

Chubby Bunny CSA Newsletter

June 19th, 2007

Bernie's Notes

Welcome CSA members to our very first newsletter! With the help of some awesome volunteers, we will now provide you with very useful information about our CSA. Our desire is to have this newsletter up on the website by Sunday or Monday instead of printing it out each week and using up all that paper. Whether that works or not is up to you. We hope that you find the information so useful that you'll make the effort. Having said that, I really would love to hear your feedback and suggestions and if you want to get involved with the newsletter, please contact me via bernie@chubbybunnynyc.org. Please have patience with us as we work out the kinks out in the coming weeks but soon the newsletter will grow to include:

Notes from the Farm: The farmers Dan And Tracy will weekly report what's happening up in Falls Village, CT. Check here to see what produce will be in the upcoming share, how the different crops are doing and some helpful tips about your produce. The content changes each week.

Bernie's Notes: This should always be a must read and not because I'm writing it, :) but because it will keep you up to date with our CSA! This section will also including any changes we have to our organization, procedures, volunteering, website updates, deliveries, and financial matters, etc.

Recipe Corner: Weekly recipes and produce tips that are designed around the week's offerings. This will really help some of you figure out what to do with that strange looking veggie you've never heard of.

Upcoming events: This section will inform you of upcoming Chubby Bunny events like organized trips to the farm, pot lucks, cook outs, movie nights etc. In this section, you will also find related CSA events that are happening in our community.

Advocacy Corner: For those of you interested, here you will find awesome information on different "green" issues that effect us locally and globally.

Bernie's Nutrition Tip of the week: For those of you who don't know, I'm a nutritional counselor specializing in organic whole-food supplementation, so weekly I'll be providing educational information with the hopes that these tidbits (continued....)



Dan and Tracy's daughter Beatrice hearing sheep

Notes from the Farm

Since last year when we first tried our hand at raising pigs, we have really grown to like them. This year we decided to raise a few more as the pork all flew out of here so fast. We started with two in April and got two more about a month later. Dan is even thinking of two more for the late season. This year's piggies are super friendly, especially the big pink one, Toot. He'll come up to you and just lay down at your feet like a dog wanting to be pet. You're welcome to hop in the fence for an up close visit. Please remember that the electric fence may be on. These piggies are really gentle and love kids, too. Although they do tend to nibble at your shoes.

We recently moved them closer in to the barns. They are now located behind the big greenhouse in the tall grass, next to the strawberries. We moved them in because our fence charger wasn't working so well. Somewhere along the fence line was hit by lightning during the last big storm. Poor Aliyah & Alissa were huddling in the barn away from the storm when our fence charger blew off the wall with puffs of smoke. We had an old charger on hand, but it hasn't been powerful enough. As a consequence of not having a hot fence these little piggies have been getting out and giving Aliyah, Alissa & Dan a bit of a run around. (continued...)

Recipe Corner

Looking for a good recipe? Then check out the new recipe blog at www.chubbybunnyblogspot.com. There you can search by vegetable with new recipes added every Tuesday. We welcome you to post a comment or suggestion, too. If you'd like to contribute a favorite recipe, please send it to recipes@chubbybunnynyc.org so we can feature it soon.

This Week's Feature: Swiss Chard

Recipe Corner (cont.)

Swiss chard, along with kale, mustard greens and collard greens, is one of several leafy vegetables often referred to as "greens". Chard belongs to the same family as beets and spinach and shares a similar taste profile: it has the bitterness of beet greens and the slightly salty flavor of spinach leaves. Both the leaves and stalk of chard are edible, although the stems vary in texture with the white ones being the most tender. These two chard recipes were favorites of last season, so if you haven't tried them now is your chance!

Roasted Chard

Preheat oven to 400. Wash and dry kale (or any greens on hand). Toss leaves, whole or torn in pieces, in a bowl with a tablespoon or two olive oil. Place in single layer on baking sheets and salt lightly with sea salt. Bake for 5-7 minutes (a little longer for kale, about 5 or 6 minutes for chard or other thinner greens). Greens should be crisp, not soggy or blackened. A delicious, crunchy snack!

Source: The Omnivore's Dilemma

Swiss Chard with Raisins and Pine Nuts

1 ½ lbs Swiss chard (from 2 bunches)
½ cup pine nuts
¼ cup olive oil
1 medium onion, finely chopped
¼ cup golden raisins, finely chopped
1 cup water



Tear chard leaves from stems, then coarsely chop stems and leaves separately.

Toast nuts in oil in a wide 6- to 8- quart heavy pot over moderate heat, stirring constantly, until golden, 1 1/2 to 2 minutes, then transfer with a slotted spoon to paper towels to drain and season with salt. Cook onion in oil remaining in pot, stirring occasionally, 1 minute, then add chard stems and cook, stirring occasionally, 2 minutes. Add raisins and 1/2 cup of water and simmer, covered, until stems are softened, about 3 minutes. Add chard leaves and remaining 1/2 cup of water and simmer, partially covered, stirring occasionally, until leaves are tender, about 3 minutes. Season with salt pepper. Sprinkle with pine nuts.

Makes 4 servings.



Bernie's Notes (cont.)

will help empower you and your family to achieve better health and wellness!

Something else new this season is that you will soon be able to sign up for your volunteer shifts on the web! Hopefully it will be done in the coming days so be sure to check the site periodically. Speaking of volunteering, remember that you'll be working and it can get messy at times so dress accordingly. Aprons are always provided for use during your shifts if you desire.

I hope you are excited as I am! Thanks again to all of the volunteers who continue to offer their time and talents to do more than what is required. Without all your help, this CSA simply wouldn't happen.

With much gratitude
Bernie

Notes from the Farm (cont.)

They're all starting to perfect their swineherding skills. I hear that bribing with eggs has worked a little bit. Hopefully the pigs are nice and secure now, as we got our new charger and it is ticking away.

But how about the veggies? They are growing! Dan has been going pretty much nonstop since..., well especially since the beginning of the month. June is the month where everything is happening - seeding, transplanting, plowing, bed preparation & amending, cultivating, hoeing, hand weeding, irrigating and harvesting. The work done now really sets up the rest of the season. As they say, "a stitch in time saves nine." More on the crops next week.

Here this week's harvest:

Lettuce, chard, turnips, kohlrabi, Chinese greens, oregano, garlic scapes.