



CSA Newsletter

FARM HAPPENINGS

THIS WEEK'S SHARE

- Green Garlic
- White Russian Kale Rapini
- Savoy Cabbage Rapini
- Red Scallions
- Potatoes
- Salad Mix
- Red Beets
- Gigante Kohlrabi

**Remember
to return
your egg car-
tons to
Emily.
Thanks!**

The ospreys are back.

We've been watching them fly across the farm busily over the last few weeks, delicately carrying the next addition to their impressive nests, always held in their sharp talons parallel with their own body in order to minimize drag.

Over the weekend, while we were transplanting some Chinese cabbage and bok choy that were ready to go into the ground, an osprey swooped down almost silently within 20 feet of us, picked up a tuft of grass from the newly worked up ground, and lifted it off into the sky.

We had been watching them fly back and forth all morning, retrieving stick after stick to form the base of their nests—a very energy intensive process. The bird that had touched ground within a few bounds of us had apparently completed the structural part of its nest and had moved onto the next step of the home-building project: padding. A nice carpet of shag grass to make the place a little more comfortable.

We didn't hear it come down, but when it lifted off with its target in claw it made us both jump. We

both stared as it flew off, shocked at coming so close to a bird that generally maintains a wide expanse between itself and any of us two-leggeds.

At that moment, two things became apparent to us: First, it was a good moment not to be a fish. And second, that we farmers are not the only ones who work so hard in the spring to prepare for the summer. These birds put a tremendous amount of effort into rebuilding their homes each year, and if you've ever seen an osprey's nest, you know that it is no small feat to construct such an impressive structure carrying one stick at a time.

Last week we felt like we were working just about as hard as those birds. As they were collecting hundreds of sticks and other building materials, we were planting hundreds of vegetable starts and thousands of seeds.

We also had a few vehicle related misfortunes that we had to attend to in the mist of planting: Jesse had to fix a leaking transmission line on the truck. A tractor tire was leaking due to a rusty wheel, so we had to take it apart, sand it down, repaint it, and get the tube re-

placed. And perhaps worst of all, someone got into our truck one night and stole our cash pouch and Chloe's wallet. We were partly to blame for leaving the truck unlocked with valuable items inside (both of which we normally make a point of bringing in the house). We were fortunate though, because they did not steal the big bag of seeds that was sitting in the back seat (if only they knew that those were worth much more than the cash that they got).

Despite the challenges, at the end of our planting marathon, we looked back at the field and realized that we had almost filled an entire acre up to that point. For us, it feels good to look back and see a concrete accomplishment after a long day of work. I wonder if the osprey also looks back to take an account after completing its formidable nest, weighing its accomplishment against any remembered frustration. I wonder if it also in some way thinks "boy, there sure is a lot of work ahead, but it looks like it's going to be a bountiful summer." Well we certainly do.

Enjoy this week's vegetables.

V E G E T A B L E S O F T H E W E E K

Green Garlic & Red Scallions

These two alliums that were planted last fall, thrived this winter despite the frigid cold. This week we are excited for our second round of overwintered scallions, this time to bring a splash of beautiful

red color to your plates. Enjoy these scallions fresh or cooked, using all the stem and fresh onion greens.

This week we are also introducing our green garlic. Green garlic is an immature garlic plant that has yet to

bulb up or form its papery covering. This means that you can enjoy the whole plant including the greens. The green garlic has a fresh, mild garlicky flavor that you can enjoy without peeling a single garlic clove!

T H I S W E E K ' S R E C I P E S

Falafel

2lbs. dry garbanzo beans
2 large red scallions
1 green garlic
1 small carrot
1 tablespoon parsley
1/2 tsp cumin
1 tsp coriander
1 tsp red chili flakes
1/2 tsp pepper
1 tsp salt
1 tsp baking powder
2 tbsp flour
1 tbsp baking soda
olive oil

Place garbanzos in a large pan, cover them with water and soak for 24 hours before you plan to make the actual falafel. Once garbanzos have been soaked, drain water, and grind them up into small pieces using a meat grinder or food processor and place in a large mixing bowl.

Next either by hand or using the food processor, cut up finely the scallions, garlic, and carrot. Add the vegetables to the garbanzos and mix thoroughly. Once mixed add the spices (parsley, cumin, coriander, chili flakes, pepper, salt), flour, baking soda and powder. Mix again and place in fridge to chill for 1 hour.

Once chilled, preheat the

oven to 400 °F. While oven is preheating, form the garbanzo mixture into small 1 1/2 inch balls, placing them in a large, oiled baking dish. When the balls have been formed, drizzle them with a little more olive oil and place them in the oven. Make sure to not skimp on the oil or they will stick! Most recipes call for deep frying them, but we prefer them baked. After about 15-20 minutes of baking flip the balls over so they brown on all sides. Bake until golden brown.

Serve these hot out of the oven in some fresh baked pita bread with sautéed rapini and Lemon, Garlic Aioli. Or let them cool and crumble them over a salad using the aioli as a dressing.

Lemon, Garlic Aioli

1 cup yogurt
1/2 cup mayonnaise
3 tbsp lemon juice

1 green garlic
salt

In a small mixing bowl add yogurt, mayonnaise and lemon juice. Next take one

green garlic and chop it finely. Add it to the bowl with a little bit of salt . Mix ingredients and add a little bit of water or olive oil to thin it down into a nice dressing.