



Volume 8, Number 2

June 7, 2007

Pick Your Own Berries

Buckwheat Valley Produce has herbicide and pesticide free berries available for picking at their farm in Mt. Pleasant Mills.

Fifteen varieties of strawberries are in season right now. They will be followed by black raspberries around the end of June. Red raspberries are expected by about July 5, followed shortly thereafter by blueberries. Blackberries can be picked from about July 20 to September 5. Heritage red raspberries are available from August 20 until the first frosts in October.

The farm is open for u-pick most mornings, except on Sundays. You are encouraged to call ahead for more information and to ensure that the farm is open. Bring your own marked containers for picking.

Buckwheat Valley Produce
2934 Buckwheat Valley Road
Mt. Pleasant Mills, PA 17853
(570) 539-2272

Community Work Days

Sweet Meriam's community work days are scheduled for

Mondays from 5:00 to 8:00 PM
Thursdays from 8:30 to 11:30 AM
or 1:30 to 4:30 PM

1st and 3rd Saturdays from 9:00 AM
to Noon

Beet Greens?

(Adapted from Simply Recipes)

While Sweet Meriam's members equally await the arrival of beets in their share boxes, some may not realize that the beet greens that accompany our cherished root, or that are available early as thinnings, are tasty in their own right.

1 pound beet greens
2 Tbsp canola oil
1/4 cup chopped onion
1 large garlic clove, minced
3/4 cup of water
1 Tbsp granulated sugar
1/4 teaspoon crushed red pepper flakes
1/6 cup of cider vinegar

Wash the greens in a sink filled with cold water. Drain greens and wash a second time. Drain greens and remove any heavy stems. Tear leaves into bite-sized pieces. Set aside.

Cook onions in oil over medium heat for 5 to 7 minutes, stirring occasionally, until onions soften and start to brown. Stir in garlic. Add water to the hot pan, stirring to loosen any particles from bottom of pan. Stir in sugar and red pepper. Continue cooking until mixture boils. Add greens, reduce heat. Cover and simmer for 10-15 minutes.

Serves 4

CSA on the Big Screen

Farm members who enjoy Community Supported Agriculture in their kitchens may also have an opportunity to enjoy in a theater. *The Real Dirt on Farmer John* tells the story of maverick Illinois farmer John Petersen. Petersen struggled personally and financially until he was forced to shut down his family's farm in the 1980's.

In 1990 Petersen started farming again and launched a Community Supported Agriculture project, Angelic Organics, that today is one of the largest CSA's in the nation.

The film has won awards at major film festivals around the country, including the Reel Current Al Gore Award at the Nashville Film Festival. It is being screened at theaters around the country, but for the time being Sweet Meriam's members will have to travel to New York (6/22) or Baltimore (7/20) to see it. Perhaps this would be a good film for the Campus Theater in Lewisburg?

In the meantime, you can learn more about the film and the farm online:

Angelic Organics: <http://www.angelicorganics.com/>

The Real Dirt Farmer John film web site: <http://www.farmerjohnmovie.com>

The film trailer on YouTube: <http://youtube.com/watch?v=sqP1SC5Tr7U>

Welcome New Farmers!

Alli & Dennis De Long, CSA members from last year, are the proud parents of a baby boy, Nolan Kennedy DeLong born March 22.

Jacob Bayi and Cymone Fourshey are the new parents of a boy, Wesley Grayson Tluway Jacobs, born May 7.

About the Newsletter

Sweet Meriam's newsletter is prepared by Tom Clark (tclark@requisitesystems.com). The newsletter is prepared exclusively with Free Software. The details are rather geeky, but in brief Free Software is to software as Community Supported Agriculture is to farming. See <http://fsf.org> for more information.

Closing Thoughts

Only when the last tree has died and the last river been poisoned and the last fish been caught will we realise we cannot eat money.

Cree Indian Proverb

We abuse land because we regard it as a commodity belonging to us.

When we see land as a community to which we belong, we may begin to use it with love and respect.

Aldo Leopold, *A Sand County Almanac*

All our efforts to defeat poverty and pursue sustainable development will be in vain if environmental degradation and natural resource depletion continue unabated.

Kofi Annan

Source: Wikiquote (<http://en.wikiquote.org/wiki/>)