

# Four Friends' CSA News

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## The Bean Pole

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June 24<sup>th</sup> 2008

2008 Season

Issue No. 22

**Dear Shareholders and Friends,**

This week's harvest contains onions, lettuce mix, lettuce heads, cut herbs: (choice of) sage, oregano, and chocolate mint, spring potatoes, and tomato plants. (Tomato plants are available at the farm pickup only.)

### Frozen "Chocolate Mint" Cooler

You will need:

Herbal chocolate mint

Water

Ice cube tray or small freezer safe container

Freezer

Rinse the chocolate mint plants thoroughly. Shake off excess water from the plants. Remove the leaves from the stems, and discard the stems. Fill ice cube trays or other freezer safe containers with water. Crush a few mint leaves and drop them into each cell of your ice cube tray, or into each freezer safe container. Crushing the leaves before dropping them into the water helps release the aromatic flavor component in the herb. Place in the freezer overnight. Use them to cool Summer beverages. They are great in iced tea, lemonade, or other fruit drinks! Garnish your iced concoction with a sprig of fresh mint.

Here's a recipe from [www.fooddownunder.com](http://www.fooddownunder.com), a great source for creative fresh garden vegetable recipes:

### Baby Carrots with Ginger and Sage Butter

2 lbs. of baby carrots scrubbed clean

½ cup of unsalted butter - 1 stick

5 and ½ tbsp firmly packed brown sugar

2 tbsp fresh chopped ginger

The juice of ½ lemon

¼ tsp of salt

1 clove garlic - mashed

1 tbsp fresh sage - chopped

Or 1 tsp of dried sage

- Poach carrots in simmering water or chicken broth until just tender. Drain.
- Melt butter and add brown sugar, ginger, lemon juice, salt, garlic, and sage; then add carrots and gently sauté 2 to 3 minutes to blend the flavors. Serves 8.

### News from the Five Farms:

Thanks for the feedback we've received from you so far. We hope you will continue to let us know how we are doing!

## **Item of the Week: Herbs, Herbs & More Herbs**

The word oregano means "joy of the mountain" from the Greek oros, meaning mountain and ganos meaning joy. Oregano grew prolifically on the Greek hillsides and was encouraged because it was believed to make the meat from the grazing goats and sheep more tender and tastier.

It's a natural for all types of tomato sauces but also goes well with egg and cheese dishes. Aside from just tomato dishes, use oregano in vegetable or bean dishes or try fresh leaves tossed into your next salad.

### **How to Dry Herbs**

#### **Air Drying**

**Sturdy Herbs:** Herbs such as sage, thyme, summer savory and parsley are the easiest to dry. They can be tied into small bundles and air-dried. Air-drying outdoors is often possible; however, better color and flavor retention usually results from drying indoors.

**Tender-Leaf Herbs:** Basil, tarragon, lemon balm and the mints have a high moisture content and will mold if not dried quickly. Try hanging the tender-leaf herbs or those with seeds inside paper bags to dry. Tear or punch holes in the sides of the bag. Suspend a small bunch (large amounts will mold) of herbs in a bag and close the top with a rubber band. Place where air currents will circulate through the bag. Any leaves and seeds that fall off will be caught in the bottom of the bag.

### **Rodale Institute News**

**Global Warming is an issue that impacts everyone, yet it is also is an issue where everyone can make an impact.**

Simple everyday tasks, such as what food you buy, can either contribute to—or reduce—global warming. Rodale Institute research shows that organically managed soils can store (sequester) more than 1,000 pounds of carbon per acre, while non-organic systems can cause carbon loss. For consumers, this means that the simple act of buying organic products can help to reduce global climate change. "In this age of carbon awareness, we think farmers should be well rewarded for innovative stewardship that builds soil for future generations," says Tim LaSalle, the Institute's CEO.

The farmers of Four Friends CSA organically manage our soil. We are happy to say that we have all purchased additional compost for our land. Thank you to all our shareholders who have joined this year, our combined efforts are helping to **reduce global warming!**

**NATURE UPDATE:** The baby barn swallows are getting bigger; Big Train Farm found a kildar nest in their field as the bird builds their nest on the ground; rabbits and groundhogs are around and not causing too much damage. Hope to have some pictures next week!