



June 27, 2005

Stone Soup

Stearns Farm CSA • Community Supported Agriculture
862 Edmands Road, Framingham, MA 01701 508-371-4310 Vol 6, No 4

4TH OF JULY PARADE PRACTICE SAT. JULY 2RD 1:30PM



We need 12 marchers and 4 banner holders who can help in the Sudbury 4th of July Parade on Monday July 4th. The parade starts at 1:00 pm on Union Street; we would meet there at noon. If you cannot make the practice at Stearns Farm, on Saturday July 2nd at 1:30pm, but want to march, let Kathy know at your pick-up. We need **YOU** to help spread the word about Stearns Farm CSA's local, sustainable agriculture at the 4th of July Parade. For more info about the parade see www.town.sudbury.ma.us



POSSIBLE FRUIT SHARES

A sharer has inquired about a possible fruit share at Stearns. A few other CSA's in the area are now offering this to their members. It would run 10 weeks from around Labor Day to closing. The share would average around 5 pounds of fruit, mostly numerous varieties of apples, but there could be pears, peaches, plums, grapes depending on the growing season. It is grown via IPM (Integrated Pest Management), which means minimal spraying. (It is almost impossible to grow organic fruits for sale in this climate.) Cost is around \$65. We will have a flyer from Autumn Hills Orchard in Groton, who is offering this opportunity through Stearns, at pick-up; it is also attached to this newsletter. You can sign up if you are interested in joining this trial arrangement for the growing season. We will need around 80 people to sign up in order to go forward.

NEWS FROM THE CHILDREN'S GARDEN

Kids join in on the fun this week during Children's Teas. Teas are Tuesday and Friday at 4pm. If you can come please contact Amanda at amandameclure@stmarksschool.org Also let her know if you can help out by bringing a snack or helping with an activity. This week we'll be painting rocks for the Children's Garden.

Donations of craft supplies and craft ideas are always welcome!



ON THE STAND THIS WEEK

Strawberries, peas, garlic scapes, head lettuce, Swiss chard and kale, salad greens mix, radishes, basil, parsley

COMING UP NEXT WEEK

Summer squash, zucchini, scallions, cabbage



FROM THE FIELD

By Kathy Huckins, Farm Manager

GARLIC SCAPES

Our garlic, standing tall in the field, is growing a looped stem which is actually its flower. We snap off these flower stems, called scapes, to encourage bulb growth. They make a great addition to any stir-fry or vegetable dish. Use them in place of garlic or scallions -- not quite as pungent, but delicious. If you're adventurous, use it as a base for a terrific pesto!

PEAS

We grow three types of peas at Stearns. This Pick-Your-Own crop is marked with a sign at the start of each row. Please be attentive to the picking directions, since each variety is picked differently.

SUGAR SNAP PEAS: Plump, curved and all-edible peas. For the sweetest, pick them plump.

SNOW PEAS: Ribbon-flat and grass-green, these all-edible pods have nothing to do with snow. Pick them flat before their peas start to bulge, for best flavor.

SHELL PEAS: Open the non-edible pods and pop out the juicy plump peas. Pick when the pods are full.

Picking Tip: It is easy to uproot a plant when picking, so please hold the plant with one hand and pick with the other.

HERBS

We grow 4 annual herbs in the field. This year they are in the first field. We are starting with a taste of **BASIL** as we pinch it back for a bushier plant. **PARSLEY** really likes its home this year and can be picked this week. **CILANTRO** and **DILL** are about ready to harvest as well. We succession plant basil, cilantro and dill so you can have a fresh supply all season and freeze or dry some for the winter.

RAW SCAPE PESTOwww.dakotagarlic.com

This is a pesto that is a pretty green color and a very rich garlic flavor. If this pesto is too strong for your taste, add mayonnaise or sour cream to dilute by 1/1 or even 2/1.

1/2 lb. garlic scapes (chopped into 1 inch sections)

1 1/2 cups olive oil

2 cups grated parmesan cheese

In a blender, combine the scapes and olive oil. Pour mixture into bowl and blend the cheese in by hand. Can be used as a cracker or pizza spread. Can be frozen in plastic ice cube trays and used later - this applies to the other pestos, dips, and dressings as well. Wrap cubes individually with plastic wrap, place in a freezer bag and return to freezer. Use all year for making bruschetta, with pasta or pizza.

ALSO, in garlic bread: 2 or 3 thawed garlic scapes/oil cubes works great as a substitute for the oil in baked bread.

SCAPE HUMMUSwww.dakotagarlic.com**Makes 3 cups**

2 cans of chick peas (garbanzos) drained

1/2 cup lemon juice

1 cup raw sesame seeds or tahini

1/2 cup or more fresh chopped garlic scapes

2 tbs. olive oil

Place the ingredients in a blender on high until done. Salt to taste. Optional: add your favorite curry to taste.

BAKED SCAPE/VEGGIE FRITTATAwww.dakotagarlic.com**Serves 4**

1/4 cup chopped cooked vegetables

1/4 cup 2% milk

1 cup chopped cooked scapes

1/2 cup grated cheese

1/2 cup dried bread cubes or seasoned croutons.

1 tbs. fresh basil

4 eggs

Preheat oven to 350°F (180°C). Combine vegetables and bread cubes. Sprinkle mixture evenly over bottom of 8" square greased baking pan. Whisk eggs, milk, salt & pepper. Pour over vegetable mixture. Sprinkle with cheese & basil. Bake in preheated oven for 20 minutes, or until knife inserted in center comes out clean.

GARLIC SCAPE DIPwww.dakotagarlic.com

1 cup mayonnaise

1 tbs. dill (optional)

1 cup sour cream

2 tbs. white vinegar (optional)

5 garlic scapes finely chopped

Mix all ingredients, thin to desired consistency by adding milk.

OR

1/2 cup yogurt

1/2 tsp. Dijon mustard

1/2 cup mayonnaise

1 garlic scape

Variation: for a salad dressing, add 2 tbs. apple cider vinegar.