

Earthwize Delights

News & views from Earthwize Farms CSA

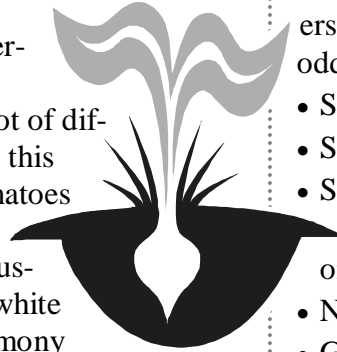
April 30, 2010

Veggie tales: old faves, new trials

Last week we shared some of the lumps and downs in our busy planting season. Now we're going to give you a sneak peek at some of our veggie plans so you can look forward to all the great things to come.

Our produce always includes varieties you can't get in the store, chosen for great taste and nutrition rather than shipability and such. Every year we try more crops to increase variety in your bags. When we haven't planted them before we usually try them out in small batches, to see how well they'll grow, produce and last. Sometimes they flop, and sometimes they really surprise us, like the pattypan squashes we tried last year. Those grew like a house afire and

were so popular we're planting three kinds this year, plus lots more plants over-all. If we feel pretty confident we try a lot of different varieties, like this year's heirloom tomatoes where we'll try Cherokee purple, Russian, Italian, Great white & White Queen, Limony and many more. Based on experience another good bet is peppers, so we're planting a dozen kinds including cute Hansel & Gretyl. Some will fail and some succeed, but every plant helps us learn more and gives our shareholders many new varieties to explore!



Your CSA share

This Spring delivery is #3 for 2010-11. Egg sharers get eggs; Regular & odd-week sharers get:

- Spinach
- Sugar snap peas
- Strawberries
- New crop Vidalia onions
- New white potatoes
- Green cabbage
- Organic olive oil soap

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!



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Tell your friends to **act fast!** Only **37 regular shares* left.**

*more if medium shares

Get the scoop

Learn & share on Facebook

Our Facebook page is going strong with news, tips, sharing and scoops. **Each week's delivery list goes up at least a day early.** Plus, it's a great place to get ideas for using your weekly bounty. If you click that you like our page 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. Click a link from our website or go straight there: www.facebook.com/EarthwizeFarmsCSA. See you there!



Pleasing peas

Sugar snaps pack in flavor

Few veggies are as easy to share as sugar snap peas. Ripening in the cool weather of early Spring & late Fall, they're so easy to eat raw it can be hard to make it back to the kitchen with any left for dinner! These plump, crisp goodies are a cross between snow peas and English peas, and you can eat the whole thing. Raw whole peas make great dippers or chop for salads. Just check for strings when you prep them and remove those if they're tough.

Steam or stir-fry to cook. Whatever method you use heat just a short time so the vitamin C, iron and other nutrients, color and flavor stay strong. If you have trouble deciding how to serve them **check our Facebook page for recipe links.**

To store, pack loosely in ventilated bags and refrigerate. For best results use within 3-4 days.