 CSA Newsletter Week #1:

# Welcome 2014 Shareholders!

We are so excited for this season. We have been working extremely hard this spring getting our seeds in, weeding & transplanting. We started seeding in our greenhouse in early April. It’s been a slow start to the spring with cool weather and this past week too much rain. We’ve been running a fighting battle with flea beetles in the brassicas, but otherwise everything is growing well. As many of you know, we follow the Biodynamic Planting Calendar. There are 4 categories of plants: Leaf, Fruit, Flower and Root. This means that there are very specific days in which the conditions are right for working with specific pant groups. This breakdown not only helps us stay on track for seeding and weeding, but we have seen that when working with the plants on the correct days that not only do they taste better, but they grow well, have fewer pest problems and store longer after harvest.

We are looking forward to seeing all of you later today!

# This week’s bin features:

* Spinach
* Nettles
* Dandelion greens
* Asian Green Mix with Arugula
* Chives
* Oregano
* Sorrel
* Lettuce mix
* Wild mint (great for salads, smoothies & tea)

### Add-on Shares:

* Whole Chicken
* Barley Flour
* Spruce tip Jelly
* 1 dozen Farm fresh, free range eggs

# Recipe of the Week:

Nettle Pesto

2C Fresh Nettle

¼ C nuts or seeds (roasted)

½ C parmesan grated

1 clove garlic crushed

½ c olive oil

Sea salt to taste

Mix everything together in the food processor, blend well. Use fresh, store in refrigerator for up to two weeks, or put in small containers in the freezer.

\*Nettles are very spiky that is why they are called stinging nettles! Be careful, & wear gloves while handling raw nettles. Once they have been blended or cooked they no longer sting.