

THE ORGANIC NEWS

All the Food That's Fit to Eat!

Vol. 3 No. 1

The Newsletter of Blooming Hill Farm, Guy Jones

CSA- Community Supported Agriculture

1251 Route 208, Blooming Grove, NY 10941 845-782-7310

Editor: Marge Carrieri: e mail: Newsfromblhill@aol.com

Website: www.bloominghillfarm.com

Our CSA Begins its Third Year

Blooming Hill Farm, now over 25 years old is proud of its young program, which is growing so rapidly. Although new, the CSA is going very strong, and our membership list has almost tripled. Our members have been introduced to new foods and products each year, and have indicated that they are pleased by our unique features of being Open Year Round, and on-going memberships. You join whenever you wish during the year, choosing a full or half share, and select what you want or need each time you come to the farm to shop. When you have spent down your initial share money to zero, you rejoin— by purchasing another full or half share. This can take any amount of time, depending on the size of your family, how often you shop at the farm, etc. We welcome new members, and hope we will continue to grow and meet the needs of the community which supports the farm and its philosophy of eating fresh, organic locally and seasonally.



NEW FARM HOURS
SATURDAY: 9 AM TO 4 PM
SUNDAY: 9 AM TO 2 PM
May 13TH to December 31ST

JOIN US FOR BRUNCH ON MOTHER'S DAY. 10 TO 2. PLEASE CALL AHEAD

FOR RESERVATIONS. HOPE TO SEE YOU HERE.



Berry season is starting. Remember the anti-oxidant properties of all berries and ENJOY them in salads, raw and cooked dishes and as snacks too! Add a dab of good balsamic vinegar and brown sugar to strawberries and raspberries. Awesome!



Celery, greens, onions, carrots, and much more as spring gets warmer and finer.....



Current Crops

Ramps, garlic, herbs, beets, parsnips, fingerlings, red potatoes, turnips, baby greens, arugula, spinach, mesclun, sprouts, micro greens, rhubarb and more!

Eggs, olives, goat yogurt, whole milk, orange juice, honey, prepared kitchen surprises are back, pussy willow, organic vegetable plants, organic herb plants,

organic heirloom plants, Saturday and Sunday brunch, bakery items, Gorilla Coffee-ground to order, and more. Bring your baskets, and cloth bags, and avoid plastic if you can.



Watch for ads and public statements by the Competitive Energy Institute (CEI). Excerpted from "The Softer Side of Carbon Dioxide" from UTNE Magazine, Nov./Dec. '06
"Climate misinformation reached new lows last May when the CEI released two television commercials promoting the benefits of carbon dioxide emissions, the single biggest contributor to that little problem called global warming. "They call it pollution, we call it life," says the narrator. The commercial features children blowing dandelions, animals frolicking in nature and families happily piling into their cars, all to give some positive attention to the embattled climate-warming gas.

The two 60 second spots were aired in 14 cities a week prior to the release of *An Inconvenient Truth*, Al Gore's documentary on global warming. They are part of a campaign to counter negative media attention about carbon dioxide and discredit politicians who call for reducing energy use. Not surprisingly, CEI is supported financially by Exxon Mobil, Amoco, Texaco, the American Petroleum Institute, and other corporations whose emission-generating products do more than blow dandelion seeds."



Sesame Spinach (Moosewood Restaurant Cooks at Home) Serves 2 to 4

- 1 large bunch fresh spinach
- 1 tsp sesame seeds
- 2-3 Tbsp Asian Marinade (see *recipe)
- 1 Tbsp dark sesame oil

In a covered saucepan, cook the still-damp spinach on med. heat for about 5 minutes, until limp but still bright green. While spinach is cooking, toast the sesame seeds. In a colander, drain the spinach, pressing to remove excess moisture. Toss the drained spinach with the toasted sesame seeds, marinade, and sesame oil. Serve hot or chilled.

* Asian Marinade 1 inch piece fresh ginger root, cut in thin slices, 1/2 c soy sauce, 1/2 c dry sherry, 2 Tbsp brown sugar, 1/2 c rice vinegar. Combine all ingredients in a small non-reactive saucepan and bring to a boil. Set aside to cool. Strain the cooled marinade to remove the ginger, unless you prefer a strong ginger flavor. Covered and refrigerated, this marinade keeps indefinitely.

Potato and Asparagus Hash (Moosewood Restaurant New Classics) Serves 4 to 6

- 5 c diced potatoes, or fingerlings cut in 1/2 inch slices
 - 2 c chopped fresh asparagus
 - 2 Tbsp vegetable oil
 - 2 c diced onions
 - 2-3 garlic cloves
 - 1 tsp salt, 1/2 tsp freshly ground pepper, 1 Tbsp freshly chopped dill
- Boil about 6 c water in a large pot. Add potatoes and cook 5 minutes, until tender but underdone. Remove potatoes to a large bowl. Add asparagus to pot and cook 3 minutes. Drain and add to the potato bowl. In a large skillet, warm 1 Tbsp oil on med. heat. Saute onions, garlic, salt, and pepper for about 10 minutes, until onions are golden. Add to potato bowl, with dill and stir well. Add final Tbsp oil to skillet, and sauté potato mixture for 5 to 10 minutes until potatoes are golden brown. (If you don't have a large pan, sauté in two batches.)
-
-

Eat a salad every day and you may boost your blood levels of vitamins such as C,E,B(6), and folic acid, according to a study published in the Journal of the American Dietetic Association. Salads make for diverse, flavorful meals, prevent boredom, and provide good nutrition. (Cynthia Sass, author of Your Diet Is Driving Me Crazy).

Suggestions: Start with field greens , the darker leaves are most nutritious.

Toss in: Red fruits and veggies-tomatoes, red peppers, red onions, etc.

Orange peppers, yellow tomatoes, apricots, mangos, pineapple, orange, etc.

Mushrooms, garlic, jicama, dried fruits

Red cabbage, eggplant, figs, etc.

Tofu, edamame, salmon, grilled chicken

Avocado, walnuts, almonds, peanuts, etc.

Corn kernels, cooked whole wheat pasta, brown rice, couscous, etc.



Blooming Hill Shares:

Full share- \$500 buys \$550 worth of organic farm produced fruits and vegetables, and also includes eggs, honey, yogurt and goat cheese, wreaths, bouquets, plants, herbs, prepared kitchen surprises (such as hummus and dips), gift items and more.

Half Share- \$250 buys \$275 worth of the above mentioned items. The only products not included in the discounted prices of your membership are the bakery items, the grill items, and the Gourmet Dinners. Your membership lasts as long as it takes you to spend down your personal balance. It does not end with the growing season. We are open year round also, so you can purchase much fresh, local, organic produce year round at the farm because of our greenhouses, cold frames and winter crops.