



What's for Dinner?

News & views from Earthwise Farms CSA ~ September 18, 2009

Beauty is in the heart

For folks who don't farm it can be hard to imagine why someone would want to do this. The hours are long, the conditions difficult, the outcome hard to predict. But for folks who're in the know and out in fields there are lots of reasons to keep at it: One of those is getting to spend time among all our gorgeous plants and trees.

There are so many beauties among our growing things it's hard to know where to start. Right now we're especially enjoying the Jerusalem artichoke flowers (see picture) and plants. These



sunflower relatives boast gorgeous golden blooms and rich green stems and leaves. Walking alongside a whole field of that is better than any poster of sunflowers in Tuscany!

We've got some especially handsome and fragrant basil, too. Some have dark green, glossy leaves and some are yellow-green and velvety. All smell wonderfully rich and spicy. It's so intense you feel like you're swimming in pesto (in a good way).

Farmers can spend hours telling of all the beauties in our fields. We long ago learned the lesson that there's beauty all around- you just have to open your heart to it.

Clean the bags

Thanks for remembering to set your bags outside. We're building back our supply slowly but steadily and packing is much easier. Please remember to **keep the bag out of the dirt and grime** so we don't have to wash them before food can go into them. Also, please carefully check any bags or egg cartons you share with us. If they're dirty please wipe or rinse, as appropriate. Thanks for helping us keep your food in good shape as it journeys from the fields to your door!

Catch us online

Website, Facebook ramp up

Our website got a much needed decluttering this past week. The pages are now simpler, more consistent, and overall easier to read. The popular weekly recipe links are easier to use, and two new sections are up:

- Print Shop: forms, newsletters, etc.
- The Farm: farm stories & pictures

Plus, every page has a link to our new Facebook page. We're very excited



to have an easier way to interact with you, and we'll be on it daily. Facebook fans will get first notice of our produce each week and they'll get first peek at pictures of the yummy food we make from it. You can share your pictures, recipes, and stories, too. Join in the fun- become a Facebook Fan today!

Onion all green

It's a common question: what's the difference between scallions, spring onions and green onions? As Good Housekeeping magazine says, "Scallion" is actually the group name for many members of the onion family, including green onions, young leeks, and scallions themselves." Spring onion is yet another name.

Whatever you call them they're terrific for adding mild onion flavors to all sorts of dishes. The white base is stronger so should be cut small and used carefully. The green top is milder-good for quick sautés, garnishes and other light cooking or raw preparations. Whatever you call them they're flavorful, nutritious and easy to use.

Your CSA share

This is delivery three of six in Summer cycle two. Sorry, no eggs this week; weekly and odd-week delivery shareholders get:

- Spring onions
- Okra
- Pickling cucumbers
- Gala apples
- KY pole beans
- Pepper mix (Cubanelle, Jalapeno)
- Baby zucchini
- Baby yellow squash



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