www.rockvillemarketfarm.net

Rockville Market Farm

September 8, 2010

News From the Farm

In your vegetable box this week:

Small Share

- Sunflowers
- Beets
- Potatoes
- Leeks
- Onions
- Garlic
- Tomatoes
- Peppers
- Melons

Large Share

- Sunflowers
- Beets
- Potatoes
- Leeks
- Onions
- Garlic
- Tomatoes
- Peppers
- Melons
- Spinach

The dry hot weather has certainly set us back a little, but dry hot weather is great for harvesting winter squash and that's our big project currently. The farm continues to chug along, always another project to do. It feels to us like this year passed very quickly.

Many of you have asked if we still plan to offer a winter CSA. After much deliberation we've decided to postpone that project until next year. It's a tricky proposition and we want to make sure we've got it right before proceeding. We will be at the Burlington Winter Farmer's Market if you want to continue supporting the farm. We can also recommend our friends at the Intervale Community Farm and/or Jericho Settler's Farm if you are still interested in a winter CSA share. Feel free to contact us through the web site if you have more questions.

Louissa has been updating our facebook page this summer. Check it out and become a fan/friend.

Farmer Will turns two on the 7th, so we had to add his picture to the front page. Happy Birthday Will!

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Share the Harvest!!!

BRAISED LEEKS WITH LEMON

4 medium	leeks, tough outer leaves discarded and leeks trimmed to about 7 inches long and cut lengthwise into quarters or eighths
2 tbsp.	unsalted butter
1/4 cup	chicken broth
1 tsp.	freshly grated lemon zest

In a shallow dish soak leeks in cold water to cover 15 minutes, rubbing occasionally to remove any grit. In a heavy skillet melt butter over moderate heat. lift leeks out of the water and with water still clinging to them add to skillet. Cook leeks, stirring occasionally, five minutes and add broth and zest. Braise leeks, covered, 5 minutes, or until very tender, and season with salt and pepper.
Gourmet, February 1995

RISOTTO WITH BEET GREENS AND LEEKS

5 cups chicken broth
1 tablespoon olive oil
2 cups thinly sliced leek (about 2 large)
1 1/2 cups arborio rice
1/4 cup white wine
3 cups coarsely chopped beet greens
1/4 cup grated Parmesan
1/8 teaspoon black pepper
6 lemon wedges
Bring broth to a simmer in a medium saucepan (do not boil). Keep warm over low heat. Heat oil in a large saucepan over medium heat. Add leek, saute 4 minute or until tender. Add rice; cook 1 minute, stirring constantly. Stir in wine cook 1 minute or until the liquid is nearly absorbed stirring constantly. Reduce heat to low; stir in greens. Add broth 1/2 cup at a time, stirring constantly until each portion of the broth is absorbed before adding the next portion (about 25 minutes). Stir in cheese and pepper. Serve with lemon wedges. *Cooking Light* March 2001 6 servings