



www.rockvillemarketfarm.net

# News from the Farm

April 14, 2010

## In your box this week:

### Small Share (end of June sample):

- \* 1 pint strawberries
- \* 1 head butter or romaine lettuce
- \* .5 lb. shelling peas
- \* 1 bunch basil
- \* 1lb tomatoes

### Large Share

- \* 2 pint strawberries
- \* 1 head butter
- \* 1 head romaine lettuce
- \* 1 lb. shelling peas
- \* 2 lbs. tomatoes
- \* 2 bunches basil
- \* kale

As the harvest begins, we will update this list each week and compliment it with info and ideas for less familiar ingredients.

## *This Week on the Farm*

We're off to a blistering start! Unfortunately this is Vermont and what happens in April doesn't matter nearly as much as June and July, but we're absolutely enjoying this weather. We've planted over an acre of early crops including carrots, beets, hakuri turnips, radish and salad greens. We have two greenhouses full of flowering tomatoes, which will be ready in late June. Garlic and strawberries overwintered successfully but look a little rough. Keenann has been busy filling our retail greenhouse with bedding plants and starts for the field. Eric has been busy chasing baby Will around the farm and dealing with the animals, never ending tractor work and preliminary field seedings. Overall things have gone very smooth, we look forward to a more forgiving year than the last two.



### *CSA Pick-Up News:*

- \* *First pick-up is on June 9<sup>th</sup>. We will be in touch with more details closer to that date.*
- \* *Did you know that you can change your pick-up each week by sending us an e-mail by Monday nights? Feel free to come out to the farm one week (farm pick-up is on Thursdays) and see the animals, yet keep your convenient neighborhood pick-up for other weeks. Need groceries? Pick up at Healthy Living that week.*



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**Share the Harvest!!!**



## Looking ahead...

***Our laying hens arrive May 1<sup>st</sup>! We will announce the final name for our egg-mobile naming contest when the ladies arrive. Thank you to our Starksboro neighbors for all of their creative entries. We loved them all!***

## Overwintering Spinach

It is exciting to eat local spinach in March and April in Vermont. Spinach is a hardy cool weather crop that thrives in fall and spring. One of the new techniques that farmers use to get a jump on the season is to overwinter the spinach for an early spring harvest. We plant spinach in early and mid September both in greenhouses and out in the field with minimal straw or mulch cover. The seeds germinate in the fall and grow to full harvestable size baby spinach in early spring. This spring's early spinach is so tasty that we sold out in early April, but you can find spinach from our other farm friends at Healthy Living and City Market. We look forward to our next round of spinach to pack in your CSA boxes.

## Meet our seasonal farmers

One of the aspects of spring that we look forward to most is the return of Walter and Eduardo. These hard-working men have come to our farm from Guatemala from the end of April to December for the past three years as part of the H2A Visa program for seasonal agricultural workers. After Eric spent 3 years in the Peace Corps in Guatemala from 1991-1994, he developed a lasting connection with the country and feels so fortunate to have Eduardo and Walter live on the farm as part of our family for the months that they join us in Vermont. We are amazed at the excitement and work that these men bring to the farm and can't wait until they arrive in a few weeks.