



www.rockvillemarketfarm.net

# News from the Farm

August 18, 2010

In your box this week:

## Small Share

- \* Watermelon
- \* Cantaloupe
- \* Corn
- \* Mesclun
- \* Beefsteak and heirloom tomatoes
- \* Cukes
- \* Sweet and hot peppers

## Large Share

- \* Watermelon
- \* Cantaloupe
- \* Corn
- \* Mesclun
- \* Beefsteak and heirloom tomatoes
- \* Cukes
- \* Sweet and hot peppers

## Meat Share

- \* Chicken
- \* Pork
- \* Beef

## ***This Week on the Farm***

First up, our meat program is back on track. All regulations have been met, the paper work is in order and we can distribute this month's meat shares. We appreciate your patience while we sorted this out. **All multi-species meat shares and chicken shares will be distributed this week.**

Secondly, **a few CSA thoughts:** CSA is an unusual product in its variability. Each farm has its own interpretation of what it should look like. There are no standards. We distribute box shares--our niche is convenience. The trick is figuring out more or less what everybody wants as we harvest produce and assemble our boxes each week. One family might love hot peppers, while another family might have no desire for them. One family might eat huge amounts of vegetables, while another family might find themselves composting a few leftovers. We try hard to keep changing up the shares with new items and familiar favorites, but if ever you feel like your are lacking any of your favorites, here's what we have to say: **This has been a special growing season in Vermont, the best we've seen in fifteen years!** If ever there has been a year to spend more than \$21 per week on local produce, this is it! We greatly appreciate your loyalty to Rockville Market Farm, but we also encourage you all to visit your local farmer's market to experience this bounty and pick up more of your favorite local fruits and veggies.





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*Share the Harvest!!!*

### **Jalapeños!!**

Some love the heat, others prefer to stay clear. For those who love them, enjoy the following ideas:

#### **Medium:**

Slice jalapenos lengthwise and scrape out seeds (the hottest part), dice and add a small amount to: omelettes, spaghetti sauce, pizza, home fries, make jalapeno cheese bread

#### **Hot:**

Slice the jalapenos sideways (perpendicular to the pepper) in 1/2 cm slices, leaving the seeds in. Add to: nachos, make jalapeno poppers,

#### **Ridiculously Hot:**

There is always someone in the crowd who will just pop them whole and start chewing. We don't recommend it, but if you are so inclined, enjoy!!

**Remember to wash hands well with soap after handling jalapenos.**

