

Stoney Meadow Farm 2009 CSA Weekly Beet

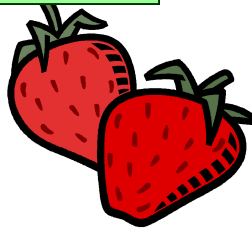


Locally grown with care~
your farmer

Week of June 29th, 2009

What Might Be In The Bag

Mixed Greens
Strawberries
Radishes



What's Happening On The Farm

I really enjoyed meeting all of you and putting faces with your names. Thank you all for being so understanding. Talking with other farmers, we are finding its been a little colder up by our farm than it has been down in the Milwaukee area. But as we know, the temperatures finally began to warm up last week, so things really started to grow.

Including the weeds. The peas and snow peas are blossoming and have started to fruit ,but the pods are not quite big enough yet. The Kohlrabi is about the size of an egg. The sweet corn— should be knee high by the fourth of July. I had hoped to have pictures up on our website so you could see things as they grew. That still is my goal. We have just been weeding so much that I haven't had the time. Maybe before the week is through I will be able to accomplish it. The strawberries are delicious this year. Hope you enjoy them. Have a wonderful and safe Independence Day weekend.

What To Expect Next Time & More



Snap Peas
Mixed Greens
Beets

Recipe of the Week

Spinach and Strawberry Salad

1 bunch spinach, rinsed and torn into bite-size pieces
2 cups sliced strawberries
1/4 cup vegetable oil
2 tablespoons white wine vinegar
1/4 cup white sugar
1/8 teaspoon paprika
1 tablespoon sesame seeds
1-1/2 teaspoons poppy seeds



In a large bowl, toss together the spinach and strawberries. In a medium bowl, whisk together the oil, vinegar, sugar, paprika, sesame seeds, and poppy seeds. Pour over the spinach and strawberries, and toss to coat.

Have these been washed?

The strawberries, as with many of the items you will receive this year in your shares, have not been washed. After you wash fruits and vegetables, it reduces their shelf life. For instance, beans will keep in the fridge for a couple of weeks, but after you wash them they will only last a few days. So please don't be offended if some items are not washed. We are trying to preserve them for you. So just wash your share items before you eat them just to get any extra dirt off.



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