



Earthwise Delights

News & views from Earthwise Farms CSA

May 21, 2010

Ladybugs, frogs join farm team

The calendar shows a month yet 'til Summer but you wouldn't know it from the afternoons. The heat has moved right on in and the cool rains have moved out. The only way we know Spring is not quite over is it still cools down some at night. Thanks to that short reprieve some of the early produce hung on for another week but that's about it.



Another sign of Summer is the bugs that've hatched out in force.

They'd like nothing better than to eat up all your produce before it even gets going. Fortunately our beneficial insects hatch out right about the time the plants are most vulnerable. We especially love our ladybugs, which is good considering they like to hitch a ride on our shirts as we move around the farm!

We also have hoppy helpers- frogs

and toads living around the field edges. They're especially good at eating the squash bugs, mosquitoes and other critters too large for the ladybugs and such. We help keep them happy by laying broken clay pots on their sides so the frogs can nest up inside.

These helpful creatures keep the marauder bugs at bay so we have lots less insect damage. A little nibbling is inevitable when you're not using pesticides, but the tradeoff is safer, healthier produce for you and your family!

It's easy to see how not taking in pesticide residues would be safer, but why healthier? Plants have their own immune systems, just as we do. Healthier plants are less susceptible to insect attacks in the first place, and- unless the numbers are overwhelming- are less damaged if they're attacked. The substances that make plants healthier are almost all really nutritious, so the produce that make it through to our tables is especially good for us. That's a real win for the whole Earthwise team!

Gourmet squashes are tasty fun

Specialty squashes like the ones you're getting this week are a great way to add new flavors, colors and textures to your meals. The shapes lend themselves to playful appetizers and individual servings, and when food's fun to eat everyone is more excited about it.

All these squashes are younger so flavors are less intense, skins are thinner and flesh is more tender. They'll cook quickly and simple preparations are often the best. To get more flavor marinate before cooking or use lots of fresh herbs, but be careful not to over-

whelm them.

"Cue Ball" & "Eight Ball" were developed from the familiar zucchini. Their fresh, mild flavor and sturdy flesh are great for stuffing. "Sunburst" & "Green Tint" are patty pan or scallop varieties with a sweet, nutty flavor. Grill, roast, or braise with herbs and acids. The crookneck yellow squash is the most delicate. They're especially nice when fanned or halved then steamed or poached in flavorful liquids.

Refrigerate in ventilated bags, in a low humidity crisper. Best in the first week but can last up to two weeks.

Learn, share & win on Facebook

Our Facebook page has recipe links, meal ideas & more. The week's share list goes up Thursday so you get a planning jump. We'll soon start surveys & drawings, too. Click the link at earthwizefarms.com to get in on the action!

Your CSA share

This Spring delivery is #6 for the year. Egg sharers get eggs; Regular & even-week sharers get:

- Zucchini squash mix: "8 ball", "Cue ball", green
- Baby squash mix: yellow crookneck; patty-pans "Sunburst" & "Green Tint"
- Peaches "flavor rich"
- Green cabbage
- Spring onions
- Green beans
- Cucumbers: salad & canning
- Pepper mix: banana and/or cayenne
- Herb bouquet: mint & rosemary



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