



www.rockvillemarketfarm.net

# Rockville Market Farm

July 7, 2010

## News From the Farm

In your vegetable box  
this week:

### Small Share

- \* 1.5 lbs. Tomatoes
- \* Arugula
- \* Basil
- \* Flat Parsley
- \* Cabbage (green, pointed)
- \* 1 bunch red beets

### Large Share

- \* 3 lbs .Tomatoes
- \* Arugula
- \* Basil
- \* Flat Parsley
- \* Cabbage (green, pointed)
- \* Lacinato kale, green kale
- \* broccoli
- \* 1 head lettuce

**Carrots next week!**  
**Meat shares next week!**

### Notes from the field...or.... the box saga:

Over the years we've spent an enormous amount of money on boxes. We've always delivered our CSA shares in Deep Root boxes because for a decade we were members of that coop and we had pallets of boxes kicking around the farm. Deep Root's main customer is Whole Foods and that account, like all major produce buyers, demands that produce gets shipped in new boxes. So these boxes for the most part are a single use item that cost just under \$2 each. We decided this year that we didn't want to buy single use boxes so that we could ship produce large distances (think freight cost), pay a commission, and have no idea who we're selling to. It just doesn't seem like the future to us.

So what to do about boxes? We spent considerable time this winter studying this problem. We finally settled on re-usable fluted plastic boxes manufactured by a company in Oregon named Adaptive Plastics. We could choose the color and have the box screen printed with our logo, which seemed pretty cool to us. We're an early adapter of this technology, so the cost is high and as we found out the manufacturing is less than perfect (we had to reject the first boxes sent to us and it took several more months to get it right). This should be a win win for everybody. Shares will now be delivered in a branded box that can be reused several hundred times (the fluted plastic is easy to wash), which will help keep cost down. The key to the whole project is that we need to get the boxes back!

Enough about boxes, we're looking forward to a hot steamy week. **Heat is a good thing!!**





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***Share the Harvest!!!***



## Parsley

Parsley is one of those herbs that people either know exactly what to do with or have no idea. Being a super food, parsley is high in iron, beta carotene, vitamins C and B12, and essential amino acids. Thus, it boosts immunity, energy, has antioxidant and cholesterol reducing properties, and was even once used to cure baldness, which doesn't work.

## Fresh Parsley Puree

This recipe can be used with any herb, such as cilantro, dill, mint or basil instead of parsley.

2 cups fresh parsley (rinsed and dried)  
salt  
1/2 clove of garlic (or leftover garlic scapes!)  
1/2 cup extra virgin olive oil  
1 T sherry vinegar or freshly squeezed lemon juice

Combine parsley with pinch of salt, garlic, and about 1/2 of the oil in food processor or blender. Process, stopping to scrape down the side of container if necessary. Add the rest of oil gradually; add vinegar and then a little more oil (or water if you prefer a thinner mixture). Taste and adjust seasoning. Serve over pasta, with chicken, as a sandwich spread or vegetable dipping sauce. Can be refrigerated over a couple of days

