



July 11, 2008

Newsletter

Issue #25

BloomingNow!

Features Fresh from the Farm

Community

Supported

Agriculture

From the field...

It's 10:30 pm- the fireflies flicker around Tom's headlamp- we navigate the aisles through the warm air pockets under the glow of the crescent moon and starry sky, setting up the irrigation in the onion field. It's 2 am, the alarm rings- turn off the pipes, and turn on the drip tape to the winter squash. Tom gets a gold star for rising out of a deep slumber, doing his best to keep things watered around the clock. Then it's up at 6am to irrigate the beets and carrots. For sure, we are realizing that our irrigation system, pump and well, are barely sufficient for the size of our farm. Scarcely a drop of rain in five weeks at Blooming Glen- then just shy of a half inch this week, to dampen the dust. Dry, dry, dry! Seems like forever ago we were lamenting the wet spring. And now we watch as the

storms seem to circle around the farm, and the heat builds. One plus to the lack of rain is less bug and disease pressure. It's shaping up to be a heck of a tomato season if the dry weather continues. So far we have been distributing the early tomatoes from our hoop houses, but the first field plantings are starting to blush, and a few cherry tomatoes are trickling in. We have loads of plum tomatoes planted (great for canning) which we will likely have for sale to the CSA in bulk quantities at a reduced price. We also hope to offer a workshop in August on tomato preserving. We have begun to harvest our ridiculously large garlic crop, which gave us a chance to try out our new sporty blue Italian digging machine. Wow! If you want to see it in action, come to one of the work opportunities this week

and be a part of the fun. At around 10 minutes a bed it sure beats forking it all by hand- and we can use the digger for garlic, potatoes and sweet potatoes! I know many of you still remember those aching muscles from being some of the lucky few who volunteered on a potato forking day two years ago! No doubt Nic, our intern last season, is probably still ticked off at us for all the forking he had to do! Now the hardest part is tying the garlic into bunches and stringing them up in the barn rafters, and finding room for it all! Anyone with free barn space out there?! We hope you are enjoying the new potatoes. This is another crop that is showing fantastic yields. We look forward to enjoying them, and all their colors, shapes and sizes, for the rest of the season. Enjoy the harvest! -Farmer Tricia

Green Haven Farm's Pastured Poultry

Talk to Brian Moyer about his chicken farm, and you'll immediately recognize someone who's passionate about sustainable farming - and quality food. Brian's family has been farming in southeastern PA for 300 years; he and his wife Holley started raising poultry and livestock on their own Green Haven Farm in Fleetwood, PA (ten miles north of Reading) thirteen years ago.

Brian and Holley started farming so they could produce food they wanted to eat: food that they could control the quality of from start to

finish. The major part of the Moyer's commitment to pasturing their poultry is this strong connection to the food source. Now they raise grass-fed lamb in addition to pastured pork, chickens and turkeys on their 27-acre farm, where the overall focus remains on quality. They sell to CSA's like Blooming Glen and to farmer's markets and restaurants, all of which share an interest in quality food.

As Brian describes it, producing pasture-raised poultry is relatively simple: it's low in technology and high in labor.

Because a pasture is the critical component in pasture-raised chickens, Green Haven Farm uses mobile coops to sustain both the grass and, in turn, the chickens. Four-foot-tall netting fence forms a paddock that keeps predators out and that is moved every other week to provide fresh grass. A hoop-house shelter inside the fence shades the chickens and is moved within the paddock every other day to protect the grass.

Brian picks up batches of 250

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News and Notes:

- ♦ **Next potluck: Saturday, August 16th at 6pm.** Celebrate the Full Moon with a Full Belly!
- ♦ Please feel free to utilize the **community cork board** in the distribution center to post business cards and community events of interest. Also, the farmers are looking for an acupuncturist and any referrals would be appreciated!
- ♦ Did you read Barbara Kingsolver's book, **Animal, Vegetable, Miracle** and get inspired to try simple cheesemaking? Well, mark your calendar: **Wednesday, July 23, 6-8pm**, will be a hands-on **Cheese-making Class** at the farm. More details on the online calendar. We still have space for more people, so send the farm an email soon to register, and come on out!
- ♦ Have some favorite **vegan or raw food recipes** using farm fresh ingredients? Send them our way- we like a diversity of options to share in the newsletter!
- ♦ If you know anyone who might be **interested in teaching classes at the farm**, or organizing children's projects related to gardening or food, or even doing a workshop on solar oven or solar dehydrator construction, please let us know. Any ideas, suggestions or participation is welcome!

Philadelphia Public Radio Red Potato Salad

Cook a pot of fresh red potatoes. Cut in halves or quarters. Pour over warm potatoes (adjust amount to correspond with amount of potatoes):

1 cup "fruity tasting" olive oil
1/2 cup fresh lime juice
salt and pepper (goodly amount)
1 large sweet onion (chopped)
1 bunch cilantro (chopped)
basil and mint leaves (optional)

Do not refrigerate. Let stand several hours before serving.

Contributed by Charlotte Rosenberger.

Zucchini Crab Cakes

1 cup shredded zucchini
2 eggs
1 tablespoon mayonnaise
1 cup bread crumbs
1 teaspoon Old Bay Seasoning

Mix together and fry in oil in skillet. Easy and yummy. Makes 4 medium cakes. Throw in some crab meat if you want.

Contributed by Laura Thomas.

Green Haven Farm, *continued from page 1*

chicks on the day they are hatched (in Quakertown), and brings them to Green Haven Farm, where they are kept cozy in a brooder until they grow feathers and can be moved outside. These Cornish Cross chickens – a readily-available, broad-breasted type of meat chicken, are pastured until they are 7 or 8 weeks old, at which time they are ready for custom processing near Lancaster.

As with so many terms used to market food, "pastured" and "free range" can mean very different growing environments for the chickens. According to the USDA website (www.fsis.usda.gov), "free range" means that "producers must demonstrate to the Agency that the poultry has been allowed access to the outside". This could mean the building housing the chickens simply has an opening to the outside, not that the chickens ever get to be outside. Chickens raised for meat grow quickly and need to be encouraged to move around, so Brian puts their food and water outside their shelter.

Not surprisingly, grass-fed poultry has a distinctly wonderful flavor. Brian and Holley tried raising chickens in the winter, supplementing feed with hay, but they noticed a difference in flavor that was lacking compared to grass-fed chickens. Now they raise chickens May through October, while the grass is out. In addition to grass, the chickens get special feed, freshly made at neighboring farm eight miles away. Fresh feed also makes a huge difference in the quality of the meat's flavor. Brian likens access to fresh feed to getting fresh veggies from the CSA – the difference in quality compared to mass-produced feed is immediately recognizable. (Apparently, even the

Roasted Garlic

Roasting garlic mellows and sweetens the pungent flavor of raw garlic. Roasted garlic is useful for enhancing salad dressings, sauces, soups and stews, and it can be used as a spread on bread all by itself.

Large heads of garlic
olive oil or vegetable oil

Preheat the oven to 375°. Remove the outer papery skin of each head of garlic, but keep the cloves connected. Cut off the top, about 1/2 inch of the stem end, so that the tips of the topmost cloves are cut flat across. Place the heads of garlic in an oiled baking dish and cover with foil.

Bake until the cloves are soft to the touch, about 40 min. Cool. To use: with gentle pressure from the bottom, squeeze the softened garlic out of the husks.

Tip: You can also do this on the grill. Prepare garlic as for the oven, then toss or brush on oil, and place directly on grill.

Taken from *Moosewood Restaurant Simple Suppers*, The Moosewood Collective

chickens notice their fresh feed!)

The Pennsylvania Association for Sustainable Agriculture (PASA) has been critical to the success of Green Haven Farm. (Brian is actively involved, as Vice President of PASA's Board of Directors.) In addition to connecting growers with consumers, PASA offers workshops and field days that encourage farmers to meet other like-minded farmers. Brian explains, "It's farmers helping and teaching other farmers – you can visit a farm and see what's successful for them and adapt it to suit your farm – it's been so positive and affirming". The PASA website (www.pasafarming.org) offers a wealth of information on Pennsylvania agriculture as well as a link to the Buy Fresh Buy Local online local food guide.

For people who eat a lot of chicken and are looking for new recipes, Brian has straightforward advice: keep it simple! High quality chicken doesn't need much added to it. He likes to sprinkle garlic salt and thyme on the chicken, and roast it at 350 for 15 minutes per pound, or until the breast meat reaches 160 degrees.

You can get a Green Haven Farm whole chicken when you pick up your Blooming Glen CSA share: whole chickens are in the chest freezer with the bacon and beef. Each bird is individually-priced (at \$4.25 a pound), with prices marked on the bird. You can pay in cash or by check (made out to Blooming Glen Farm). Please follow directions posted on the wall: drop your payment in the correct payment box with a note saying what you purchased (or write it on the memo line of your check).

Article by CSA member Elizabeth May.

Flavored Butter

"Flavored butter can make plain food instantly interesting by enlivening it with the flavors of fresh herbs, ginger, citrus, chiles or roasted garlic. Keep some in the freezer to use in cooking or at the table. Give an instant flavor boost to plain steamed vegetables, broiled or grilled fish, eggs, grains, pasta, corn on the cob, or mashed potatoes. Slather it on fresh bread, rolls or biscuits."

1/2 cup butter, softened
ingredients for one of the flavors listed

Soften the butter at room temperature. With a flexible spatula, mix in the flavor ingredients. Use the spatula to form the butter into a log on a piece of aluminum foil, plastic wrap, or waxed paper. Wrap the log and close tightly. Refrigerate or freeze.

For the best flavor protection, place the wrapped butter log in a labeled and dated plastic storage bag. Well-wrapped Flavored Butters will keep in the refrigerator for about 2 weeks and in the freezer for 6 months. To use frozen butter, unwrap and slice off as much as you need. It may crumble if cut immediately out of the freezer, but it will slice cleanly after a few minutes at room temperature.

Roasted garlic butter

Mild and mellow garlic flavor.

*1 head of Roasted Garlic, the softened cloves squeezed out of the papery husks. * see directions in recipe to the left*

Herbed butter

Fresh herb flavor any time of the year. Delicious with just one herb or mix and match.

1/4 cup chopped fresh basil, tarragon, dill or chives

Gremolata butter

An Italian classic, fragrant with lemon

*2 tablespoons minced fresh parsley
2 tablespoons lemon juice
1 tablespoon grated lemon peel
1 garlic clove*

Taken from *Moosewood Restaurant Simple Suppers*