

What is in your box:

Tomatoes

Red onion

Garlic

Chard

Broccoli

Cilantro

Hot pepper

Colored peppers

Tomatoes

It is amazing but true—out tomatoes, in spite of their difficult start, are peaking beautifully. We have lots of tomatoes for you this week! Enjoy them fresh, for they are truly best that way, but if you have too many try some “ambrosia.” That is what we make: Clean the tomatoes, cutting off any bad spots and coring, but not peeling. Cut into chunks into a casserole dish. For a 9x13 pan I then use an entire head or more of garlic, also just chunked. Drizzle extra virgin olive oil over the top and bake at 325 for hours and hours until all the juice has cooked off. We eat this on bread, blend it and use as tomato paste all winter (it is what I use for my pizza) out of the freezer...it is delicious!

Chard

I did some chard this week with sautéed onions and ginger and a splash of cider vinegar. The stems went in the pan first after the onions had browned a bit, then the leaves, a splash of vinegar, the lid for a minute...it was quite tasty.



Top ten:
Potatoes for chard and cilantro

Every other week:
Green beans

Farm News

What an outpouring of help...so many of you have truly shown the value of the “C” in CSA. You are a community of incredible people, thank you. I feel truly supported by all of you, Thank you.

For example, here is a “guest newsletter” from a farm member who can’t help in the fields, but wanted to help out this week: thank you, Michelle!

I have been a member of Green spirit farms for 3 years. Every time I drive by, stop to get my vegetables or go out to work I am amazed at the beauty and serenity of the farm itself. The flowers seem to be always in bloom, although I know they really are not, and there is always something popping out of the ground. Just the feeling of the farm is calming. I was at the farm a couple weeks ago and was able to wash Tomatoes. Due to my pending surgery on my ankle and my inability to stand and harvest, which I love to do, Jen set me to work washing tomatoes. The sun was shining and it was a beautiful day. I think I spent a fair bit of time petting the cats and the dog also. I hope that each one of us who is a member of Greenspirit finds the friendship and serenity that I have found while being a member. If you have not been out to the farm to pull a weed, wash a tomato, or just walk around, do so... It is truly an experience. I miss it when the growing season is done, and look forward to it when the new letters come out asking about membership. Peace Michelle