

Carrots: brush with olive oil, sprinkle with salt and cook on the barbeque for several minutes. Eat'em like candy—they are so delicious.

The baby vegetables—potatoes, carrots, turnips, etc. do not need to be peeled. Just scrub and rinse, and then use in any favorite recipe.



Don't forget to pick up a bunch of fresh organic herbs by the register, they add so much taste to your food. Dice and throw in salads. Try some Rosemary which compliments roasted potatoes, squash, or carrots. Add 2 Tbsp crushed rosemary to a pound or angel cake batter. Barbeque vegetables on rosemary skewers.

WHAT I DID WITH.....

This new feature will include ideas that you tell me, Guy, Cindy or the Farm Stand Staff. Please share easy and unique preps for fruits, vegetables, etc. You can also e-mail me at Newsfromblhill@aol.com.

Ideas for this week:

A customer chopped some **fennel** top, added some anise, made a Pesto and served it on roast lamb.

Someone was picking out **potatoes** and three of us saw the same possibilities:

Unpeeled red, white and blue potato salad with your favorite dressing for the summer holiday season, especially around the 4th of July. (Organic potatoes do not need to be peeled ever, the skins contain fiber and vitamins and are completely safe for eating and they add flavor and interest to recipes.)

Love those **snow peas**? Gerry, one of our chef customers said to slice raw **shell peas** very, very thinly on the diagonal and add them to a tossed salad, especially with an Asian style dressing.

Take **shell peas** out of the pod and throw them raw into fresh salad for a taste boost.

Interview with Adam and Stella continued from last Newsletter issue:

MC: What do you plant?

S&A: Most of our crops come from heirloom seeds, and there is an especially extensive variety of our heirloom tomato seeds.

MC: What is the most useful thing you have learned here at the farm?

S&A: How important it is to be efficient with our time. One must work hard, quickly, and effectively. It is good preparation for life to learn how to use your time well.

MC: Why did you decide to become interns?

S&A: We are both interested in farming and growing food for family consumption, and we wanted to learn how to farm this way and if it is really a life goal for us. We are getting a holistic experience of producing organic food from the start of the growing season right up to the cooking of the food produced.

MC: What do you like best about this internship?

S: I love being outside at times of day when most people are forced to be inside because of their work. Things change so much during the day- it is a very sensory experience.

A: I love going home at the end of the day and feeling that I've done important work and that I have accomplished something. Both Stella and Adam said that Guy is a really good teacher, and that he clearly enjoys teaching them. "He gets excited teaching us the finer points, and the complicated tasks, and his feelings and skills motivate us even more."



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.