



KEEWAYDIN NEWS

June 1st, 2009 / Week 1

Baby Romaine in greenhouse, The view your vegetables were raised with, Hard at work in the onion field.

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This Weeks Box

Spinach

Baby Romaine

Green Garlic

Scallions

Asparagus

Rhubarb

Chive Blossoms

Potatoes, over wintered

Food has always been important to me. Of course I didn't realize that right away. When I was a punk teenager I remember many conversations with my dad about hitting the road, going on adventures, waving good bye and never looking back. And for a time I did just that, goofing around in the outdoors enjoying the world around me. But there were always emotions pulling me back to this great land. A silent night beneath the stars, a strong June breeze rich with the scent of flowers, warm nights, and water, lots of precious water. After spending my last winter in Colorado working the ski lifts, and finding myself in the top shack reading organic gardening books, my fate was sealed. In 2002 I packed up my skis and moved back to my family's farm to began my life as an Organic Farmer. It has been a journey spiritually that has filled me with pride, contentment, and a great sense of purpose. To wake up in the morning with a mission to feed the masses, or at least a small group of people, has been life changing. Thank you, one and all, for signing up for this seasons CSA program. I have no doubt this will be the best yet. Eating with the seasons is a unique experience, some will love it, some won't, and that's okay. In the end making the connection with your food and the people who produce it goes a long way towards changing the world.— Rufus

Yeah, the CSA season has finally begun! For me this means seeing all of my winter planning and greenhouse preparations come to fruition. The beginning of the season is always the trickiest part because your waiting for the weather to cooperate. We didn't get into the fields as early as we would have liked because it was too wet. This means the salad mix and radishes are a little behind. But we are back on track again now. This year I'm going to keep the newsletters short and sweet so I can have more time for growing vegetables and playing with my family. Please send me recipes and I'll print them in the newsletters. Be adventurous with your cooking, add some zucchini and chive blossoms to the sautéed Asparagus recipe! Here are some cookbooks that I use, [From Asparagus to Zucchini](#) order from the Madison CSA Coalition website. [Tastes from Valley to Bluff, The Featherstone Farm Cookbook](#) by Mi Ae Lipe, can be ordered from the Featherstone Farm website. To learn more about CSA's across the country Elizabeth Henderson wrote the book [Sharing The Harvest, A Citizens Guide to Community Supported Agriculture](#). Please, contact us with questions or concerns.—Star

Sautéed Garlic Asparagus

INGREDIENTS

- 3 tablespoons butter or margarine
- 1 bunch fresh asparagus
- 3 green garlic's, chopped

DIRECTIONS

Melt the butter or margarine in a large skillet over medium-high heat. Add the garlic and asparagus spears; cover and cook for 10 minutes, stirring occasionally, or until asparagus is tender. If you like your asparagus well done, reduce heat

Rhubarb Cobbler

FILLING

- 2 cups diced fresh rhubarb
- 2/3 cup sugar
- 1 tablespoon flour
- 1 teaspoon cinnamon
- 1 teaspoon grated orange peel

TOPPING

- 1 cup all-purpose flour
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 2 teaspoons baking powder

1/4 cup shortening

1 egg, beaten

3 tablespoons milk

PREPERATION

Arrange rhubarb in the bottom of a 9-inch pie plate. Sprinkle with remaining filling ingredients.

Topping: Sift together the flour, sugar, salt, and baking powder; cut in shortening until mixture looks like meal. Mix together beaten egg and milk; stir into flour mixture until dry ingredients are moistened. Drop dough by tablespoons over rhubarb mixture; spread dough together with a spatula. Bake at 350° for 35 minutes, or until topping is lightly browned and filling is bubbly.