

Fisher Farm  
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Hello Everybody!

June 16, 2009

Welcome to the first sunny day of CSA pickup! It makes a nice change from gloomy, damp weather. We were very glad to have a solid day of rain on Friday. Crops that were starting to wilt have taken off. Amazing what a little moisture and sunlight can do! Our main planting is over, we were able to get the last of the field tomatoes, eggplants and peppers out last week before the rain got serious.

We are doing many new cyber-based activities at the farm. Beth is sending out an email version of the newsletter along with our print and online versions. If you'd like to be on the mailing list (and help us to save trees) contact her at [beth@fisherfarmcsa.com](mailto:beth@fisherfarmcsa.com) or leave a note at pickup today. We also have a group for the CSA on Facebook, which I plan to expand. Don't forget the recipe page and newsletter archive on our website. Future upgrades include a blog and online 'rogue's gallery' for identifying mysterious vegetables.

There's spinach in the share today, which we weren't expecting, it recovered nicely from Saturday's picking. There's also Swiss Chard and scallions, as well a vegetable some of you might not be familiar with, Hakurei white salad turnips. They are sweet, firm and best eaten raw in a salad. The occasional pink turnips are Scarlet Queen, and no different from Hakurei except for the color.

Here's a simple side dish recipe from **the Cook's Garden Cookbook**, Swiss Chard and Spinach Salad.

1 bunch Swiss Chard

1/2 pound Spinach

dressing:

3 tbs olive oil

1 tb lemon juice

2 garlic cloves, minced

salt & pepper

½ tsp toasted sesame oil

Wash spinach and chard. Chop chard stems, separate from leaves. Coarsely chop spinach and chard leaves. Saute chard stems in oil until barely tender, add leaves to pan and cook until wilted. Remove from heat. Combine dressing ingredients in a small jar. Seal the jar and shake. Toss with spinach and chard. Serve warm.

See you next week!