



July 2009

green string farm news

Farm News

In the Store

- amaranth
- baby bok choy
- cilantro
- fresh basil
- fresh bay leaves
- fresh oregano
- fresh rosemary
- fresh thyme
- garlic
- green zucchini
- lamb's quarters
- lemons
- lettuce
- mizuna
- mustard greens
- plums
- potatoes
- purslane
- red basil
- red dandelion greens
- red spring onions
- rocket (arugula)
- romaine lettuce
- romanesco zucchini
- ronde de nice zucchini
- spicy radishes
- strawberries
- tat soi
- turnips
- almonds
- eggs
- ground beef
- beef cuts
- cheddar cheese

Summer is really and truly here, and though all the grass in the state has turned brown, the farm is full of new and exciting developments. We're expecting to harvest the first of our cucumbers, potatoes, and tomatoes this month, and the plums, peaches, berries, and zucchini that we started picking in June are just getting juicier and more plentiful.

The summer crop of interns is blossoming too -- all fifteen of them! In addition to being a major help around Green String as an enthusiastic labor force, they're working on putting together some great events in the coming weeks. On Saturday, June 11 they're bringing back Family Day for kids and parents who want to learn about growing food, and on Saturday, August 1 we're going to host a good old-fashioned (well, maybe a little bit new-fashioned) barn dance in the big barn behind the store. For more information, you can inquire at the farm store or check our blog (greenstring.blogspot.com) for updates.

If you visit the farm store often, you might have noticed a recent change in our chickens. Most of the chickens that lived in the henhouse directly behind the store have been moved to a remote corner of our orchards where they're now enjoying a truly free-range life. The little ladies in the store henhouse now are 75 chicks that were hatched in April. They should start laying eggs soon, and we'll be glad for the boost in production -- we sell out of eggs every day!

Happy Chickens

What's the secret to happiness? If you're a chicken, the answers are simple: scratching around in the dirt, eating fresh greens and grubs, digging holes when it's hot, and exuberantly announcing the daily arrival of the sun. So raising happy chickens is pretty easy too: give them healthy food, room to roam, and some basic shelter, and your flock will be content. We like to keep things pretty simple at Green String, so chickens and us -- we're a good match.

Our chickens have all the grain they want, plus lots of veggies -- all the wilted or otherwise past-its-prime produce from the farm store goes straight to the chickens. Our birds spend most of their days scratching around outside for bugs to round out their diets.

The true lynch pin in our chicken formula is TLC, and between the farm staff, interns, and our amazing chicken-mama Hylla, our ladies do pretty well. Maybe that's what makes their eggs taste so special.

Glazed Radishes

Even scorchingly spicy radishes (like the ones we've had at the store recently) calm down to a creamy richness with a bit of cooking. Doing it in butter and honey makes for a comforting side dish. *Serves 4*

- 1 tablespoon butter
- * about 6 large radishes, thinly sliced
- 1 teaspoon honey

1. Melt butter in a skillet over medium heat.
2. Add radishes and toss to coat.
3. When radishes turn translucent, add honey.
4. Stir for a minute or so, and when you're satisfied that everything's good and even, serve. Season if it needs it.

Creamy Zucchini Pasta Explosion

Sautéed zucchini serves well as a healthy comfort food, and now that zucchini season is here we're putting it in absolutely everything. For a particularly creamy, mooney-gooney application, pair zucchini with pasta and béchamel sauce. It will stick to your ribs, and it will make you happy. *Serves 2-4*

- 2 tablespoons butter, divided
- * 1 teaspoon olive oil
- * 2 small or 1 large zucchini, grated or julienned (a mandolin is nice)
- salt
- pepper
- * 6 small cloves garlic, crushed
- * leaves from 1 sprig oregano
- 1 tablespoon flour
- 1 cup milk
- 1/2 lb pasta shells, cooked

1. Place 1 tablespoon butter and oil in a pan over medium heat. When butter has melted, add zucchini along with salt and pepper. Cook, stirring occasionally, until zucchini begins to turn transparent. Set aside in a bowl (or get a fresh pan).
2. Melt the remaining tablespoon of butter over medium heat. Add garlic and oregano, and cook until garlic softens.
3. Stir in flour. Cook for 2 or 3 minutes.
4. Gradually add milk, stirring constantly.
5. Continue stirring until milk reaches a simmer. Remove from heat, stir in cooked pasta, and serve.

Peaches and Frozen Cream

This dessert looks and tastes fancy but is soooo easy to prepare. The key is to freeze the cream until it's scoopably firm, but not rock hard. Since the cream itself is a major flavor in this dish, using high-quality whipping cream (we like Strauss) will make it truly perfect. *Serves 4*

- 1 cup whipping cream
- 1 tablespoon sugar
- * 1 pint preserved peaches (you'll only use half) OR 1 peach, quartered
- 1 tablespoon brown sugar

1. Two to three hours before you plan to serve, whisk the whipping cream and sugar together in a large bowl until it forms a stiff mass.
2. Cover very tightly with saran wrap or move to an air-tight container and freeze.
3. To serve, divide cream between four plates. Top each with a peach slice and a sprinkling of brown sugar.