



Welcome to the CSA!

Welcome to the 2006 season of delicious organic foods from Norwich Meadows Farm. Each week, we'll offer recipe ideas, highlight a new vegetable, and update you on the state of the farm.

Stay tuned for a schedule of events for the season, including cooking demos and a trip to the farm.

Update from the Farm

Here's what Farmer Zaid had to say this week...

Due to late planting and the cool damp weather we had for 4 weeks, we continue to suffer from the consequences. The radishes did not size up and more than half rotted. We will have less than normal variety until we are able to catch up with planting and the effects of the cool weather are lessened by the warm weather.

Last week on the farm was another roller coaster in terms of temperatures and activities. It was our first CSA harvest and delivery and we were out of practice so things went a little slow. We continue to try to get caught up with planting which is a struggle as we continue to be short of helpers. However, we had 4 folks come up from the South Bronx

CSA and in a few short hours were able to plant a tunnel of cucumbers and 5 beds of winter squash.

Volunteer at the Farm

2 groups of volunteer have come up to help. It is great and almost essential that we get folks up here to appreciate what goes on, the pace, the challenges and the beauty of the surroundings. We can use more sets of volunteers over the summer as there is always something to do. To make this a positive experience here are some **pointers**

1. Try to get here as a group with your own transportation. This allows you to go to town and take care of needs.
2. We are offering a tent that can accommodate 4 people; we will try to get a solar shower. We can help with gas money if you are a group of 3-4 or more that are willing to put in a good full day or 2 of work.
3. Try to bring enough stuff to be self sufficient in terms of personal items.
4. If you have farm or gardening experience you can train others.
5. Try not to have special needs that may burden us here as we are always stretched thin. We love to be hospitable but we are trying to stay afloat.

Thanks to all of those who have visited and helped to make the CSA experience better for everyone! Zaid

Have a question? E-mail us at washsquarecsa@yahoo.com.

Collard Greens

Brassica oleracea



- ☞ Same family as kale.
- ☞ A good source of vitamins A, C, & K as well as calcium.
- ☞ Called collards only in the U.S. In other countries, they go by other names.
- ☞ Storage: Keep in perforated plastic in the coldest part of the refrigerator.
- ☞ Use only the leaves. Save the stems for making vegetable broth.
- ☞ Cook in boiling water or broth for at least 15-20 minutes.
- ☞ Season with garlic, onion, mustard and anchovies, curry, cumin, ginger, cinnamon, Chinese oyster sauce, cider, or balsamic vinegar.

Collard Greens

4 servings

2 Tablespoons (T) olive oil
1 onion, diced
1 green pepper diced
6 cloves garlic, minced
2 pounds collard greens
2 T soy sauce
2 T cider/balsamic vinegar
1 teaspoon (t) cayenne pepper
Salt and pepper to taste
Dash Tabasco sauce (optional)

Nutritional Analysis (½ cup serving)

Calories: 106
Fat: 5.3 g
Cholesterol: 0
Iron: .6 mg (6 % DRI)
Calcium: 232 mg (23% DRI)
Vitamin A: 5982 IU (120% DRI)
Vitamin C: 67 g (89% DRI)

- 1) Separate stems from leaves. Stems may be used in stock. Either tear the greens or stack leaves one on top of the other. Roll them together and cut rolls into slices (this is called chiffonade).
- 2) Heat oil in large pot over medium heat. Add onion and green pepper and sauté for 3-5 minutes. Add the garlic.
- 3) Begin to add the greens, filling the pot, and then stir. Partly cover with lid and simmer until the greens shrink. Add more greens.
- 4) Cook partially covered. Add a little water if necessary. Stir every once in a while. Cook for 15-20 minutes until tender but not mushy.
- 5) Add the soy, sauce, vinegar, and cayenne. Season to taste.

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