



green string farm news

Farm News

In the Store

- napa cabbage
- purple cabbage
- savoy cabbage
- wakefield cabbage
- green swiss chard
- red swiss chard
- collard greens
- lacinato kale
- baby romaine lettuce
- speckled amish bibb lettuce
- carrots
- red lasoda potatoes
- yellow finn potatoes
- leeks
- onions
- hot peppers
- blue hubbard squash
- pink banana squash
- pumpkins
- red kuri squash
- broccoli
- cardoons
- celery
- kohlrabi
- fresh herbs
- ground beef
- beef cuts
- cheese
- eggs

It probably won't surprise you to hear that we're the kind of folks who get really excited about vegetables. Winter veggies may seem somewhat less thrilling than the brightly colored produce of summer, but we think this season's vegetables are equally wonderful.

Lacinato kale is a big favorite around here, and it's never looked happier than it does right now. The unique texture and very dark green of its leaves can make any dish look fancy -- not to mention its sweet, substantial flavor. For something different, try crisping lacinato kale over high heat or in the oven.

Crushed Rock

Bob Cannard has been using crushed volcanic rock for over 30 years to increase the vitality of the soil. Properly applied, crushed volcanic rock increases mineral balance in the soil, providing a richer and more balanced environment for plant cultivation.

Our volcanic rock contains a noncrystallized balance of minerals, which are readily absorbed by organic systems. The rapid cooling and oxidation of magma upon its forceful evacuation from the volcano prevents mineral crystallization, which would render the minerals in the rock indigestible to life forms. The magma, noncrystallized in its molten form, emerges almost unchanged, and is thus nutritionally useful. The large number of minerals contained in this crushed rock provides for a healthy mineral balance.

Crushed rock is used at the farm to increase mineral balance of the soil, which ensures that any crop to which the rock is applied will receive more of the mineral food that it requires in order to flourish. In effect, the use of crushed rock helps give the plant a healthy, balanced diet.

Events

Farm tour

First Saturday of each month
noon - 1:30

Family Day

Third Saturday of the month
2pm - 3pm

Community Workday

Every Thursday
9am - noon

more information

greenstringfarm.blogspot.com

Winter Tomato Soup

- * 3-4 tablespoons olive oil
- * 1 onion, diced
- * 1/2 hot pepper, seeded and minced
- 1/4 cup sherry vinegar
- * 2 pints basic tomato sauce
- 1 cup chicken or vegetable broth
- 2 tablespoons sugar
- salt and pepper, to taste
- 1/2 cup plain yogurt
- 3-4 tb finely chopped tarragon

A blast of summer's goodness in winter's favorite form -- soup! Serve with grilled cheese the next time you need some serious comfort food. *Serves 4*

1. In a medium sized pot, sauté onions and pepper in olive oil, covered, until they're very soft.
2. Add sherry vinegar and cook for 2-3 minutes until it looks syrupy in the bottom of the pot.
3. Add tomato sauce, broth, sugar, salt and pepper and cook, at a medium simmer, for 20 minutes until slightly thickened.
4. Off the heat, stir in yogurt and tarragon.
5. To serve, top with a drizzle of olive oil and yogurt.

Simple Squash Soup

- * 4-5 pounds winter squash, seeded, peeled, and cubed
- * olive oil
- 1-2 tablespoon coarse salt
- 1 teaspoon freshly ground pepper
- 1 quart broth
- * about 6 sage leaves
- 2 tablespoons honey
- 1/4 cup heavy cream

Try out different kinds of squash for this thick, rich soup, like pumpkin, red kuri, pink banana, and hubbard. *Serves 4*

1. Brush each piece of squash with a thin layer of oil. Place on a baking sheet and roast in a 400°F oven until soft, about 30-40 minutes.
2. Combine roasted squash, salt, pepper, broth, sage, and honey in a large pot and bring to a simmer.
3. Remove from heat and purée with a stick blender. Stir in cream, and adjust seasoning if necessary.

Hearty Greens with Sausage and Blue Cheese

- 2 tablespoons butter
- * 1 leek, chopped
- 1 sausage, cut into bite-sized pieces
- * 2 leaves collards, coarsely chopped
- * small bunch red Swiss chard, coarsely chopped
- 1/4 cup white wine
- salt, to taste
- 1/4 cup crumbled blue cheese
- * olive oil

The bright greens and reds from collards and chard in this dish bring a little color to gray winter days, and sausage adds a little umph! Use meatless sausage (try apple-sage Field Roast) in this recipe for a satisfying vegetarian dish. *Serves 2-4*

1. In a large skillet, melt butter over medium heat. Add leek and cook until softened.
2. Add sausage and cook, turning, until browned on all sides.
3. Add collards, chard, wine, and salt. Cook, stirring, until greens are tender but not completely soft, about 5 minutes.
4. Remove from heat, stir in cheese, and serve with a drizzle of olive oil.