

The Farm Weekly

VOLUME 8, ISSUE 3

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9 JUNE, 2006

THANKS FOR A SMOOTH START

The first pickup of the season went better than any so far, with only a few glitches here and there. Thanks to all of you and thanks to those that called when they had questions. I am sure that this week will run even more smoothly.

Things are much less hectic here now that the mad rush of the season's start is behind us. Marco, Pedro, and Hanter arrived on Saturday evening taking enormous pressure off of Tim. The stress of not knowing if you are actually going to have someone dependable working for you takes its toll.

Our first harvest of spinach is in your box this week. We suggest eating it fresh mixed into a salad since when you cook spinach it reduces to such minimal quantities, that there is hardly enough to bother seasoning.

As in the last box you can see we have more Mizuna and Komatuna and

for those who missed last week's newsletter, these greens can be treated just like spinach, eaten in a salad, wilted, or cooked.

The herbs this week are more obvious. I am sure you can recognize the chives and parsley. As before, these can be transplanted into pots or directly into your garden allowing a space of about 1 square foot. The chives will come back next year as long as we don't have terribly bitter cold. The parsley is a biennial, meaning it will come back next year and set seed and die.

The third plant is a Jalapeno for all of those who enjoy adding a bit of zest to your life. Please keep in mind that children might be attracted to the plant and handling the fruit and then rubbing your eyes can bring on the tears. We have been there and have done that, so use caution in your planting location and remember those nice red

Spinach Balls from member Sharon B.

2 packages (14.5 oz) frozen spinach	4 eggs
1 medium onion, finely chopped	6 Tbsp melted butter
1/2 teaspoon garlic salt	1/2 teaspoon salt
1/2 teaspoon thyme	
1/2 cup grated Parmesan or Romano cheese	
2 cups Pepperidge Farm herb seasoned stuffing (loose, not the cubed)	

Thaw spinach and squeeze the excess water out. Beat the eggs together with all the ingredients except the spinach and stuffing. Add the spinach and stuffing and mix well. Chill the mixture for one hour. Form the mixture into golf-ball sized balls, and place them on a greased cookie sheet - push them down to slightly flatten them. Bake for 20 minutes at 350 degrees F.

Note: I have made this with fresh spinach by wilting it in a pan with a little olive oil, and also by wilting it in the microwave. The best results still come with frozen spinach, so I chop up fresh spinach and freeze it overnight.

fruits are a tremendous temptation. Pepper plants are pretty long lived if you keep them from getting frosted and provide plenty of light. Just keep them picked, and they will continue bearing well into the fall.

As you can see above, we have included a recipe that was provided by one of our members. It is a long standing newsletter tradition for our members to submit their favorite recipes and I hope that you will do so. Sending by email is very convenient for me, but regular mail would do just fine as well.

As for what is going on at the farm, we are still tilling ground to transplant veggies into, and Tim and the guys transplanted some melons last week. These special areas are tilled and a plastic ground cover is laid down to keep the

weeds at bay and then holes are punched into the plastic with the plants following right behind.

The lettuce is constantly being transplanted from one week to the next and this will occur up into August, and believe it or not, it's time to start sowing the seeds for our fall crops. So this makes this just about the busiest time of the year here at the farm. We are planting, picking, cultivating, cleaning, packing and delivering. It isn't hard to imagine our relief when Marco called Saturday evening saying, "Ola, Lora, dis ees Marco."

For those of you taking advantage of the payment program, your second payment is due on June 15th! Have a great weekend and stay healthy!

This Week's Box

Lettuce
Scallions
Spinach
Mizuna
Komatsuna
Jalapeno Pepper
Chives
Parsley

Next Week

Lettuce
Spinach
Scallions
Japanese Greens
More Herb Plants