

Field Walk...

Weeds are a common reminder that nature abhors a vacuum. Weeds are a common reminder of why farms and gardens are a whole lot of work. Weeds are a prominent reminder of the lands expression of life.

Every late Spring, weeds come in like waves of ancient army's, ready to claim their rightful place under the sun. They grow like mad and drive farmers nuts (or straight to herbicide dealer). They are incessant, fast, furious, prolific, advantageous, prickly, selfish, and wild.

Dealing with weeds organically is easy: pull them out of the ground! Yes, but it's much easier said than done. The key is to get them when they're young. Even then, new batches of weeds germinate daily. So, repeated weeding are often in order.

I like to tackle weeds with a consideration of all their attributes. Yes, weeds compete with our crops, and sometimes win, but they also provide many "services". They help prevent soil erosion. Their roots improve soil tilth and add organic matter. They will sometimes provide a cooling effect for some of our heat sensitive crops, including many of our greens. Last year our spring chard crop survived every heat wave of summer to give us wonderful harvests come fall only because weeds protected the soil and many of the leaves from the harsh light.

Still, we've got to get those weeds. If you are able and willing to jump into this wild world of farming, I encourage you to come on out and pull an hours worth (or more) of weeds. Call the farm office at 467-2104 to set a good time.

For now, see you at the farm!

Upcoming Events

- Greeter Training: May 22, 6 p.m.
- Farm Beautification Committee, May 27
- Farm Work Day, June 2, 8 a.m.
- Shareholder Potluck, June 1, 6 p.m.

Check the Shareroom boards for more information.

What's in Your Share

Spinach
Radishes
Lettuce
Scallions
Bok Choy
Kale and Collards
Swiss Chard

Pick-Your-Own Strawberries!

What's For Dinner: Swiss Chard

If you're new to swiss chard, I encourage you to try it again and again. This is one of the most nutritious foods we grow. Chard is a close relative of spinach and beets.

Like other greens, the best way to enjoy this item is the **stir fry**. Cut into thin strips and stir-fry in oil with garlic and salt. Add cayenne or sesame oil for added flavor.

Also, try this: Use chard (or collard) leaves as "wraps"! Remove the center rib, steam lightly, and "stuff" the leave like a tortilla with pilaf, tofu, meat, whatever you like!

Enjoy!

Looking Ahead:

Turnips, Beets, Broccoli, Chinese Cabbage, and Squash following close behind...