



SWALLOWTAIL FARM

All the Food that's Fit to Eat

Week of March 24th, 2010

THIS WEEKS BASKET

Salad Mix
Butterhead hearts
Spinach
Arugula
Lacinato Kale
Collards
Pac Choi
Pearl Turnips
Rosemary
Mung Bean Sprouts

EVENT

PICNIC AT THE FARM

Saturday March 27th
11:00am-2:00pm

It's a potluck. Zach and Noah will be cooking with food from the fields, and we welcome y'all to do the same and share your recipes with the rest of us...

Feel free to bring family, friends, and anyone else you like, and we will gather for a meal in the afternoon in the field, weather permitting.



RECIPES:

Spinach Recipe

2 large bunches of spinach, about 1 lb
Olive oil, extra virgin
3 cloves garlic, sliced
Salt to taste

Cut off the thick stems of the spinach and discard. Clean the spinach by filling up your sink with water and soaking the spinach to loosen any sand or dirt. Drain the spinach and then repeat soaking and draining. Put the spinach in a salad spinner to remove any excess moisture.

Heat 2 Tbsp olive oil in a large skillet on medium high heat. Add the garlic and sauté for about 1 minute, until the garlic is just beginning to brown.

Add the spinach to the pan, packing it down a bit if you need to with your hand. Use a couple spatulas to lift the spinach and turn it over in the pan so that you coat more of it with the olive oil and garlic. Do this a couple of times. Cover the pan and cook for 1 minute. Uncover and turn the spinach over again. Cover the pan and cook for an additional minute.

After 2 minutes of covered cooking the spinach should be completely wilted. Remove from heat. Drain any excess moisture from the pan. Add a little more olive oil, sprinkle with salt to taste. Serve immediately.

Serves 4

Baby Bok Choy with Cashews Recipe

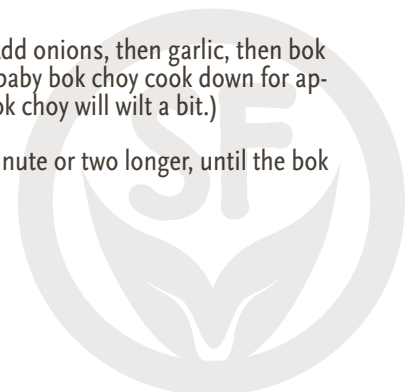
2 Tbsp olive oil
1 cup chopped green onions, including green ends
3 cloves garlic, chopped
1 pound baby bok choy, rinsed, larger leaves separated from base, base trimmed but still present, holding the smaller leaves together
1/2 teaspoon dark sesame oil
Salt
1/2 cup chopped, roasted, salted cashews

Heat olive oil in a large sauté pan on medium high heat. Add onions, then garlic, then bok choy. Sprinkle with sesame oil and salt. Cover, and let the baby bok choy cook down for approximately 3 minutes. (Like spinach, when cooked, the bok choy will wilt a bit.)

Remove cover. Lower heat to low. Stir and let cook for a minute or two longer, until the bok choy is just cooked.

Gently mix in cashews.

Serves 4





THE TRUE HEART OF GARDENING

ZACH AND I HAVE BEEN LOOKING at our fields and the new 1/3 of an acre that we're preparing beds in, and thinking how much work we're creating for ourselves, or really, just how much work there is to be done. Always, and endlessly it seems with the garden. It isn't that we don't accomplish what we need to be able to make this work, and to produce enough food to provide our farmshares, but that there is never a time when we can look at the fields and draw a blank for what tasks there are waiting to be done. Constancy is the true heart of gardening, I think...

In that spirit, I am getting back to work now. We have been gradually tidying up the place in preparation for this coming weekend, and I have been trying my damndest to see the place as through the eyes of a visitor. I think I'm excited about what I see. There's evidence of really all of the various stages of the propagation and transplanting and growing and fertilizing and composting and cover cropping and harvesting and cleaning and packing and it's all there if you look. So it should be nice for y'all to see it for yourselves. And this week should be the warmest yet this year, so we can bask in the rays a bit too.

I ate a salad at the Jones a little while back, and it was fun to eat the food from the farm in a whole different context – specifically, to pay for it - all dressed up and prepped into a beet and butterhead salad. Soon, we'll be providing a bit to the Top, and my friend Robyn is just about to open a new spot right behind our pick-up spot at the Downtown Plaza, called the Lunchbox. She's asked me what we can provide too. It's sweet that folks are getting to be all on the same page about the goodness of the local and organic train. And it signals to me too that there's room for plenty more small farms, because I think this is really just the beginning...

I had a proud moment the other day when we had a meeting with Rain's teacher, and she told us that he talks a lot about growing food, and farming. He also talks about the difference between samurai and ninjas, and the physics of spaceships, and how the best way to warm up beeswax is to stick it in your armpit, but still...

With peace,
Noah Shitama
Swallowtail Farmer

"Farming is high poetry" –John Peterson