

# THE ORGANIC NEWS

All the Food That's Fit to Eat!

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The Newsletter of Blooming Hill Farm, Guy Jones

CSA- Community Supported Agriculture

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## It's Berry Season !

This time of year is so delightful, with strawberries, raspberries, blueberries and other succulent fruits coming ripe and pleasing our palates. Just a reminder that most of our summer fruits will be organic. If not, the sign will tell you IPM.

(Integrated Pest Management). As mentioned before, IPM means the closest to organic as possible and locally grown for us. Guy and Cindy choose only fruits grown by local farmers who have been friends and suppliers for years and whose products are superior, and known to them. Frequently, Blooming Hill Farm staff pick the berries and fruit on the other farms, which are carefully selected from only the best of the local suppliers. Many local farmers want to supply Blooming Hill, but our farm is very selective.

Our own **organic rhubarb** is particularly delicious and tender this year. A couple of tips to help in prep:

The very early rhubarb hardly needs peeling at all. Cook very briefly, maybe 5 to 7 minutes total, as the fruit quickly loses its form at this point. Remove from the pot quickly, because cooking continues after heat is turned off. Add sugar after cooking and less seems to be required. Served with our goat yogurt, it is a dessert to savor. Add a sprig of mint too! Never use the leaves or root ends for consumption, they are not edible.



The **Mozzarella Cheese** now available at Blooming Hill for the season is local and organic. It is so fresh, it keeps in the refrigerator for a couple of weeks ( if you don't consume it the first day ) and is a super accompaniment to our vegetables, as well as pasta, and pizza.

### **Pasta a la Caprese With Mozzarella (Marge)**

1 lb ziti or rigatoni  
4 large fresh heirloom tomatoes, sliced  
4 smashed cloves garlic  
20 leaves fresh basil – sliced thinly  
½ c extra virgin olive oil  
1 tsp salt, freshly ground pepper  
8 oz mozzarella cubed  
grated parmigianna-romano  
Mix together all ingredients except pasta and grated cheese. Let sit for a few hours on the kitchen counter. Cook the pasta according to package directions, drain and return to hot pot. Toss the pasta and the sauce over low heat for about three minutes, just until the cheese starts to melt and spread. Put in a serving bowl and add grated cheese. Serve with a fresh green salad and you have a summer feast to remember. Serves 4-6.



Garlic, herbs and lavender two weeks ago.



## SPOTLIGHT ON...SPRING ONIONS

Spring onions have been available for about 3 weeks now. They look like scallions when they first appear, and each week the bulb gets larger. Some are red, some white some mixed. They are sweet, and can be added to salads and vegetable dishes sliced thinly and raw. Use all of the white and part of the green. They can also be roasted whole on the barbecue until tender—just add salt and brush with olive oil, and place on the grill. Make plenty, because folks will eat them as fast as they come off the flames. Use them in any recipe just as you would onions.

### Tuscan Pasta and Greens with Spring Onions

(Bella Tuscany) Serves 6.

2 bunches chard, 1 bunch spring onions, 1 lb pasta—orecchiette or spirals, 6 fillets of anchovies (optional), grated parmigianna-romano. You can add a small amount of fontina cheese also, cubed.

Wash, stem and chop the chard. Saute the chard and chopped spring onions. Cook the pasta according to package directions and toss with the greens. Add the anchovies, cut up and/or the fontina. Season with salt and pepper, and serve with grated cheese.

## MEET THE BLOOMING HILL INTERNS

Stella and Adam working at the farm stand last week.



Blooming Hill Farm now has two interns working at the farm and they took a few minutes from their busy schedule to talk with me.

MC: What are your responsibilities?

S&A: We are apprenticed to Guy from spring to December, and we work a 5 day week. We are learning about preparing soil, planting, weeding, seeding, and irrigation-

when to water and when not to, and how to conserve water. There are irrigation ditches and a well, which we must learn to work with and to use responsibly.

MC: What is something new and interesting that you have already learned?

S&A: The best ways to plant to conserve water, such as using catch basins made of raised rims of soil around each plant to collect more water when it rains.

MC: What have you already planted ?

S&A: We started this spring with lettuce, peas, carrots, beets, and spinach seeds. Most of our crops are from heirloom seeds, especially the tomatoes. The garlic and onions had already been planted last fall.

MC: Where do you work?

S&A: We work in the fields here in Blooming Grove, and on Blooming Hill Farm in Chester. We will be planting, thinning, weeding, and harvesting in both the fields and in the greenhouses here through the winter. We will be in the fields till November, with the harvesting of the kale, hardy greens, and root crops. (The interview will continue in the next issue.)

## SPECIAL NOTICE

Farm Workshop and  
5 Course Farm Grown Vegetarian Dinner  
Prepared by Caroline from Diner in Brooklyn  
Saturday, June 30<sup>th</sup> from 6 to 9 PM  
\$60 per person RSVP at the farm asap



### 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.