

Sweet Meriam's Farm

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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

Saturdays from 9:00 AM to Noon

Please arrive 15 minutes early to receive instructions for the day's work. Notify Heather Donald at peacelovegreen@gmail.com or by phone at 201-396-1594 before you come out for a work day so that she can plan accordingly.

What to bring: full water bottle, snacks, garden gloves, sunscreen lotion.

What to wear: loose fitting clothing, suntan lotion, cap with visor, sunglasses, rain jacket and pants, clothes & shoes that can get dirty.

Watch your back! Don't bend over! This is a common motion to make but when continually bending over to weed or pick something up, your back will feel the strain. Keep your back straight and bend at the knees!

Children: The farm is a wonderful place for children to explore and learn about plants, animals, and where and how their food is grown. Children are welcome at the farm but there are potential dangers to warn them about.

Welcome!

Welcome to a new season at Sweet Meriam's Farm and to a new newsletter. Just as our community supports the farm and shares in its produce, I hope that we will also support and share in this newsletter. It belongs to all of us.

Your submissions and suggestions are always welcome. You can contact me via email me at tclark@requisitesystems.com, or call me at 570-374-9575. News items of interest, recipes, and stories and reflections about your experiences in our CSA are all great items for our newsletter.

Share Box Pick Up Tips

1. Pick up at the farm on Thursdays between 4:00 and 6:00 PM. If you are away, we encourage you to offer your share to a friend or neighbor. If will be unable to pick up your box, please notify Hannah Bingman (hannah@hannahbingman.com) in advance.
2. Wash your vegetables before you eat them. We rinse them at the farm but we do not wash them thoroughly.
3. Make sure your box is returned to the farm the following week. Include any plastic bags (rinsed and dried), quart boxes, or rubber bands used to assemble your share. Please reimburse the farm \$3 for each box not returned.

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We have established a set of safety guidelines for children. It is up to you as their parent to enforce these. If you do not think you can enforce these guidelines while working on the farm, another parent or adult should accompany you and oversee your children's activities on the farm.

Safety guidelines include: Children must be accompanied by an adult if they go near the pond or on the other side of the lane (There is a lane that cuts through the farm where cars and ATV's travel and an electric fence around the pasture with the horses). Machinery and farm buildings are off limits to children.

Another option is to come on your own during work days and bring your children to the farm on other days, to fish in the pond, walk through the woods and fields, etc.

Bathrooms: There is the original outhouse that has been on site for over 80 years. It has been recently retrofitted into a composting unit that is a better friend to the environment.

Trash: Please take your own trash (lunch and snack stuff) home with you. Any trash found on the farm can be placed in the trash can in the small tool shed.

Dogs: Because we had some recent problems with visiting dogs, we are requesting that you NOT bring your dog to the farm on Community Work Days or during farm festivals or meetings.

Record your hours: There is a 3-ring binder at the farm for you to record your working share hours. Please fill this out before you leave. It is up to you to make sure you follow through with the commitment of working share hours that you agreed to. Please only count your actual hours of farm work as working share hours (not lunch breaks or other breaks).

Asparagus & Herb Egg Drop Soup

(adapted from Food & Wine, June 2007)

This is a protein-rich soup using asparagus, chives and spring onions, which are in season right now. Asparagus is also a great vegetarian source of folic acid. We make it a meal with a spinach salad and garlic bread sprinkled with lemon zest.

1 Tbsp extra virgin olive oil

1 Tbsp butter

4 Spring onions, whites and greens sliced thinly crosswise

4 cups of vegetable or chicken broth

1/2 lb asparagus, cut on the diagonal into 1 inch lengths

2 eggs

1 1/2 Tbsp snipped chives (or sub your favorite combo of herbs...basil and tarragon also work well)

salt & pepper

1/2 cup shaved parmesan or Romano

1. Heat the oil and butter. Add the onion and cook over moderate heat until softened, but not browned. Pour in the broth and bring to a simmer. Add the asparagus and cook until just tender, about 3 minutes.

2. In the meantime, whisk the eggs and herbs in a small bowl and season with salt & pepper. When the asparagus is done, pour the eggs into the simmering broth, stirring gently and constantly, until cooked, about 30 seconds.

3. Season with more salt and pepper, ladle into bowls and top with the shaved cheese.

4 Servings, but very easy to multiply for more people

Thanks to Carla Hine for this recipe.