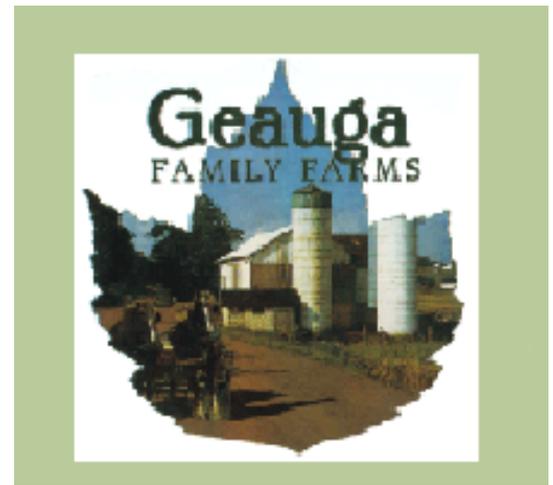


what's "cropping" up!

■ **p2 Recipes for early veggies**

■ **p3 Solving the Locavore's Dilemma**

■ **p4 Farm Visits**



Welcome to the 2010 certified-organic CSA program

Welcome to our organic CSA program for the 2010 season. Thank you for your patience during this first week of the CSA season. We've had more than our fair share of glitches so far, but we hope to have them all worked out by this week.

If you are one of the many returning members from last season, we're delighted to have you back. If this is your first season with us, we're looking forward to getting to know you.

There will be several opportunities to tour our farms and meet the families who are growing your food throughout the season. Field nights will be held on the fourth Tuesday of the month, and farm open house events will be held on the second Saturday of the month. We'll provide more details on these soon.

Our 20-week season started June 1 and runs into October. This will provide a wide range of fruits and vegetables. Single and family shares will be delivered to your pick-up site at the same time each week. Please pick up your produce within the designated pick-up time. Unless previous arrangements have been made with the site manager, your share will not be kept beyond that time. Our pick-up locations have generously offered space and their time to provide convenient spots to get your produce. It is unfair to expect them to hold onto your food for an extended length of time.

As you know, our vegetables are certified organic, as is much of the fruit we offer. Some of

Thank you for your membership!

the fruit, however, is not organic. This is particularly true for apples and peaches. If you would prefer not to receive any nonorganic fruit, please let us know as soon as possible and we will provide a vegetable substitute for you when those fruits are included.

Laura Dobson and Michelle Bandy-Zalatoris are our farm representatives and they can assist you with any questions you may have during the season. They will be sending out a weekly e-mail with recipes, farm updates and a weekly produce list. We hope you find this helpful and informative. We will also be posting updates on our Web site - www.geaugafamilyfarmsllc.org.

Very importantly, please add our e-mail addresses to your e-mail address book so our e-mails to you don't bounce.

Returning members will notice that we are no longer using cloth shopping bags. Organic certification requires us to pack the produce in fresh plastic bags each week. At the very least, the weekly bags are recyclable. We would prefer, however, to use something reusable and hope to find a better option for next year.

We hope that your experience with us this season is nothing short of wonderful and delicious. Please know that all of the families are working hard to bring you the freshest and tastiest produce we can grow. If you have any questions or suggestions, don't hesitate to let us know!



The Farmers of Geauga Family Farms Organic CSA

Noah Yutzy, Jr.
Andy J. Miller
Marvin Hershberger

Daniel Fisher
Lester Hershberger
Abner McDaniels

Jonas L. Byler
Thomas C. Byler
Dominic Marchese

Recipes for early season veggies

These are some tasty recipes for produce you may or may not receive in one of your weekly shares.

We are always looking for new ways to cook our

produce. If you have recipes you'd like to share with your fellow CSA members, feel free to e-mail them to LMFree99@yahoo.com or bandyz@sbcglobal.net.

Rhubarb Custard



2 cups rhubarb
1 and 1/2 cup sugar
2 eggs
1/2 cup milk
2 tsp. flour
1/4 tsp. salt
1/4 tsp. nutmeg

Beat eggs, milk and sugar, add other ingredients and mix, bake at 350 for 50 minutes.



Baked Radish Chips



10 radishes
1 tsp chili powder
1/2 tsp garlic salt
1/2 tsp paprika

Thinly slice radishes. Steam in microwave for 5 minutes. Put in bowl with spices; stir. Bake at 350 degrees for 10 minutes, flip the chips, and bake for another 10 minutes.



Kale with Pear Walnut Dressing

4 to 6 servings

2 medium shallots, finely sliced
1/2 cup grape seed oil, plus more for pan
1 pear, cored (3/4 diced and 1/4 thinly sliced, for garnish)
2 tablespoons lemon juice
2 tablespoons honey

In a medium-sized sauté pan add the sliced shallots with a drizzle of oil and slowly cook over medium heat until well caramelized, about 5 to 6 minutes. Stir in the diced pear and cook down until pulpy.

Carefully add the pear mixture to a blender along with the lemon juice, honey, 1/2 cup grape seed oil, salt and pepper, to taste. Puree until smooth adding a little water to thin if

Kosher salt and freshly ground black pepper
1 bunch kale
1/2 cup grated Parmigiano-Reggiano
1 cup toasted walnut pieces

Directions

necessary; it should be the consistency of a thick vinaigrette. Set aside in the refrigerator to cool.

Wash all the greens and remove the stems. Tear the leaves into bite-size pieces and dry well. In a large bowl or platter add the leaves and toss. Pour the dressing over the salad, and toss gently. Garnish with Parmesan, toasted walnuts and pear slices.



Garlic Scape Pesto

Scapes are the wild and curly shoots that spring from the tops of garlic plants. They're brilliantly green, and can be thick or thin, curved or corkscrewed. They've got a mild garlic fragrance and a mellow garlic flavor.

The scent is a cross between garlic and summer grass. It's got a freshness that garlic loses as it develops.

Scapes are meant to be cut - cutting them strengthens the garlic bulbs that are growing underground - so it's a win-win for the garlic and us, the cooks. Although scapes needn't be cooked. In fact, if you do cook them, you should cook them lightly, maybe in a quick stir-fry.

Garlic scapes are best raw. They're terrific chopped or very thinly sliced added to a tuna or chicken salad, stirred into hot rice or scattered over a salad, the way you might scatter sliced scallions or an herb.



Directions

10 garlic scapes, finely chopped
1/3 to 1/2 cup finely grated Parmesan (to taste and texture)
1/3 cup slivered almonds, lightly toasted
About 1/2 cup olive oil
Sea salt

Makes about 1 cup

Put the scapes, 1/3 cup of the cheese, almonds and half the olive oil in the bowl of a food processor (or use a blender or a mortar and pestle).

Whir to chop and blend all the ingredients and then add the remainder of the oil and, if you want, more cheese. If you like the texture, stop; if you'd like it a little thinner, add some more oil. Season with salt.

If you're not going to use the pesto immediately, press a piece of plastic against the surface to keep it from oxidizing. The pesto can be stored in the refrigerator for a couple of days or packed airtight and frozen for a couple of months, by which time tomatoes should be at their juiciest. Garlic scape and almond pesto goes great with tomatoes!



"Find the shortest, simplest way between the earth, the hands and the mouth."

~Lanza Del Vas

Meet the farmers of Geauga Family Farms

Curious about who the farmers behind the produce are? From time to time, we will feature one of Geauga Family Farms' nine organic farms in the newsletter.

Learn about the farmers who grow your food, and the families who support them in their endeavor to provide locally grown, certified organic produce for your table.

You also will have chances to visit the farms and shake the hand that feeds you. See page 4 for more details on this year's Farm Visit dates.



Seven solutions to the Locavore's Dilemma

For those of you who've never belonged to a CSA, veterans will tell you: it's not all strawberries and sweet corn. There are LOTS of greens! What can you do with all that kale or swiss chard? We're here to help!

1. Swiss Chard juice

The dilemma of swiss chard overabundance is akin to a similar conundrum, zucchini madness. The answer to this challenge? Juice. We couldn't find anyone who has actually drunk zucchini juice, but swiss chard juice is whole other head of leafy greens. Just combine a bunch of kale with some carrots, apple, lemon zest and a little fresh ginger. Tastes like a just-mowed lawn, only sweeter. Really, it simply tastes like summer.

2. Crispy roasted kale

Roasted Kale with Sea Salt

- 4 cups firmly-packed kale
- 1 Tbsp. extra virgin olive oil
- 1 tsp. good-quality sea salt, such as

Maldon or Cyprus Flake

Preheat oven to 375 degrees. Wash and trim the kale: Peel off the tough stems by folding the kale leaves in half like a book and stripping the stems off. Toss with extra virgin olive oil. Roast for five minutes. Turn kale over. Roast another 7 to 10 minutes until kale turns brown and becomes paper thin and brittle. Remove from oven and sprinkle with sea salt. Serve immediately.

Makes 2 servings.

3. Kale with Parmesan and butter

So, maybe the cheese and butter negate some of the health benefits of the greens, but all things in moderation, right? Try washing and blanching a bunch of kale in salted water, draining and chopping it, then tossing it back into a heavy pan with 3 tablespoons of butter and a handful of freshly grated cheese. I promise you'll forget it's a vegetable.

4. Kale with pancetta, Parmesan and butter

Add pancetta to the dish above. It will still be good for you. Wink, wink.

5. Spinach substitute

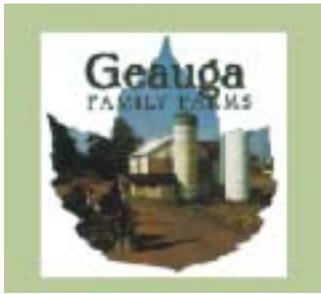
Kale doesn't bolt like spinach when the weather turns warmer, one reason it keeps coming in your CSA boxes. When the spinach quits, the kale leaves can be used like spinach in quiche or lasagna.

6. Salad, salad and, how about...let's see... salad!

7. Kompost

Throwing any of your CSA share away? Bite your tongue! Don't even think about it! Tuck it in the veggie drawer, let it rot, and then add it to the compost pile and you won't feel so bad about it.





Reminder: If your share came in a box, please remember to return your boxes to the pickup site each week. We like to be green and recycle!

What's in my box?

We've had a lot of questions asking us to identify the items in the CSA shares. Below is a list of what you may have found in your box in these first two weeks. If you still have specific questions, shoot us an e-mail. From now on, we will try to have a produce list to you for the week when we send out the newsletters on Mondays. Everything is subject to change; we rely on Mother Nature!

- | | |
|----------------|--------------|
| Zucchini | Beets |
| Garlic Scapes | Green Onions |
| Kohlrabi | Kale |
| Collard Greens | Rhubarb |

Farm Visits

Meet the Farmer Dates 2010

Fourth Tuesdays – 6:30-8 p.m.

Second Saturdays – 1-4 p.m.

Individual farms to be announced.

Drive out to picturesque Geauga County for a visit with the farmers of Geauga Family Farms. The second Saturday and fourth Tuesday of every month from June through October, CSA members can come see where their food is grown, and meet the farmers who have nurtured the certified-organic produce shareholders receive each week in their CSA share.

This Saturday from 10 a.m. to 1 p.m. (**NOTE: special time.**) will be the first farm visit of the season. Andy Miller's farm at 17201 Bundysburg Road in Middlefield will be the place to be. The Lake County Chapter of OEFFA (Ohio Ecological Food & Farm Association) will be hosting a potluck. Bring a dish to pass. Tours of the farm will be available.



Free-range chickens are fed organic minerals; most are fed conventional feed. Several of the GFF farmers have chickens available NOW! The freshly butchered chickens are \$2.50 a pound. Most weigh in at about 4 pounds or so. Please call Michelle Bandy-Zalatoris at 216-321-7109 or Laura Dobson at 440-478-9849 to place your order. Chickens MUST be picked up at the farm where they were raised.



Aren't these pretty?! And this was how they looked a few weeks ago. Now they're ripening. If you didn't receive any in this week's share, you will soon! How about that? Home-grown, certified-organic *Ohio* tomatoes -- in June!



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Web site: www.geaugafamilyfarmsllc.org

The Fair Share is a weekly e-newsletter produced by Geauga Family Farms.