



Farmer Star, Aurora and Karma enjoy snacking in the field.

July 13 / Week 7

Keewaydin Family Farm CSA  
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### Who's your Farmer?

I grew up with a large family garden. We did a lot of canning and freezing of our own food. Although we didn't use chemicals we never thought of it as Organic. In fact I never really thought about where my food came from until after my daughter Karma was born, at home, in 1999. I began hearing things like MSG, and rBGH free, and GMO. I began wondering what exactly am I feeding my child? What do they put in our food? Although now I am more informed, I still don't really know. But when I pick a vegetable from my garden I know exactly what's in it. Soil, Sunshine, and Water all provided by Nature, given to us free of charge. The hard work, fresh air, and connection to the seasons keeps our bodies fit and our Spirits young. I started farming in 2002 at Moonrose Organic Farm, I was 23, and Rufus and I began farming together after Aurora was born in 2005 at his family farm Keewaydin. I've eased my way into it, starting with weeding and picking and worked my way up to planning and managing. I have a strong commitment to Organic food and simple living. I am proud to call myself and my family Organic Farmers.

As members of a CSA you have the chance to really connect with your food. Which really means you can get to know your farmer and be a part of each others lives. You can choose to support a farmer who shares your values on food and environment and family. That's why it's so important to make it out to the farm. To breathe the same air as your vegetables, to touch the soil and shake the hands of the people who grew your food. Fully complete the circle, connect and share. Show your children that food does not come from the grocery store. **Come to our Harvest Celebration on September 19th!**  
**Come eat some food that is so fresh it is still warm from the sunshine in the field!**  
 —Star

### This Weeks Box

- Salad Mix
- Red Romaine
- Young Red Onion
- Zucchini
- Snap Peas
- Cucumber, Slicer
- New Potatoes
- Beets
- Broccoli
- Oregano, Savory, Basil
- Pickling Cucumber and Pickling Dill for Double Shares only

### HERB-ROASTED NEW POTATOES

- 2 lbs. new potatoes
- 3 tbsp. olive oil
- 1 tsp. rosemary
- 1 tsp. oregano
- 1 tsp. thyme
- 1 tsp. basil
- 1 tsp. salt
- 1/2 tsp. pepper

Preheat the oven to 425 degrees. Boil the potatoes until they are almost tender, about 30 minutes. Drain and cut them into 1-inch cubes.

Mix the olive oil, rosemary, oregano, basil and thyme together in a large bowl. Put the potatoes in the bowl and toss well. Arrange them in a single layer on a baking sheet lined with parchment paper. Sprinkle with salt and pepper. Bake for 45 minutes or until they are golden brown. (try doing the beets the same way and tossing them with the potatoes before serving.

### Freezing Herbs

Method 1:

1. Harvest the freshest, healthiest leaves.
2. Wash, if necessary, and pat dry with paper towels
3. Spread the individual leaves on a small tray or cookie sheet. Freezing the leaves flat and individually will prevent them from freezing together into a brick.
4. Cover and place the tray of leaves into the freezer
5. When frozen solid, place in airtight containers and return to the freezer. Once frozen individually, the leaves will not meld together.

Method 2:

1. Harvest the freshest, healthiest leaves
2. Wash, if necessary, and pat dry with paper towels
3. Stuff 2-3 individual leaves or a spoonful of chopped herbs in ice cube trays.
4. Fill the tray half way with water. Make sure the leaves are down into the water, as best you can. They will tend to float, but we'll fix that with the next step. Place the half filled tray in the freezer.
5. Once the ice cubes are pretty much frozen, finish filling the try with water. The leaves will no longer be able to float and should be completely surrounded with water. Now place the tray back into the freezer to freeze solid.

6. Once the ice cubes are frozen, remove from the tray and store in zip closure bags.

7. When ready to use, toss the whole ice cube into your favorite stew or dish.

\*frozen herbs can be used in the same proportion as fresh herbs.

Another tasty way to freeze herbs is to make a paste by mixing 1/3 cup of oil with 2 cups of herbs in a blender until smooth.