



Stone Soup

July 11, 2005

Stearns Farm CSA • Community Supported Agriculture
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THE STEARNS FARM "PITCHFORK BRIGADE"

By Kathy Huckins, Farm
Manager

The Stearns Farm CSA Pitchfork Brigade marched with enthusiasm and determination in the recent Sudbury 4th of July parade. Farm implements were decorated with vines and vegetables, such as small potatoes, brussel sprouts, radishes and carrots, were speared onto all of the sharp points of the tools. From the time we stepped off to the final steps we took, folks cheered and chapped as we went by; their show of support was energetic and heartwarming. Our goal was to spread the word about Community Supported Agriculture and encourage people to eat locally grown, healthy, natural food. We did that!! Thanks to all the participants who had the courage and fun-loving nature to represent our farm: The Brigade included: Debbie Blicher, Louise, Harris and Cornelia Bendel, David Kirsch, Tara Tresher, Soo Hooi Oh, Eliza, Johanna and Shawn Murphy, Sara Abramovitz and myself. Brian Huckins kept us in step by drumming on an overturned watering can. Water was provided by Esther and David Heimberg's delightful children and their friend in a creatively decorated wagon. The sign was carried by our Board President, Scott Cleveland with help from the watering crew. It was a tremendous success and a lot of fun. As an added bonus, the parade committee awarded us with an "Honorable Mention" !



ON THE STAND THIS WEEK

Head lettuce, radishes, scallions, bok choy, beets, carrots, zucchini, patty pan squash, broccoli, cabbage, cucumbers, and salad mix

PYO

Snow and snap peas, Swiss chard and kale, basil, parsley, dill and cilantro field herbs and edible flowers

COMING UP NEXT WEEK

Green beans



FROM THE FIELD

By Kathy Huckins, Farm Manager

CABBAGE: Summer cabbage is here. We grow an heirloom variety called "Early Jersey Wakefield" known for its sweet taste and distinctive conical shape. It is really, really good. Now is the time for cole slaw.

CARROTS: What we wait for. This spring carrot crop is tasty and sweet. We'll start by bunching them - they are just a bit small for now - but the taste is amazing - you can even use the tops in soup.

CUCUMBERS: Our first crop is a pickling variety that is delicious sliced in salad. Weather conditions this spring have been difficult for cucumbers to thrive, but we have planted more rows to compensate for this and are starting to see them take off.



NEW THIS WEEK: *EDIBLE FLOWERS*

Dress up your salad with colorful flowers from our fields, or try some of the recipes we have this week. Because our flowers are grown naturally, you can eat them right out of the field. This year we are growing a few edible flowers that are not suitable for cutting arrangements in the first field near the annual herbs. The cutting flower garden also has some edible flowers. When you pick them, cut the stem as well as the flower. When you get home you can bathe them gently in a bath of salt water. Perk them up by dropping them in a bowl of ice water for 30-60 seconds and drain on a paper towel. It is best to store the flowers whole in a glass of water in the refrigerator until you use them. They do not keep long.

In the first field:

Nasturtiums: Blossoms have a sweet, spicy taste adding a peppery tang to salads.

Lemon Marigold: Small, yellow, lemony flavor

In the cutting flower garden try:

Bee Balm: Reminiscent of citrus with a soft mingling of lemon and mint flavor

Calendula: An economic alternative to expensive saffron though now quite as pungent

Bachelor's Button: A slight sweet to spicy taste

CALENDULA-FLAVORED SCRAMBLED EGGS www.gardensablaze.com**Serves 4**

8 large eggs	4 buttered English muffin slices
2 tbs. of butter	1/2 cup grated cheddar cheese
6 tbs. of milk	6 Calendula flowers-use petals only
1 pinch of nutmeg	(remove petals and chop)
Salt and pepper to taste	

Combine the eggs with everything except the Calendula petals. Melt butter in a skillet and scramble the eggs. Stir in the Calendula petals at the last minute. Divide the eggs and mound them on the English muffin slices. Sprinkle with cheese and serve immediately.

POTATO SOUP WITH CALENDULA GARNISH www.gardensablaze.com**Serves 4**

2 pounds of peeled, cubed potatoes	1 pinch of nutmeg
2 tbs. of butter	1/4 cup chopped basil
1 diced onion	1/4 cup of whole Calendula petals
2 cups of chicken stock or broth	4 tbs. whipped cream
2 cups of milk	Salt and pepper to taste

Melt the butter in a soup pot and add onions. Cover and cook until the onions are tender. Add potatoes and cook 4 minutes. Add milk and chicken stock. Cook over low heat about 15 minutes. Season with salt, pepper, and nutmeg. Place all in a blender or food processor and puree until smooth. Stir in the fresh Basil, distribute into 4 separate bowls, and top with whipped cream and Calendula petals.

BEE BALM & RASPBERRY SUMMER PUNCH www.morningsunherbfarm.com/mint1_3.html

Garnish with fresh monarda and borage flowers. Add 2 cups of white wine or 1 cup vodka for an alcoholic punch.

1 cup sugar	1 cup lemon juice
1 cup Bee Balm leaves	1/2 cup raspberries
1 pint cranberries	1/2 cup spearmint leaves
1 47 oz can chilled pineapple juice	3 liters ginger ale

Dissolve sugar in the lemon juice, over low heat. Add bee balm and raspberries. Bring to a simmer, stirring to break up the raspberries. When the sugar is dissolved, strain leaves and berries out of the liquid. Add cranberry juice and mint, stirring well. Store for 24 hrs in a quart bottle in the refrigerator. When ready to serve, pour the base into a punch bowl and add pineapple juice and ice, then add ginger ale right before serving and garnish.

SAVORY SPREAD **Johnny's Selected Seeds, Edible Flower Recipes****Makes about 1 1/2 cups spread**

This makes a great stuffing for nasturtium blossoms or celery sticks. Turn plain crackers or small bread rounds into an elegant presentation when covered with this spread and surrounded with a confetti of petals

8 oz. cream cheese	1 tbs. chives, chopped
1-2 tbs. plain yogurt	1-2 tbs. parsley, chopped
1-3 tbs. assorted flower petals	1 tbs. basil, oregano, thyme chopped

In a non-metallic bowl, blend cream cheese and yogurt until soft. Gently fold in chopped herbs and flower petals. Cover and refrigerate for a least 24 hours. Use within 1 week or freeze up to 3 months.

NASTURTIUM SANDWICH www.rodaleinstitute.org

3 oz organic cream cheese	Juice of half a lemon
4 slices of whole wheat or any other healthy bread	Handful of finely chopped chives or
8 nasturtium flowers (mix colors if you can)	any other herb of your choice
8 medium nasturtium leaves	Salt to taste

Place the cream cheese in the bowl. Chop the chives with the scissors and add to the cream cheese. Sprinkle with the lemon juice. Add a pinch of salt. Mash all these ingredients together with a fork until well blended. Carefully wash the delicate nasturtium flowers and leaves and pat them dry. Spread a thin layer of cream cheese mixture on each slice of bread. For an open face sandwich pile 2 leaves and 2 flowers on each slice of bread. For a regular sandwich prepare as above, then put 1 slice of bread on top of the other and cut into 4 pieces.