

FIND YOUR FOOD.

WHAT IS IN MY SHARE?



FIRST ROOT FARM
June fifteenth

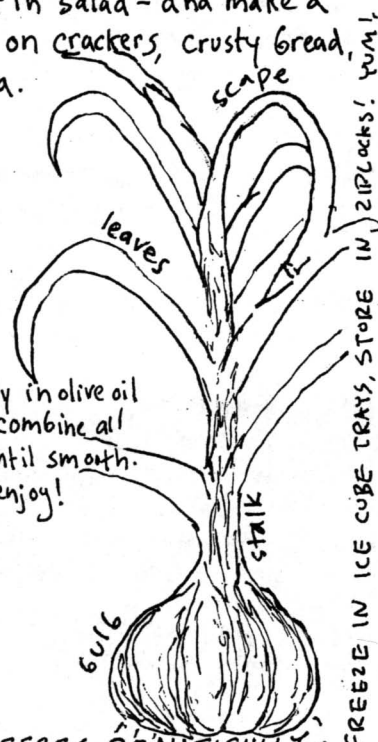
CSA VOL 1.
NO.2
WEEK 3

Garlic Scape Pesto

Before garlic plants form a bulb underground, they make a false flower up top. We harvest this false flower (a garlic scape) in order to stop the plant from putting its energy into the flower and not the bulb. Lucky for us (and you!), scapes are delicious. Mild and garlic-flavored, they are great in salad - and make a fantastic pesto. Try it on crackers, crusty bread, or tossed with pasta.

- 1 bunch garlic scapes
- 1/4 C parmesan cheese
- 1/4 C pine nuts, toasted
- 1/2 C or so olive oil
- salt and pepper to taste

Sauté the scapes lightly in olive oil for 1-2 minutes. Then, combine all ingredients and blend until smooth. Adjust to taste - and enjoy!



FREEZE IN ICE CUBE TRAYS, STORE IN ZIPLOCKS! YUM!

GARLIC SCAPE PESTO FREEZES BEAUTIFULLY!



Feed the First Foot chickens!

The farm chickens like eating many things. How many chickens can you draw eating different foods?

What do chickens eat?

- * chicken feed - pellets (little cylinders) of food
 - * oyster shells - give the chickens calcium and make egg shells hard
 - * earthworms * broccoli * cricket * oatmeal * stale bread
 - * kale * lettuce * sunflower seeds * wheat
 - * scratch: cracked corn with grain
- remember: chickens need water to drink, too!

Source: "Chicken Treats" at www.backyardchickens.com

enter the first ever...

FIRST ROOT RECIPE CONTEST

...We love to cook ★ We love to share...

how to play: All you have to do is cook your chard (which you were going to do anyway) - and then tell us about it!

Recipes can be simple, complex, classic, unusual - the only rule is that chard has to be in there somewhere.



Send your recipe to us
(firstrootfarm@gmail.com)
by Sunday June 20, and
we'll include the winning ★
recipe in next week's
newsletter.

get cooking! **!**

★ We believe in cooperation - not competition -
(except for our plants outcompeting the weeds!)
Everyone's recipe will be recognized! 😊

~ Farm News ~

Everything is growing! I know this shouldn't come as a surprise to me, but every day I am amazed by the ordinary processes that make vegetables grow. Photosynthesis, roots that take in water and nutrients, rain and sunshine, nitrogen, phosphorus and potassium, earthworms and compost, two young hardworking farmers and their awesome volunteers doing what they can to help the plants along...it never gets boring, never ceases to be miraculous.



Beans are twirling up their trellis. Their tendrils wind up toward the sky, making curly cues, always climbing.

Chard is lush and bright and enormous. It is my favorite thing on the farm right now. When we planted it, it was tiny and wilty, but you'd never know it to look at it now. The stuff is positively glowing!



Kale is huge, too. And delicious!

Carrots are up and looking perky, standing tall in neat green rows, four per bed!



Beets are looking beautiful. We have three plantings right now, and they are like the three bears: biggest, middle, and baby. All of them are bright red, dark green, and gorgeous.

Our early tomatoes are more than a foot tall already, bushy and strong. Staking and tying them is at the top of our to-do list.



Basil smells so good that when I walk by it all I want to do is lie down right there and breathe it in. I have to stop myself from plucking off leaves to snack on while I weed it.

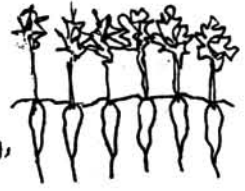
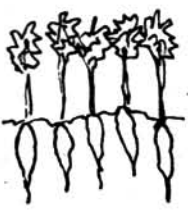
Squash! Under the remay, it is making new and beautiful leaves at an alarming rate.



Popcorn is looking positively...corny...with its wide leaves and strong stalks, all a shimmering, healthy green.

Weeds are growing, too - crabgrass, lamb's quarters, amaranth, hairy gallon soja, ragweed, purslane, lady's thumbprint, sedge...we pull them out and they grow back, again and again.

Today, after weeding tat soi, arugula, beets, and carrots, making two beds, and planting our late tomatoes, I lay down in the field between the garlic and the beets. The sky was high and blue above me, the sun a perfect late-afternoon June gold, the dirt warm and brown under my back. I like to lie on the ground at the end of the day, to look at the world from the perspective of plants, to imagine reaching up, like they do, my face always toward the sun, my roots going down deep, growing, growing, growing.



p.s. join us for a Community Work Day at the farm, this Saturday, June 19, 9am - 2pm - rain or shine. Bring a vegetarian or vegan dish (with ingredient list) to share. Go to the blog for more info: firstrootfarm.wordpress.com.