

## Hello and Welcome

From John

Well, it hardly seems that a year has passed since nervously fretting over the first delivery for our nascent CSA, but here we are raring for another go. We have a lot of ground to cover so let's get to it. To our returning members, welcome back. We can't tell you how thrilled we are to have your support again in 2012, and since almost all of our inaugural members are back we take that to be an encouraging sign. An encouraging sign for this seasons new CSA members that is. Over the past few months we have talked to many of you on the phone, sent emails back and forth about the CSA or got acquainted at the farmers markets last year. Yet many others took the plunge and just joined right up to be a part of our farm. We want to formally welcome you to Fazenda Boa Terra; we look forward to meeting each of you personally and helping you learn the ropes of the CSA especially for first time CSA members.

A lot has been going on at the farm since the end of the 2011 season and changes will be fast and frequent for the foreseeable future, all in the direction of the growth and improvement of our little farming (ad)venture. As many old timers (last year's members) will recall we have always had a plan for rapid growth. With the goal of building a strong business that will support us without dependence on off farm income. Make no mistake I have a great day job as a manager at the Gardens of Eagan but even as a pair spry 29 and 30 year olds we know that a daily ration of running a business with a main course of farming sandwiched between farming and farming with a side of more running a business is not a diet that we maintain forever. This year we have taken a big step in that direction. We have added

### ON DECK FOR NEXT WEEK

It's early June so expected the greens deluge to continue. Just try to remember how long it has been since we had *fresh* greens that weren't from California. We will add turnips, scallions with a slim change of zucchini or summer squash.

about and acre and a half of land to our farm allowing us to expand our CSA by about 30 members. This has allowed Lidia to step back from her duties as an all-around farm superstar at Gardens of Eagan this year and dedicate all her efforts towards our CSA. There are many more exciting changes coming down the pipe which we will happily get to in forthcoming newsletters.

One of the things we really want to focus on this year is helping all of our members get the most out of their shares each week. We are really hoping to expand our market style pickup to include more choices. The old timers will remember getting to pick out their own individual pieces of an item we selected for you. This year we want to take that a step further and have you choose more of the actual items themselves. This is logistically difficult and the roll out is almost certain to have some hitches and glitches. While we are certainly not the first to do this there are not many CSA's out there doing it. It is ultimately much easier to pack up box and send it out somewhere for you to pick up and then have most of it end up in the compost making you feel guilty and then not joining the CSA again next year. Of course parts of your shares will inevitably end up in the compost for myriad reasons. You wouldn't believe the nasty bag of cilantro I just pulled out of the vegetable drawer (actually I bet some of you would), we are all human. However, it is our goal to make that amount much smaller by helping you take home more of what you know you will use. Early in the season that amount of choices will generally be quite limited as a factor of our

latitude. But as the season progresses and the bounty grows so will your choices. With that in mind we hope you will keep in touch with us, voicing your opinions and suggestions about how it is going as your satisfaction is tantamount to the improvement of the CSA.

Another thing we have done is to add more recipes to our website and page called 'This Weeks Share' in the CSA tab on our page. We will update this weekly with a photo of each item available that week to help you identify what is when you get home in case you forget. We also hope to develop this into resource with storage and handling tips to make your veggies last as long as possible.

We would also like to put some of the onus on you, the CSA member. We want to foster a deeper sense of community around the farm and the food that comes from it. We want your voices and experiences to reach out and connect with other CSA members and beyond. Our [Facebook](#) page (where you can also go to keep up with the farm) is the easiest place for this. Do you have a great recipe you want to share? A photo of a fantastic dish you made with your share that you want to show off? Did you come up with or find a great recipe or tip that got you kids to love their broccoli that other moms and dads might appreciate? Well, then we have place to share that. If the social media world isn't up your alley we can post it for you or put it up on our blog. We think that in many ways, other CSA members can be much better resources than the farmers themselves, and by creating more space for you to interact with one another we think we can help you get the most out of your share. So let the eating commence!

## News and Notes

- If you need to pick up at another site some week it's no problem. Just please let us know 24 hours ahead of time so we can adjust our harvest. Please do not just show up at another site.
- Can't remember how to spell fazendaboaterra.com? Find us at [fbt.ag](http://fbt.ag)
- If you would prefer to get the full color newsletter electronically, let us know and we can save some printing.

### Featured Item

*This week you will find sorrel in your share. The name sorrel traces its roots to French, meaning sour. Take a bite of the leaf and you will understand. It's great in soups and sauces or part of a salad mix. It can also be used sparingly like and herb to add a little lemon zest to your favorite recipes and has also been known to show up in some pretty intense pestos. Try to use it up quick and experiment with it this week. It probably won't be back until next year.*



Zucchini will lead the way into summer.

## Recipe of the Week

### Cream of Sorrel Soup

Clean, shred from the midrib and chop:

- ½ cup sorrel leaves
- 1½ cups leaf lettuce

Sauté them until wilted in:

- 1 to 2 tablespoons butter

When they are sufficiently wilted, there will be only about 3 tablespoons of leaves.

Add:

- 5 cups poultry or vegetable stock
- Simmer about 2 minutes. Remove from the heat and add a small amount of the soup to:
- ½ cup cream
  - 3 beaten egg yolks

Combine all ingredients and heat until the soup thickens slightly, but do not boil. Makes 5 to 6 cups.

Source: Joy of Cooking