

Small CSA Contents:

- 1 pint cherry tomatoes
- 1 package chicken sausage
- 1 dz pastured chicken eggs
- 1 bunch carrots with tops
- 1 bunch turnip greens
- 2 ct green peppers
- 2 ct poblano peppers
- 1.5 lb Stanley plums
- Broccoli or celery

Vegatarian Substitutes

- Approx 1.5 lbs nectarines
- 2 lbs slicing tomatoes
- 1 bunch beets with tops

Vegan Substitutes

- Luna burgers

Large Add-Ons

- Traditional Small Bag plus the contents below
- Approx 1.5 lbs nectarines
- Approx 1.5 lbs heirloom tomatoes
- 1 bunch swiss chard
- 1 bunch beets

Turnip Greens

Turnip greens are an extremely nutrient packed vegetable. However, many folks are lost on what to do with them. They may be prepared the same as you would prepare mustard greens, kale, collards, or chard. The less you alter them, the more nutrients you retain.

For the healthiest preparation, try simply steaming your greens. You will want to cut the thick center veins out of them first. Then chop them into about inch sized pieces. Steam them for about 5 minutes or until desired tenderness. Serve either plain or toss them with some salt, pepper, olive oil and/or lemon juice, and some minced garlic. They will make a healthy, tasty side dish.

Alternatively, you may want to consider cooking the turnip greens with tomatoes. Chop the turnip greens into 1 inch pieces. In a stockpot, wilt the in a tablespoon of olive oil over medium heat. Stir frequently to keep them from sticking. Add approximately 2 chopped tomatoes to the pan and continue to cook for 10 to 15 minutes or until the liquid starts to cook off. Season with salt, pepper and even basil or oregano. Serve hot.

Finally, the least healthy but most classic presentation is to cook your greens with bacon or salt pork. Wash and chop the greens. In a heavy bottomed pot, get diced bacon sizzling. Add the greens and one chopped onion. Saute quickly and add about a cup of water (or veggie stock). If the greens are still to bitter, toss in a tablespoon of

sugar or honey. Season with a pinch of salt, some black pepper, and even hot pepper flakes.

Cook the greens until the water has cooked off, about 30 to 45 minutes. If the greens aren't tender enough for you, add more water and continue to cook.



Biodiversity

As we get closer to the farm tour, I like to talk a little about some of the production methods we'll come across. Kind of a "summer reading" for the farm tour.

One of the organic production methods is called "biodiversity." Biodiversity can be applied to both produce production and animal production, or a mixture. It's a rather broad term that essentially means that a healthy ecosystem is created using complimentary plants, animals, and processes that help build fertile, organic soils, reduce or eliminate the need for pesticides, and produce nutrient dense foods.

In the case of organic produce farmers, they are usually looking for the right mix of crops that will grow well in their soils and environment and provide adequate pest protection. A good organic produce production will incorporate certain plants to help attract predatory insects. These insects aren't harmful to the plants; instead, they eat the insects that are harmful to the plants.

Other organic methods include the use of cover crops and crop rotation. Some fields will lay fallow for a year or two while the soil is built up. The farmer will plant different cover crops, such as barley, hairy vetch, or rye grass. The hairy vetch is a particularly popular one. The seed is cheap and the crop grows well. When the farm "plows it under," he is adding lots of nitrogen to the soil, which plants need to grow.

The cover crops also tend to loosen up the soil. The root structure can break up clumps of dirt and rock to make a better drained, more loose soil.

When it comes to animal production, biodiversity takes on a different meaning. It is the ability to raise various types of livestock in harmony so that their processes are complimentary.

In the case of New Creation Farm in Chardon, farmer Scott Boehnline has taken advantage of the natural biodiversity on his property.

Scott's farm looks like a piece of property in central Pennsylvania. There isn't a flat piece of ground on his property. Most farmers would be discouraged; however, Scott saw it as an opportunity to imitate Joel Salatin's Polyface Farm in Virginia.

Scott has used his hilly terrain and forests as the perfect forage grounds for Berkshire hogs. Scott lets his heritage hogs roam freely up and down the hillsides, eating acorns, berries and nuts. Amongst the hogs he has free range chickens. The chickens take advantage of the hogs' work. When the hogs break the ground looking for buried food, it allows the chickens more easy access to insects.

At the end of the season, Scott takes the manure pile and spreads it over his garden. Before he does that, he spreads corn and other grains around the garden. Once the garden is buried, the hogs start digging for the rotting vegetables and grains below the manure. In the process, they stir the manure, organic matter (leaves, plants, etc), and soil together. This creates a rich layer of



compost that will be the base of Scott's garden for next year.

Caramelized Apples

If you find yourself not able to eat all the apples, consider caramelizing some and putting them away for the winter.

Peel the apples and slice them. Caramelize the apple slices in butter and sugar with a little cinnamon or a few drops of vanilla. Add some sweet white wine like a Riesling and reduce the liquid completely. When the apples are cool, store in plastic bags and freeze. Warm caramelized apples with ice cream make a great winter dessert.