

Four Friends' CSA News

The Bean Pole

June 17, 2008

2008 Season

Issue No. 21

Dear Shareholders and Friends,

Our harvest list for the week is as follows: Spinach, lettuce mix, sugar snap peas, cut herbs, potted herbs, braising greens, head lettuce and swiss chard.

Spinach Frittata

Ingredients:

About 1 lb of spinach

1 tablespoon of olive oil

About a cup of chopped onions

A clove of minced garlic

10 large eggs

1/8 cup of milk

½ cup of grated Romano cheese

Salt and pepper to taste

4 ounces grated cheese of your choice. (Swiss cheese and Feta cheese are both good.)

Wilt spinach by cooking it in a small amount of boiling water for a couple of minutes. Drain spinach, and reserve aside. Blend together the eggs, grated Romano cheese, milk, and salt and pepper in a bowl.

Sauté the onions for two or three minutes on medium heat. Add minced garlic and sauté about another minute. Be careful not to burn the garlic! Mix the wilted spinach with the sautéed onions and garlic. Spread out the spinach mixture over the bottom of a skillet. A cast iron skillet is useful for this. Pour the eggs over the spinach. Lift the edges with a spatula to let the eggs flow underneath. Sprinkle bits of the grated cheese of your choice over the top. When the frittata is set on the bottom, place it in the oven at 400 degrees for about 15 minutes, or until it begins to brown on top. 4 servings.

News from the Five Farms:

We welcome all of you to our first full pickup of the 2008 growing season. Hopefully you'll all be receiving this newsletter by e-mail on Monday. If you didn't receive it, or know someone who didn't get one, please let us know. The pickup is at the Urban Edge Farm between 4PM and 7PM on Tuesdays from now till the end of October for those of you participating in our regular farm pickup. Different times and places apply for those of you at one of our three delivery sites. To our old friends, we're happy to have you back. To those of you who have just joined us, we welcome you and hope it is the beginning of a successful culinary alliance!

VEGETABLE OF THE WEEK: SPINACH

Known to be a 'Powerhouse of Nutrients' among all green leafy veggies, the spinach is one of the most beneficial and healthy vegetables. It is filled with vitamins, proteins, anti-oxidants and essential nutrients that promote overall good health and well-being. To get the maximum health benefits of spinach it should be consumed as soon as it is purchased. The more it is refrigerated, the less are its nutrient contents. Fresh spinach, when kept in the fridge for more than a week, tends to lose almost half of its nutrients. So it is best to consume it in the least possible time.

- Spinach is very rich in Vitamin A, which makes it beneficial for weak eyes. Any kind of strain on the eyes is reduced to a great extent and the eye muscles are made stronger.
- The thickening and hardening of arteries is prevented due to substances like choline and inositol, which are present in significant amounts to make sure the blood arteries remain healthy.
- Diabetics can particularly benefit from spinach since it is known that eating spinach regularly can stabilize blood sugar and prevent it from fluctuating often. Take a few handfuls of spinach and add 3 cups of water. Place it over low flame for almost an hour till it boils completely and mixes the nutrients in the water. Strain it and allow it to cool. Drink ½ cup daily to stabilize blood sugar.
- A particular substance known as flavonoid is present in spinach which is a powerful anti-oxidant and also has anti-cancer agents like carotenoid, preventing the formation of tumors.
- Spinach is known to be an anti-aging vegetable and reverses age related breakdowns, making you youthful and fresh. It also has a good amount of Vitamin K which helps in the clotting of blood in case of injuries.

The Rodale Institute Reports: Neither the U.S. Department of Health and Human Services, the FDA nor the Department of Agriculture have taken action to communicate with citizens about the health benefits of organic foods, according to this opinion piece originally written for the Land Institute's Prairie Writers Circle. They have failed to do so despite studies that have confirmed their higher nutrient content, something that could help the many Americans who suffer from inadequate supplies of vitamins and minerals. Paul Hepperly, director of research at the Rodale Institute says nutrient deficiency could also be related to the obesity problem in America because people have to eat more food to get the vitamins they require. _

Better health through flowers? Researchers at Harvard Medical School found that when women placed flowers in the kitchen, dining room and living room, they felt "significantly less worried, depressed and anxious and more compassionate toward others". Flower shares still available!

Zephyr Farm Chicks



Our Diesel Pump, Pond and Roadway to the Upper Fields



SEEDLINGS GROWING IN THE GREENHOUSE



BABY BARN SWALLOWS HOW AMAZING

