

# FROM AN AGRARIAN REVOLUTIONAR

first root farm

CSA newsletter

Week 4

june 22, 2010

Vol. 1 A




We must take care, among other things, of the land, which is never a possession, but an inheritance to the living as it will be to the unborn.

-Wendell Berry

# Farm News

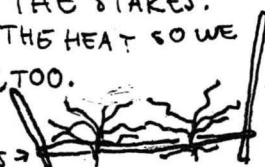
first  
root

THE LAST WEEK HAS BEEN A VERY BUSY ONE  
ON OUR LITTLE FARM. THE CHICKENS HAVE  
STARTED LAYING IN EARNEST AND WE FOUND  
AN EXTREMELY RARE "EGG-IN-EGG" !! ON THE  
OUTSIDE THE EGG WAS BIG + GOURD-SHAPED

 BUT WHEN I CRACKED IT OPEN  
THERE WAS A WHITE, 2 YOLKS AND  
AN ENTIRE MINI-EGG, SHELL AND ALL, INSIDE.  
WE ARE GOING TO TAKE IT AS A GOOD OMEN.

IT HAS ALSO BEEN A TOMATO-  
FULL WEEK. FIRST WE CLEARED  
OUT ALL THE WEEDS IN THE  
PATHWAYS BY HAND + WHEELHOE.  
NEXT WE LAID DOWN BURLAP BAGS WE GOT FOR  
FREE FROM THE LOVELY ROASTERS AT EQUAL  
EXCHANGE COFFEE. THEN WE MULCHED THE  
BEDS WITH STRAW, POUNDED STAKES EVERY  
FEW PLANTS + STRUNG THEM ALL UP BY  
WEAVING THE STRING AROUND THE STAKES.  
THE TOMATOES ARE LOVING THE HEAT SO WE  
ARE GONNA TRY TO LOVE IT, TOO.

PLEASE GIVE THESE TOMATO  
PLANTS LUCIOUS GREEN LEAVES →



# The Very Best Chard Ever

This is my favorite way to eat chard. It is almost unbearably good. It is the perfect summer food - it is easy, perfect porch fare - and really - it is the most perfect (again!) way to eat chard.

- 1 bunch beautiful chard, chopped (stems too!)
- 3 cloves garlic, minced
- handful of pine nuts, toasted
- splash of balsamic
- 4 slices crusty bread
- 1/2 C hard Italian cheese, grated
- 4 farm eggs
- olive oil, salt, pepper



a truly sublime meal

Swiss Chard

Beta Vulgaris

Variety 'bright lights'

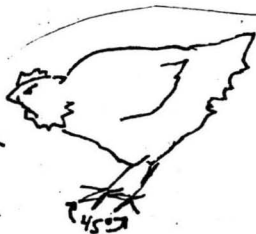


Heat the oil, add the chard stems, sauté for 5 minutes. Add garlic, sauté till brown. Add chard, and cook until tender - about 5 more minutes. Add balsamic and pine nuts, cook 1 minute more. Season with salt and pepper.

Sprinkle olive oil and grated cheese on bread. Broil until golden and bubbly. Fry eggs. To serve, pile chard on the bread, place egg on top and then pile on chard. Serve warm. Truly amazing.

# PLAY CHICKEN!

① SIZE UP YOUR OPPONENT FROM A SAFE DISTANCE. MAKE MEANINGFUL EYE CONTACT.

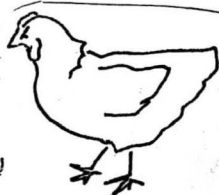


② RUN TOWARDS EACH OTHER IN A WOBBLY, HIGH-KNEED FASHION (THIS LETS THEM KNOW YOU ARE SERIOUS!) HUNCH YOUR HEAD DOWN BUT KEEP EYE CONTACT.



③ POINT BEAK UP, PULL WINGS BACK, THRUST CHEST FORWARD, ADVANCE UNTIL NEARLY TOUCHING MAKE YOURSELF AS TALL AS POSSIBLE WHILE KEEPING FEET AT A 45° ANGLE AND **S T A R E**

\*EVENTUALLY ONE OF YOU WILL LOOK AWAY. WHEN THIS HAPPENS RESUME CHICKEN-TYPE ACTIVITIES UNTIL YOU PLAY AGAIN.



NO TOUCHING! TOUCHING = DISQUALIFICATION!

# WHAT'S IN THE SHARE?

★ Fill me in to find out! Use your creativity! ★

**HINT:**  
No. 19  
check out:  
[planetnatural.com/site/garden-pests.html](http://planetnatural.com/site/garden-pests.html)

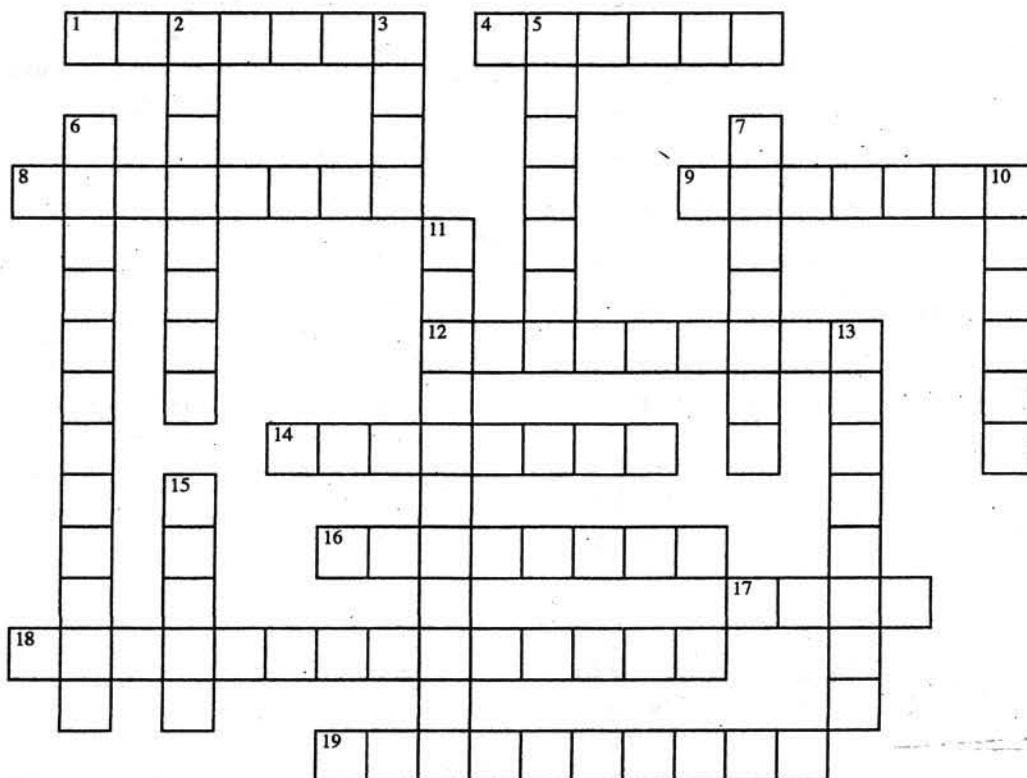
**HINT:**  
No. 9  
Don't bother to  
do this with  
No. 5, No. 8, or  
No. 12

**HINT:**

No. 7  
It is made up of  
dead No. 1, No. 4,  
No. 8, No. 12, No. 14,  
No. 16... even  
dead No. 19!

**HINT:**

No. 11 goes  
by many names:  
large extinct  
animals OR  
Lacinate OR  
as I like to call it,  
Tuscan-esque



enjoy! xo, Laura

## ACROSS

- 1 New Red Fire
- 4 A tasty, spinach-like Asian green, good cooked or raw
- 8 Raphanus sativus
- 9 What you'll be doing a lot of this week
- 12 Onion's cousin, much quicker to maturity
- 14 There's a rumor that like or dislike of this vegetable is genetic
- 16 Brassica oleracea, swollen buds
- 17 Not too much, please! We need just enough
- 18 A burgandy leafy green that Tolstoy might like
- 19 The creature that makes those tiny holes in the radish greens



## DOWN

- 2 What you'll be when you eat all these tasty treats
- 3 Coming Soon!
- 5 Your favorite weekly salad green
- 6 You'll have to wait for August to eat the rest of this plant
- 7 This is what makes our chard so enormous and tasty
- 10 The bulk of this week's share
- 11 Brassica oleracea, focus on leaves
- 13 Plants turn this into energy
- 15 There's still time to send in your recipes for this veggie! They'll be printed in next week's newsletter.

★ Thanks to the internet for putting together this farmy crossword!

**HINT:**

No. 2 rhymes  
with Killed...  
Which is what we did to all of  
No. 19's friends (the ones we  
could find, anyway!)

**HINT:**

No. 17  
One thing I've learned is just  
not to worry about whether  
it does this or not!