



SWALLOWTAIL FARM

All the Food that's Fit to Eat

Week of December 2nd, 2009

THIS WEEKS BASKET



Salad Mix
Turnips
Baby Boc Choi
Lacinato Kale & Swiss Chards
Mature Arugula
Bell Pepper
Mustard Greens
Sweet Potatoes
Mixed Herbs: Cilantro, Dill,
Parsley & Oregano
Hamlin Oranges
Ruby Red Grapefruit
Lemon
Chinese Honey Tangerines

RECIPES:

Argula Pesto

1/4 cup pine nuts/pecans
2 cups mature arugula
1/2 cup asigago or pecorino cheese
1/2 cup olive oil
1 clove garlic
Salt and fresh ground pepper

Toast nuts in a skillet over high heat until brown.

Combine arugula and any other spicy greens (turnip, mustards), cheese, oil, garlic and pine nuts in either a blender or food processor. Blend til smooth, season and spread on anything!

Chards with Sweet-n-Sour Ginger Sauce

1 cup vegetable or chicken stock
1/2 cup chard, leaves cut stems removed
4 scallions sliced thinly
2 tablespoons white vinegar or 1 table-
spoon balsamic vinegar and 1 tablespoon
cooking sherry
1 tablespoon brown sugar or honey
1 tablespoon fresh grated ginger
1 teaspoon red pepper flakes or fresh hot
peppers

Bring stock to boil, add chard and cook for a minute or until wilted

Drain and remove greens

With remaing stock bring to boil and add vinegar and sugar, peppers and Ginger. Remove from heat and ladel mixture over chard and scallions.





30,000
number of square feet of
frost cloth spread this week

BY THE NUMBERS

I wanted to let everyone know what the shape of this is these days. So here is Swallowtail Farm Paint by Numbers:

Right now, including all of our farmers (2), interns (5), trade shares (3), and members (48), Swallowtail Farm CSA is serving 58 households with local, organically grown, fresh, local food.

We have about 1 and a half acres cultivated, but still have cover of rye and oats over almost half of that, which means we are producing food for each household on about 1/66 of an acre. Of course, this doesn't include the citrus or sweet potatoes or peppers or flowers. Still, not a whole lot of ground to use to grow a whole lot of roots and greens and herbs...

We have hosted 1 meeting of 8 local farmers, 1 documentary film crew, 1 spiritual retreat center gardening crew, 12 Job Corps culinary arts students (and their teacher, Chef Aaron), and a whole bunch of other folks; farmers, family, friends, and shareholders.

At any given time, we have more or less of 24,000 seedlings in trays in our nursery getting grown for transplanting. On Monday, Zach, Alissa and I planted around 4000 lettuce, cilantro and arugula babies. For lettuce, It takes about 300 plants to make a single row in a 150 ft bed, and there's 4 rows to a bed. So a single bed half the length of the garden is around 1200 plants.

When it frosted the other night, we covered our beds with frost blankets 160 feet long and 14 feet wide, covering 3 beds at a time. It took us 12 blankets to cover what we have planted, and another to cover our seedlings. That's nearly 30,000 square feet of row cover. We stake each end with 2 stakes, and weigh down the edges with rocks that we've collected from the woods up on the hill. I'm fairly certain that whoever cultivated the fields up there pulled all of these rocks out of the soil and chucked them into the woods; they've left the perfect trove for us to pull back out if the woods and into the fields again, full circle. If we use a 2 rocks at each side of each hoop, and 18 hoops per bed, and we have 35 beds in veggies, we're using

about 1,300 rocks to anchor our cloth. At around 2 lbs per rock, that's over a ton of rock for the field. It took us about 3 hours to cover up. We should be able to cut that time by about a third as we practice. It's worth it, for without cover, we couldn't grow.

We are in the 5th week of our 32 week CSA, squarely into the holidays now, so 28 weeks til we take a rest.

My point here of course has nit been to reduce this work to mere numbers for y'all. The sum of all of this has equaled utter satisfaction and a rejuvenation of spirit for me and the rest of folks working out here. The sense of excitement and giddiness that surrounds pickup days, which is where we get to feel all of your energy, still is startling sometimes. It feels like we're sending a little ripple of unquantifiable sweetness out into the community's collective belly. So truly, the potential feels infinite.

A thousand kisses,
Noah Kai Shitama



24,000
number of seedlings
in our nursery