



Earthwize Delights

News & views from Earthwize Farms CSA

April 23, 2010

Exciting, exhausting Springtime

Spring is a two-sided coin for farmers. On the one hand, every day we get to see and experience exciting sights, sounds and happenings: the land greens up; seedlings stretch up and leaf out; birds, bees & all living things cast off their winter coats and multiply up a storm!

On the other hand we have a very narrow window to get a huge amount of work done. Fields have to be plowed, the final layers of compost and other soil supplements laid down and worked in, and a dozen issues dealt with every day. Thousands of seedlings started



during the winter and many thousands of seeds have to get in the ground, and all right now! Let me tell you, for a couple of months it's pretty darn hard.

Most CSAs don't share out during this very busy time, but with hard work, planning ahead and partnering with other responsible local farmers we can manage it. You reap the benefits of year round access to delicious local herbs, veggies and other foods. And, we all benefit from less reliance on factory farmed or far away food.

We're planting lots of old favorites and exciting new varieties. We can hardly wait to share them all with you!

Your CSA share

This Spring delivery is #2 for 2010-11. Egg sharers get eggs; Regular & even-week sharers get:

- Spring onions
- Strawberries
- Cilantro
- Creasy greens
- Beets w/beet greens
- Spinach
- Collard greens
- Radishes (Robust Red)

Send in the bag

Thanks for remembering to set your bags out for us to switch out! We're still short so some sharers are getting boxes but our supply is steadily building back. Please **keep share bags out of the dirt** so we don't have to wash them before food can go back into them. Also, please carefully check any packaging you send back to us. If it's dirty please wipe or rinse, as appropriate. Thanks for helping us keep your food in good shape as it goes from our fields to your door!

Fans get it first

Sneak a peek on Facebook

Our website's Spring cleaning is underway and all sections are being brought up to speed. Every week we'll add new delivery information, food links and other farm news. Soon we'll set up an email list so you can get website and delivery changes, surveys and other linkable resources.

Our Facebook page is going strong with news, tips and sharing. **Our Facebook fans get each week's delivery list on Thursday.** It's a great place to get ideas for using your weekly bounty. You can share your pictures, recipes, and stories, too. We're so excited to have an easier way to interact with you, and we'll be there every day to see what's up and share our adventures. **Join in the fun-become a Facebook Fan today!**



Easy creasy

Smokey sweet or peppery punch, green fits any menu

We first shared this delicate green late last season and folks liked it so much farmer Debi worked hard to find some more. For those who're new, creasy is the old-time name for dry-land cress. Eaten raw they have a peppery bite like their cousin watercress, but cooked they have a sweet, green flavor much like spinach. Like many greens they go especially well with bacon and onions, and make a great omelet filling. Creasy has super nutrition: about twice the vitamin A of broccoli and three times the vitamin C of oranges!

To store rinse if needed, surface dry the leaves, pack loosely in ventilated bags with a paper towel or two, and refrigerate. For best texture and nutrition use within 3-4 days.



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