

Buckhill Farm CSA

Newsletter

~~ Farming for a Healthy Community ~~

May 27 - June 6, 2015

Note of Welcome



Welcome to the start of Buckhill Farm's eighth season! My name is Andrew Buckwalter, better known as Farmer Andrew. When Coral and I started this CSA program seven years ago, we had a clear vision to build a community of thoughtful eaters, concerned for their health and their surrounding community. We are proud to say that 50 members has turned into 345 members, and our little farm will be feeding over 400 families this season! I am

overwhelmed with gratitude for our membership, especially those that will be entering into their eighth season with us. We truly feel privileged to grow great food for you!

Outlined below are a couple of quick notes that might be useful. If you are new to Community Supported Agriculture, you might be surprised by the profusion of greens you'll be offered in the next few weeks, both familiar and unknown. Our aim is to provide as much variety in each season as we can. Early in the season, greens are the first to mature, so naturally that is what your early shares will consist of. Most weeks you will be offered a head of lettuce and greens. My advice to you would be to purchase a salad spinner, if you don't already have one. When you get home, rip the heads up, wash them, and spin them dry. As for other greens, don't be afraid to experiment. Arugula is more or less spicy depending on how hot the weather has been. If it's relatively mild, I eat it alone as a salad green. If it is a little more on the spicy side, I mix it with lettuce, or put it on sandwiches.

Soon you will see turnips and beets. The tops of these root crops are also excellent for eating. Unlike the usual purple-top kind, the turnips we grow are so sweet and crunchy, they can be thinly sliced and put on sandwiches. Kale is another excellent spring green you will receive. What can I say, this green leaf is amazing! In our household we bake, simmer, toss raw, juice, and make smoothies with it. We love it! It was the only vegetable that gave me the strength to give up caffeinated coffee for nine months while Coral was pregnant with our son Hugh.

I'll end with a quick note about washing your produce. Even though we don't spray synthetic pesticides whatsoever, you still need to wash your vegetables before you eat them. Healthy food is produced by healthy soil. We do many things to promote healthy earthworms and microbials in the soil. We use cover crops extensively, but we also use organically certified fertilizer, well composted manures, wood ash, mulch hay, rock powders and our own composted veggie scraps. We sometimes wash the vegetables to keep our valuable farm dirt

where it belongs, here on the farm. We also wash them to make a more beautiful and user-friendly share for you. You should always assume that we didn't wash it. In fact, most of the times we don't wash the greens - they simply keep better if we don't ever get them wet.

Thank you again for your membership and enjoy the season!

Yours in the field,

Farmer Andrew

Recipe Corner

Grilled Bok Choy with Sweet Asian Flavored Glaze

Ingredients:

½ cup Soy Sauce (I use ¼ cup Bragg's amino acid & ¼ cup water)
1 cup Sake
1 cup Sugar or Honey
1 inch Ginger
2 Garlic Cloves (sliced)
2 Scallions (chopped)
2 Buckhill Farm Bok Choi heads (rinsed, dried, and split in half lengthwise)
2 tbsps. Olive Oil
Ground Black Pepper to taste
Kosher Salt to taste

Combine the soy sauce (or amino acid), sake, sugar or honey, ginger, garlic, and scallions in a small sauce pan. Bring to a simmer over high heat, stirring until the sugar dissolves. Reduce to a bare simmer and cook until sauce is syrupy and reduced to about ½ cup (about 20 minutes). Strain and discard solids. Reserve sauce.

Light one chimney of charcoal. When all the charcoal is lit and covered with gray ash, pour out and arrange the coals on one side of the charcoal grate. Set cooking grate in place, cover grill and allow to preheat for 5 minutes. Clean and oil the grilling grate.

Toss bok choy with olive oil and season with salt and pepper. Place on hot side of grill, cut side down and cook until lightly charred (about 45 seconds). Flip and cook until the second side is charred (45 seconds). Transfer to cooler side of grill, cover, and continue cooking until tender all the way through with a light crisp bite, 1-3 minutes longer. Transfer to a large plate, drizzle with sauce, serve and enjoy!

