



## This Week's Word From the Farm

Week of 7/27/09

### What's In Your Box ?

- Gypsy Peppers
- Tendersweet Cabbage
- Eggplant
- Purple Majesty Potatoes
- Cucumbers
- Japanese Salad Turnips
- Salad Greens
- Collards or Kale
- Bok Choy
- Garlic
- Summer Squash
- Shallots

### Dear Friends,

A few days ago our intern, Melissa, and I startled a snake in the turnip patch. The snake was happily digesting one of many resident lizards. We stood there transfixed, as the snake slithered away with half of a lizard protruding from its mouth. I was reminded once again of the diversity of life that we share this patch of land with. There are constant reminders, whether it is the tiny tree frogs that leap from the bunches of chard in the farm stand or the golden glint of dragonflies that are backlit in the late afternoon sun as they flit about the farm. For the most part, we all seem to coexist very happily.

As farmers, Alan and I do our best to protect and encourage the native fauna. We are in the process of planting hedgerows of native plants around the perimeter of the farm, with the goal of providing habitat for a broad range of native species, including an array of native beneficial insects to protect our crops. Over the past decades, large-scale agriculture has been responsible for the extinction or the endangerment of an alarming number of plant and animal species. With our sustainable farming practices and hedgerow project, we hope to do our part to reverse that trend. As you make the trip up from the parking lot to the farm stand, please take a moment to enjoy the birds, bees and butterflies visiting the flowers along the pathway. They are a vital and connected piece of the farm-life and a testament to a healthy ecosystem.

Speaking of bees.... our resident Beekeeper, Randy Oliver, is now offering local, raw honey for sale at the farm stand when you pick up your veggies. The cost is \$5.50 for a jar or \$20.00 for three jars. It's delicious!

# Recipes of the Week:

## Kale with Braised Lentils (from CSA member Dan Rodriguez)

- 3 Tablespoons unsalted butter
- 1 shallot, minced
- 1 bunch kale (or chard) stems chopped medium and leaves sliced thin
- 2 cloves garlic, minced or pressed
- 4 sprigs fresh thyme
- Salt
- 1 cup French lentils (lentilles du Puy), rinsed
- 1 3/4 cups chicken broth
- Ground black pepper

1. Melt 2 tablespoons butter in a large saucepan over medium-high heat. Add shallot, kale stems, garlic, thyme and 1/4 teaspoon of salt and cook, stirring frequently, until the vegetables soften and begin to brown, about 5 minutes.
2. Stir in the lentils and broth and bring to a boil. Reduce heat to low, cover and cook until the lentils are tender, 40 to 50 minutes.
3. Uncover and continue to cook, stirring often, until most of the excess liquid has evaporated, about 2 minutes. Remove from the heat, discard the thyme, and season with salt and pepper to taste.

## Classic Cole Slaw

- 1 c. vinegar
- 1/2 c. vegetable oil
- 2 tsp. celery seed
- 2 tsp. granulated sugar
- 1/2 tsp. salt
- 1 head Tendersweet cabbage, shredded
- 1 c. shallots or onion, finely chopped
- 1/2 c. gypsy pepper, finely chopped
- 2 c. granulated sugar
- Combine dressing ingredients in saucepan; bring to boil. Cool; set aside. Combine cabbage, onion, peppers, and sugar. Let stand until sugar dissolves. Pour cooled dressing over cabbage mixture; refrigerate. This coleslaw keeps well under refrigeration. It even freezes well. Yield: 2 quarts.