



SWALLOWTAIL FARM

All the Food that's Fit to Eat

Week of March 31st, 2010

THIS WEEKS BASKET

Spring mix
Arugula
Pearl Turnips
Lacinato Kale
Starbor Kale
Collards
Baby Pac Choi
Lentil Sprouts
Rosemary
Cilantro

RECIPES:

Kale and Roasted Vegetable Soup Recipe

3 medium carrots, peeled and quartered lengthwise
2 large tomatoes, quartered
1 large onion, cut into 8 wedges or 4 or 5 slices
1/2 small butternut squash, peeled, seeded, cut lengthwise into 1/2 inch thick wedges
6 garlic cloves
1 Tbsp olive oil
6 cups or more of vegetable broth*
4 cups of finely chopped kale
3 large fresh thyme sprigs
1 bay leaf
1 15 oz can of Great Northern white beans, drained

* If cooking gluten-free, use gluten-free broth.

Preheat oven to 400°F (reduce heat by 25°F if using convection oven). Brush rimmed baking sheet with a thin coat of olive oil. Arrange carrots, squash, tomatoes, onion, and garlic on sheet. Drizzle with more olive oil. Sprinkle with salt and pepper. Toss to coat. Roast vegetables until they are brown and tender, stirring occasionally, about 45 minutes.

Cut squash and carrots into 1/2 inch pieces; set aside. Peel garlic cloves; place in food processor. Add tomatoes and onion; puree until almost smooth. Pour 1/2 cup broth onto the baking sheet; scrape up any browned bits. Transfer broth and vegetable puree to large pot. Add 5 1/2 cups broth, kale, thyme and bay leaf to pot. Bring to boil. Reduce heat. Simmer uncovered until kale is tender, about 30 minutes.

Add carrots, beans, and squash to soup. Simmer 8 minutes to blend flavors, adding more broth to thin soup if necessary. Season with salt and pepper. Discard thyme sprigs and bay leaf.

Can be made a day ahead. Serves six.



SWALLOWTAILCSA.COM

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HERE WE ARE... LIVING

SPENT THE DAY ON MY OWN AT THE FARM, hoeing potatoes most of the day. I'm determined to get a phenomenal yield from our little patch of spuds. So it went, just me and the ladybugs...

We had our picnic on Saturday, and it was quite nice. One of the finer days of the year, weather-wise, and a sweet little crowd. Did some work in the morning time and then supped together among the arugula flowers.

Zach brought the first batch of bees out to the farm this past Monday. They're hard at it already, and God there's a lot of flowers. They must be feasting. We've got them in what's called a top-bar hive, so they're starting pretty much from scratch with their building work. There should be ample nectar to fuel their efforts. The worms that we adopted a few months ago are thriving, too. I think they've easily doubled in number, and we'll be making tea from their castings in the coming weeks to water our garden with.

This coming Saturday we're going to crop-mob theor-ganic blueberry farm. We're going to bring our fossil-fuel powered implements of mass destruction to really make the most of our time and energy. We'll be mowing the rows, and chain-sawing and weedwacking, and pruning

and lopping too. Maureen has turned the place into a true community project, where 8 hours of work buys all the blueberry picking you can fit into your summer life. I'd like to share some berries with y'all through the CSA, and I think it's going to be a good show on the bushes this year.

When life moves more quickly than we can even assess, or process, and we find ourselves in the midst of living without fully comprehending what is taking place, and what our roles might be, when our children are growing so fast that not even mom knows what shoe size they wear off the top of her head, when the citrus blossoms are already preparing their perfume and I could swear we just finished eating the last grapefruit from our tree, what can we do but just take a look. And here we are, living.

With thanks for your company,

Noah Shitama
Swallowtail Farmer