



# SWALLOWTAIL FARM

All the Food that's Fit to Eat

Week of May 5th, 2010

## THIS WEEKS BASKET

Lettuce  
Arugula  
Cilantro  
Spinach  
Broccoli  
Scallions  
Radishes  
Turnips  
Squash  
Zucchini  
Basil  
Dill  
Anise Hyssop  
Lemon Balm  
Sunflowers  
Calendula

## RECIPES:

### Zucchini Bread

3 eggs  
2 cups sugar  
1 cup canola oil  
2 teaspoons baking soda  
¼ teaspoon baking powder  
1 tablespoon cinnamon  
1 scant teaspoon salt  
2 cups all-purpose flour  
2 generous cups grated zucchini

Preheat oven to 350 degrees.

Cream eggs and sugar together. Add the oil.

Sift together the dry ingredients. Add dry ingredients to egg/sugar/oil mixture. Fold in the grated zucchini. Grease and flour two standard bread pans or one bundt pan. Pour in batter.

Bake for 1 hour or until cake tester comes out clean.



**“In every community there is work to be done.  
In every nation, there are wounds to heal.  
In every heart there is the power to do it.”**

–Marianne Williamson

## EVENT: MAY DAY



# HAPPY MAY DAY!

May 1st, 2010



photos by Onna Meyer & Julie Garrett

**SO, WE DID IT!** Our first Swallowtail Farm May Day Food and Music Fest was a great success. There was the Local Food Roadshow, with samplings of fresh-made local cuisine, the bulk of it made from ingredients straight out of the field. As Stefanie from Hogtown Homegrown and Maya and Mike from the Jones will tell you, demand was greater than supply in the end, because we underestimated the number of folks who would be there to enjoy it with us, but it was an amazing example of positive interface between the food and farm communities, and the community at large.

Our friends from Cognito Farm were there, and Kumarie's Organic Farm, Jordan Brown from the Family Garden, Comet Farm, Glades Ridge Dairy, the Herb Garden, Florida Organic Growers, and even Villin Bikes and Sanctuary Yoga. All in all, it was a great opportunity for folks to meet and talk to local farmers and to experience a great slice of the heart of our community here.

We had music and slip & sliding and hay rides and hula hoops and bubbles. The whole event was powered by the sun, as my friend Wayne from Pure Energy Solar brought his Tower of Power. And finally, we raised a couple thousand dollars for Swallowtail Farm (the orchard's bareroot babies and a cow and bull & mobile chicken coop are more clearly in

our sights now!), brought some increased awareness to the Local Food movement, perhaps a few more members to the other CSA's in the area, kicked off the Eat Local Challenge with a real bang, and basically had a great day at the farm.

So thanks to all who came and made it happen, to our partners in food and out, to the unreal efforts of our volunteers, to the musicians who played in friendship, to Zach for planting while I was planning, to Rick and Jane for their gracious hosting, to Walton as always for his fine graphic acumen, total reliability, and on-the-go productivity ([www.designwellstudio.com](http://www.designwellstudio.com)), and to all of you who have supported this farm effort through its very heart: the Community Supported Agriculture element. It's through y'all that the spirit lives and breathes and is born out across the divide that usually resides between farm and community. In this case, we're right here with you, and on Saturday, you were right here with us.

With love and thanks,  
**Noah Shitama**  
Swallowtail Farmer