



Welcome to Rosasharn Farm CSA

We are so excited to begin this season with all of our share members! In this month's newsletter you can find:

- What To Expect From Your CSA Membership
- Events: Volunteer Saturdays and Monthly Potluck
- Call for Compost!
- This Week's Vegetable List
- What's in the CSA Shop?
- Chickens!
- Recipes

What To Expect From Your CSA Membership

As a CSA member you are embarking on a culinary journey through our local New England seasons. Everything in your shares is grown right here at Rosasharn Farm and is thus subject to seasonal variability and local weather conditions. The spring season will begin with mostly green leafy vegetables. In the summer heat we will have less leafy greens and more fruiting vegetables. As fall approaches the leafy greens shall return, along with hearty root crops. Throughout the seasons we do not use any chemicals- synthetic or organic approved. Remember that if you find a nibble on your lettuce leaf, or a hole in your kale, it is proof that the vegetables you are eating are chemical-free, healthy, wholesome, and irresistibly delicious!



Events: Volunteer Saturdays and Monthly Potluck

As a CSA member you and your family are encouraged to become part of our farm family and learn about where your food comes from.



Every Saturday is open volunteer day! You are welcome to stop by, bring friends and family, and get your hands dirty.

Every 2nd Saturday of the month we will be hosting a farm **potluck**. At 6 PM we will begin with a tour of the gardens, followed by an educational event, a potluck dinner, and a bon fire. **June 12th** is our first potluck. The educational event will be a tree ID walk and workshop. Bring a dish, family, and friends!



Call for Compost!

Our vegetables are grown with nutrients from rich compost, made from decomposed organic matter. We invite you to bring your food scraps back to the farm and dump them in our compost pile to help enrich the soil that your vegetables grow in. Any food scraps (except bones) are welcome in our compost. If you have particularly tasty scraps, such as old bread, apple cores, vegetable peels etc... feel free to feed them to the farm pigs. If you have any questions about composting, feel free to ask us!



Chickens!

It's not too late to order your fresh and tasty pasture-raised roasting chickens! We still have a few left. You can reserve them for \$5 each and pay the rest (\$4/lb) when you pick them up in the late summer ready to eat. These are some happy birds that will be tasty and healthy dinners. Because they get to run around outside and eat fresh bugs and grass their meat is high in omega-fatty acids and, of course, has no hormones, antibiotics, or chemicals.



What's in the CSA Shop?

In the CSA shop, where you pick up your produce, check out the great local products that you can purchase. They include:

- Eggs from the chickens here at Rosasharn.
- All-natural Goat Milk Soap and skin-care products that Anne makes right here on the farm.
- Jessica's Jellies made with fresh local fruits.

Let us know if you would be interested in: local honey or Fair Trade coffee and chocolate.



This Weeks Vegetable List

1 bunch Easter Egg Radishes

5 stalks each of Kale, Collards, Swiss Chard

10 Tatsoi heads

2 heads of Lettuce

A few Green Onions

1 bag of Pre-Washed Spicy Salad Mix (includes minutina, claytonia, lettuce, mizuna, red mustard, ruby streaks mustard, chicory, sorrel and arugula).

¾ lb green Spinach

½ lb red Spinach

1 bunch Mint

1 bunch Cilantro



Recipes

Creamy Spinach

Chop 1 onion and place in pan with 1 Tbsp olive oil. Add several handfuls of spinach leaves and cover to cook for a few minutes.

When leaves are wilted add

1 Tbsp cream cheese and salt and pepper to taste.

Sautéed Tatsoi

Chop 1 bunch green onions and place in a hot frying pan with 1 tsp olive oil. Place 10 washed tatsoi in pan and cook until tender. Splash with 1 Tbsp soy sauce and add 1 clove of chopped garlic. Season with salt and pepper.