



# Earthwise Delights

News & views from Earthwise Farms CSA

May 28, 2010

## Boys and girls and their toys

You'd think they'd outgrow it at some point but for farmer Debi's nearest and dearest that hasn't happened so far. The "it" I'm referring to is the fondness- if not downright obsession- with things that go "vroom!" Not every boy or girl gets it, but when they do it's a powerful pull.

A regular farm can be a full-blown candy store for vroomers (someone with the yen to "vroom"). However, here at Earthwise we practice conservation tillage, which translates to as little plowing as possible.

This is good for the soil and the plants, but a little hard on the vroomers.

You see, plowing mixes up the soil levels, destroying useful organisms, losing moisture and increasing erosion. It also uses a heck of a lot of fuel, gives off pollution, stirs up dust and lots of other problems- none of which are great for the food or the earth.



There are some trade offs. We save on plowing labor but use that and more laying down cardboard to smother the weeds that plowing would root out. We spend the money saved from gas on seed for cover crops, also choking out weeds while increasing certain soil nutrients. And of course, there's the occasional make-up present for the disappointed vroomer.

This week's share has loads of lovely Spring foods and some early Summer ones, including more of the specialty squashes. We've really enjoyed all the fun shapes and sweet, nutty flavors, and hope you're all having as much fun with them as we are!

Spread the word: only  
**24 Spring shares left!**

Thanks for sharing the goodness!!!

## Spring or Green, all are good!

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." Each type has a slightly different taste and appearance. For example, green onion whites are the same thickness their whole length, while Spring onions bulge out near their roots like the onions they'd grow into if left to finish.

Whatever you call them scallions

are terrific for adding mild onion flavors to all sorts of dishes. They're tasty, nutritious and easy to use- how can you go wrong?

The white base has stronger flavors 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. Grill, roast, or braise with herbs and acids.

Refrigerate whole in ventilated bags, in a low humidity crisper. They're 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](http://earthwizefarms.com) to get in on the action!

## Your CSA share

This Spring delivery is #7 for the year. Egg sharers get eggs; Regular & even-week sharers get:

- Zucchini squash: *Eight ball* or *Cue ball*
- Baby squash mix: yellow crookneck; patty-pans *Sunburst & Green Tint*
- Patty pan squash *Flying Saucer*
- Peaches *Flavor rich*
- Green cabbage
- *Vidalia* spring onions
- Green beans
- Dill
- Cilantro
- Redskin potatoes
- Cucumbers



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