

June 8, 20010

Week 2

Spring Festival this Saturday!



Field Notes

We Welcome Our New Chicks

In The Harvest Room:

LETTUCE

Tropicana (Green leaf)
Optima (Green butterhead)
Red Cross (Red butterhead)

CHARD

Bright Lights

CHINESE CABBAGE

Minuet

BABY BEETS

Chioggia

GARLIC SCAPES

PEA SHOOTS

PEAS

Sugar Snap, Sugar Ann, and Oregon Giant

Hi! My name is Nate. I will be working in the Harvest Room this week, and I look forward to meeting you all! This past week we welcomed 15 new faces to the farm—two families of chicks hatched from our own light Brahma flock. These birds have proved their versatility again, this time as great mothers. Rather than trying to rely on incubators and heat lamps, we just let two hens indulge in instincts that haven't been bred out of them. We'll be keeping the chicks secluded this week, but as they grow they will become a much more

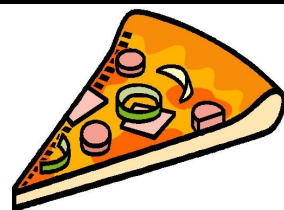
visible presence on the farm.

Beets make their first appearance this week—tender enough to be delicious raw or try roasting them with a little honey or maple syrup. Tubers seem like such strong vegetables to me. No matter what is happening on the surface, they will be slowly growing in the

cool earth. More so than other foods, tubers reward patience and trust that the plant knows best. This week's recipe is a spring variation of a traditional Korean ferment. Talk to me at the pick-up if you have any questions about lacto-fermentation.

We welcome you to walk around the farm when you come for your share. Say hello to the animals, look at what's growing and start planning meals with the bounty we are working hard to bring you!

-Nate Anderson



Saturday, June 12th
11 AM—3 PM
Here at Phillies
Bridge Farm Project!

Spring Festival



Come join us in celebrating the beginning of the season! All day activities include: children activities, plant sale, visit the animals!, wild edibles table, and pizza and iced tea for sale, with proceeds benefitting our education programming. The Shoe String Band will be playing some good old bluegrass for us all.

Other activities include:

11:30 AM Farm Tour with Farmer Anne

1 PM Guided Nature Trail Hike

Bee Class (time TBD)

And lots of other unplanned adventures! Hope to see you there...here.

Phillies Bridge Farm Project



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Simple Veggie Preps for This Week's Share

Chard: The stems on this week's rainbow chard are not only beautiful, but also delicious. I said the same thing about most items in last week's share, but the same holds true for chard: it is delicious when sautéed with garlic and lemon juice. Sauté finely chopped garlic scapes in oil, add chopped chard stems (they take a little longer to sauté than the greens), add the juice of half of a or a whole lemon, and throw in chopped chard greens for the last three minutes or so. Delicious!

Chinese Cabbage: A lighter cabbage than the storage cabbage most of us are used to. Chinese cabbage is great chopped and put into salads, and is also

wonderful in a stirfry. It's got some crunch to it! Amazing in Kimchi (see recipe below).

Garlic Scapes: This is what would become the flower of the garlic plant. Around this time of year, our garlic plants shoot up their scape to try to better



increase their chances of reproduction. We pull the scapes for two reasons: 1) they are delicious in a time when we won't have garlic heads for a couple more months, 2) the garlic plant puts the energy it was putting in to the scape back into bulb production, giving us better garlic bulbs in the end. Scapes taste just like garlic in its clove state, possibly a little more mild. Use as you would garlic. If you get really adventurous, you could make garlic scape pesto: equivalent of 1 lb garlic scapes, 1 lb parmesan cheese, 1/2 cup olive oil, and pine nuts.

Phillies Bridge Spring-chi

A local, spring version of Kimchi—a traditional Korean fermented dish. Lacto-Fermentation is fun! And not only helps with storing vegetables for quite some time, but makes them even more nutritious. Ask us about it!

Ingredients

1/2 to 1 head Chinese Cabbage
2 Garlic Scapes
1 Small Beet
10 Pea Pods
Salt

Optional Seasonings:

Any whole herbs or spices add a nice touch. Pepper kernels, coriander, and dried chile peppers add complexity. You can also try cloves, cinnamon sticks and mint from the farm for a surprising twist.

Directions

Chop the cabbage into fine strips, add salt to taste. The final product will be about as salty as it is now, so just taste it as you are mixing. Crush the salted cabbage with a bottle or jar as you prepare the rest of your ingredients—this will draw out the moisture from the cabbage.

Chop the garlic scapes finely. Chop the beets into thin slices and quarter those slices. Remove the stems from the peas, leaving them otherwise whole. Mix all ingredients including optional spices. Add more salt—you want this to taste light to moderately salted.

Pack the spring-chi into a wide-mouth jar or crock. Glass or ceramic is best. #1 or #2 plastic will do. Avoid metals. Pack tightly and let stand 10 minutes. If there is moisture above the spring-chi, great. If not, add water until there is. Weight the mixture so all of the vegetables are submerged but there is still liquid exposed to air.

Cover with a towel and place in a cool, dark place—a cellar is best.

Taste once per week, scraping off any mold. When it tastes good to you, it's done! The Spring-chi will keep in the fridge for several months.

-Nate Anderson