



Available for you:

- * Potatoes 1 Quart of Russets
- * Beets 1 Pint red storage
- Scallions 1 bunch baby red & white with delicious tails
- Cucumber 2 greenhouse grown (option of Euro or field varieties)
- Lacinato Kale (aka Dinosaur) -1 bunch, bubbly texture
- Lettuce 1 Red Butter crunch for singles, + 1 other for family size shares
- Sage -1 bunch (try these leaves pan fried in butter then add 1 Tbl spoon of brown sugar until melted toss, cool & serve)

available to CSA
PICK YOUR OWN PATCH
Pea Pods - 1/2 pint
6 cut flower stems

Also available for purchase at the farm Flowers, Herbs & Hanging Baskets Local Maple Syrup – 1/2 gallons-\$25, quarts \$15, and pints \$10

Welcome Members:

We would like to welcome you to VALLEY DREAM FARM and our certified Organic C.S.A. (Community Supported Agriculture). This is your first week of our 20 week season. Every year we do our best to bring you a wide selection of our delicious vegetables. This year our early crops are in the ground and growing well.

The ground temperature affects our date to begin our spring planting. We heat the air around the plants in the greenhouse but the soil temperature must be above 65° to plant our tender tomatoes and cucumber seedlings and this is always a challenge in March and April. If not warm enough then there is too much stress on the plants to grow healthy.

We also would like every plant to grow big and healthy. It is our job to make sure that we select the tastiest varieties, then plant the seed, grow the seedlings, plant the transplants, nurture the crops with the right amount of nutrients at the right time, treat the diseases and pest problems with only organic solutions, and control the weeds to allow the plant the best chance to produce the largest and most flavorful products for you to pick up here at Valley Dream Farm. It starts out slow but before long, your bags will be full of our veggies. We enjoy bringing you the freshest and most delicious produce each week.

We will continue to email this weekly newsletter. If you prefer a paper copy, please let us know.

How to PICK-UP your CSA at the FARM STAND:

- Highlight your name (found on the pick-up day list)
- 2. Shop for items on your list

Our staff is available to assist you with any purchases or questions that you may have. Read about them on the back of the newsletter. Email or phone us if you have any questions!

3. Enjoy your produce

Thanks for supporting local and certified organic,

Anne

Kale If it is your <u>first time</u> eating kale you may want to start out with KALE CHIPS recipe, below.

Kale is in the brassica family with broccoli, brussels sprouts, cauliflower and cabbage. Kale is known for its exceptional health benefits and a nutritional standout in three basic areas: (1) antioxidant and anti-inflammatory nutrients, (2) much-needed micronutrients (in which the average U.S. adult is currently deficient), and (3) cancer-preventive nutrients called glucosinolates.

How to store Kale - in a plastic bag in the coldest part of your refrigerator

How to cook Kale - chips, sautéed w olive oil and garlic, steam, add to soups and salads-if cut fine and massage, also see the great recipes below or look for more online and share your favorites with us. of course many people know the great assets of kale and put it into their morning smoothies.

Kale Massaged Salad by Anne Tisbert - this is a coarse greens tasting salad

1 bunch Kale (any kind rip off stems into bite size pieces)

1/2 lemon - squeeze juice over ripped kale

1/2 teas of coarse salt (I prefer sea salt) and pepper

1 clove of garlic (minced)

2 TBL Olive Oil

toss lightly and then massage with hands for one full minute, note change of color of kale then add:

1 teasp of balsamic vinegar (add 1 TBL Maple syrup for those with a sweet tooth)

1/2 cup grated parmesan, toss

1/2 bunch of scallions - I even slice the white onion as well as the green tails

ready to eat raw: serves 2 but doubles well.

optional our favorite toppings:

sunflower seeds or pepitas (seedless pumpkin seeds) or other sliced nuts, dried cranberries or raisins, cukes, tomatoes, of course Jonny's favorite is to add bacon crumbles to anything then enjoy!

Kale Chips by Anne Tisbert

Preheat oven to 375°

In a large bowl

1 bunch Kale (any kind - rip leaves off stems into bite size pieces and place in large bowl and toss)

drizzle with olive oil and toss onto a baking sheet, sprinkle with garlic salt this is our favorite then you could try 1/2 of them with parmesan cheese (grated not powdered)

cook at 375° stir every 5 minutes until crisp - around 10-15mins

watch carefully it gets nice and crispy as it shrinks and drys out

Optional add-ons (before baking):

- 1. grated parmesan
- 2. salt
- 3. Hot pepper flakes
- 4. cinnamon sugar

(optional "ADD-ONS" - recommend using only one separately to try)

Kale should be dry and able to be eaten by hand like chips!

When cool, then it stores in a dry container for one week.

Red Beets - beets store well in a plastic bag in the coldest part of your frig, storage beets will get a little soft this time of year but are fine to eat and use up before the next crop arrives. To cook beets - ROASTED- I do not peel - but remove tops and root tip then cut into quarters and toss with a little garlic salt and olive oil roast beets in oven for about an hour at 350 or

BOIL with skins on and 1/2 inch of stems, for just an hour or until knife test is softened, then put into a cold sink with ice water, when cooled break off most of top stem while under water to keep hands from turning red - the skin should slip off or easily peel. (hint -Skins slip off much easier on new beets than on stored beets.) Raw Beets will keep in frig for months, after cooked - beets will only store for one week. Beets are great pickled too - see our recipe blog. on our web page. valleydreamfarm.com

Broiled Beet Slices with Maple -Teriyaki Sauce -- (from Farmer John's Cookbook)

Serves 4 to 6

12 small or 6 medium beets, scrubbed and trimmed

¼ cup butter

- 2 Tbsp maple syrup
- 1 Tbsp minced or pressed garlic (about 6 cloves)
- 1 Tbsp finely chopped or grated fresh ginger
- 1 Tbsp tamari or soy sauce

Preheat oven to 400°F.

Place beets in small roasting pan with ½ cup water. Cover with foil and bake until beets are easily pierced with a sharp knife, 45 minutes to 1 hour depending on size.

Preheat the broiler.

Melt the butter in a small pan over medium heat. Stir in the maple syrup, garlic, ginger, and soy sauce or tamari. When ingredients are thoroughly combined, remove from heat. Place beets in a shallow baking pan and pour the maple syrup mixture over them. Broil, stirring occasionally, until tender, about 5 to 10 minutes.

Enjoy your veggies this week. Thanks, Anne

We are looking forward to another successful growing season in 2016!

How do we get all those vegetables to you? It takes a lot of preparation and a wonderfully hard working crew to get all those vegetables to you each week. We are very fortunate to have both.

We occasionally have interns from the World Wide Organization of Organic Farmers, also known as "WOOFERS"

Wendy (Book Keeper extraordinaire), who keeps all the farm records and paperwork organized and functioning for us.

Several field workers include, **Zoe** - field production and greenhouses **Andy** - farm stand and green house, and we are hiring a new weed crew- the horner boys ,but I will let you know their names soon.

The Tisbert Family (**Joe** – oversees all the land, equipment, wholesaling, and crop planning; **Becky** - field production, CSA, harvest, pack and ship **Anne** –marketing, CSA, deliveries, farmers markets and newsletters, **Jay** – Chief Consultant, Variety selections, head seeder, Floral designer and crop planning, also the CSA and farmers market welcoming committee. (We have two other children who can be seen on rare occasions. Ashley - lives in Massachusetts, works at ORACLE, and has her MBA, and Jon, who has decided to focus on his cooking skills instead of farming)

Occasionally you may see a few dogs on the property. All of the dogs are friendly. (Hopefully over by the house and not at the farm stand. If not please let us know, as this is a work in progress.). We would like them to be safe and also to not bother you. Our dog **Bella** (a 7yr old bouncy black lab). Becky also has a brown dog called **"B"** for **Badger Bear**. Zoe has a multi colored australian sheppard named "**Raglan**" still a pup. We have been working with them and unfortunately can NOT ALLOW any DOGS at the farm or farm stand. For our previous members who may remember our dog **Zippy** (16 yr old-chow mix). She was laid to rest this spring after serving us as a great farm protector from wood chucks and other predators and was Jay's faithful bodyguard and a friend to us all.