connect with each other. This is a way to strengthen the community you live in and build relationships with your neighbors. Perhaps you share a recipe with someone else or your children become friends. It is the connection that you make with each other that goes far beyond what we can provide you as farmers—we are simply using food as a catalyst for creating great community.

Now, that being said, we certainly did not expect these mini communities to start forming instantly. In fact, we thought it would take most of the season. Much to our delight and surprise, relationships started forming the *first* week! One member told us she was bringing eggs to their host as a thank you. Another told us about conversations she had with the "fun, interesting people" picking up at her house. We loved hearing that some of you knew each other already or knew a friend of a member and connected with someone else that way. It will be wonderful to witness the relationships building throughout the season, and we hope that you continue to share your "drop site stories" with us as the weeks pass.

While we know some of you on a more intimate level—Belle's farrier Scott, our midwife Liz, the owners of the land we rent Mike and Jeanne—we still have yet to meet several of the Sweet Top Farm members. Many thanks to the number of you that stopped by Saturday's farmers market to say hello and introduce yourselves. We hope to meet all of you at some point this season, whether on a farm visit, at the farmers market, or when we are delivering boxes to your drop site.

**FARM NEWS:** Yahoo for sunshine! For the first time this season, we are seeing weeds dry up and wilt as we pull them instead of re-rooting a few inches to the left or right. This is critical right now as it is prime weather for growing vegetables and weeds, and we would prefer the latter not grow at all after we spend the time trying to eliminate them. That being said, we are taking advantage of these sunny, warm days to do some major cultivation using everything from our little fingers to big Belle. We hope by the end of the week to have the first planting of fall broccoli in the ground as well as a laundry list of other veggies.

Dying to get your hands dirty? Stay tuned for an email regarding volunteer days that are coming up in the next couple of weeks.

Until then, enjoy this week's harvest.

Your Farmers, *Megan and Adam*

<b>In Your Box This Week:</b>		
	<b>Where does it go?</b>	
	<b>Fridge?</b>	<b>Plastic Bag?</b>
<b>SALAD MIX</b>	yes	yes
We washed this once and recommend that you wash it and spin it again before enjoying.		
<b>NAPA CABBAGE</b>	yes	yes
Some refer to this as Chinese cabbage. It is great in a stir fry or used as a wrap for spring rolls. You can also chop it and eat it raw in a salad.		
<b>LETTUCE</b>	yes	Yes
Two heads: One red leaf and one green leaf. If possible, take the time to wash and spin your lettuce and put in a bag with a paper towel.		
<b>GARLIC SCAPES</b>	yes	yes
The green curly Q's in your box. This is the flowering part of the garlic. We snap these off when they appear so that the garlic bulb gets bigger. Can be used the same way you would use garlic cloves. Strong flavor raw but mellows when cooked. See the Week 2 Newsletter for recipes.		
<b>SCALLIONS</b>	yes	yes
Our favorite item to add flavor to anything from eggs to sandwiches to stir-fries.		
<b>SUGAR SNAP PEAS</b>	yes	yes
You can eat the entire pod, not just the peas. Enjoy this early summer treat as they won't be around much longer.		
<b>KOHLRABI or BROCCOLI</b>	yes	yes
A little bit of either broccoli or kohlrabi. With all the wet weather, neither one sized up enough to give everyone both. We'll see plenty of broccoli and kohlrabi in the boxes this fall. Kohlrabi is great peeled, sliced, and eaten raw with a dash of salt or your favorite dip.		

# Recipes

## Warm Coleslaw with Honey Dressing

*From your box: Napa Cabbage, Scallions*

Finely chop one onion and sauté in olive oil with 1 tsp. dry mustard. Transfer to bowl. Over medium heat, sauté one large julienned carrot in olive oil until tender crisp and add to bowl with onion. Add a little more olive oil to skillet, and sauté thinly sliced Napa cabbage, stirring constantly until it starts to wilt. Immediately add to bowl with onions and carrots. In the same skillet over medium heat, add 3 T cider vinegar and 1 T honey whisking until honey is dissolved. Pour over slaw, stir to combine, and garnish with ½ tsp. caraway seeds and chopped scallions. Serve warm.

*Adapted from The New Mayo Clinic Cookbook*

## Adam's Fried Rice—a pregnancy favorite

*From your box: Garlic Scapes, Scallions, Sugar Snap Peas, Napa Cabbage, Kohlrabi or Broccoli*

NOTE 1: The rice "fries" best when cooked one day prior to eating. One cup dry short grain brown rice feeds two hungry farmers and leaves leftovers for the next day.

NOTE 2: I typically start the veggies and the rice at about the same time so they are both done at the same time.

Gather, wash, and coarsely chop your choice of vegetables. Sauté garlic and scallions over medium heat in canola or sesame oil until fragrant. Add snap peas and kohlrabi or broccoli, cooking until tender but still crisp (peas will be bright green). Add Napa cabbage and stir until wilted (this will happen quickly).

In a bowl, crack 4 eggs and whisk together. In a separate non-stick skillet add canola oil and heat over medium-high. Add the cooked rice and stir until it is warm 4-5 minutes. Make a well in the center of skillet by pushing all the rice around the edge of the pan. Drop eggs into well and cook. Once eggs are mostly cooked but still runny mix together with rice and cook 1-2 minutes until eggs are cooked.

Spoon into bowl and top with veggies. I like to then add soy sauce.

## UPDATED WEEK ONE DELIVERY SCHEDULE

635 Gilbert Road—2:15

20 Bristol Court—2:30

Whole Earth Grocery—3:00

1412 Wisconsin Court—3:30

1217 5<sup>th</sup> Street—3:45

396 Pineview North—4:00



Above: Foggy Harvest Morning. Can you find the farmer?

Below: CSA Boxes set up and ready to be packed.

