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CROMWELL VALLEY C.S.A.  
Organic Community Supported Agriculture

# CVCSA Community Newsletter 2009 Season

JULY 4, 2009

## Board of Directors Update

Highlights in this issue:

- Find out what the Board is up to
- Attend a helpful workshop
- Do something different with that lettuce
- Learn more about rain barrels

Hello from your Board of Directors!

We certainly hope that you are enjoying the season thus far and getting your fridges and freezers ready for the oncoming summer harvest.

One of the most common pieces of feedback I, as Membership Coordinator, receive (other than the varying opinions of Yahoo! Groups) is that our members want to know more about the happenings of the Board of Directors. In coordination with our newsletter team we have agreed to offer a once monthly BOD update to inform and delight on the activities of your board. And wow, have we been busy.

### Filling the Board

This year's board is full of energy and ideas to take our organization to the next level and the most important update I have to share with you all is that we are finally a full board!

At our June 24 meeting we voted on two more members to give us our complete board of ten members. This is critical to the success of the board and the organization at large because all of our board members are 100% volunteers, most of whom have very busy lives outside of the CSA, and the more people we have on our team taking on tasks and projects the better for everyone.

Our farm staff and work exchange members handle most of the day-to-day operations of the organization. That leaves the long-term sustainability and organizational vision to the board and that really has been our theme of 2009.

### Becoming a 501c3

We have been working on preparing our application to the Internal Revenue Service for recognition as a 501c3 organization. 501c3 status will help in many ways, not the least of which, is our search for grant money to help us continue to build our organization and employ new projects and methods on our certified organic farm.

### AmeriCorps Volunteers Help Out

CVCSA has just been approved and granted an AmeriCorps National Civilian Community Corps (NCCC) team for approximately four weeks starting July 18, 2009. We will have about 8 young men and women who have given a year of their lives to serve their country living on our farm and working with both the CSA and the Cromwell Valley Park Council on long-neglected projects that are in desperate need of help.

### Expanding our Outreach

Additionally, we have been attending many festivals and metro-wide events to elevate our visibility and contribute to our outreach efforts. We have ramped up our educational offerings for both the benefit of our direct members and the larger community of the Baltimore metro area.

As many of you hopefully have noticed we have also been working hard on the revision of our website to include moving our hosting services to a 100% carbon neutral and energy efficient hosting company

([www.supergreenhosting.com](http://www.supergreenhosting.com)).

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## Rigatoni with Lettuce and Eggplant (Makes about 4 servings)

Tired of salads?  
Do something new  
with all that  
lettuce. Give these  
recipes a try!

### Ingredients:

- 1 eggplant
- 3/4 tsp + 1/2 tsp salt
- 3/4 lb rigatoni or other hearty pasta
- 1/4 cup olive oil
- 1/4 cup sliced garlic
- 1/2 tsp red pepper flakes
- 6 cups torn lettuce, any type or combination (e.g., Boston, escarole, romaine, etc.)
- 1 jar anchovy fillets in oil (3.5 oz)
- 1/4 grated fresh Parmesan cheese

### Instructions:

Preheat the oven to 400 degrees. Peel the eggplant and cut it into 1-inch pieces. Spray a baking sheet with nonstick cooking spray and place the eggplant pieces in one layer on it. Sprinkle the eggplant with 3/4 tsp. salt. Bake for about 20 minutes, until the eggplant is soft. Set aside.

In a large pot, bring 3 quarts salted water to a boil. Add the rigatoni and stir. Cook for about 15 minutes, until done to your liking.

While the pasta cooks, heat the olive oil in a large skillet over high heat. Add the garlic and pepper flakes and cook for about 1 minute. Add the lettuce. Mix well, cover, and cook for about 3 minutes, stirring occasionally. Add the eggplant and 1/2 tsp. salt and mix well. Cut the anchovies into 1/2 inch pieces and add them along with their oil to the skillet. Mix well.

When the pasta is done, remove 1 cup of the cooking water and add it to the eggplant mixture. Drain the pasta and combine it with the eggplant. Sprinkle on the Parmesan cheese and mix well. Divide among four hot plates and serve immediately with extra grated Parmesan cheese.

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Vegan version (by contributor Elena Johnson): Substitute the anchovies and their oil with 1/2 cup chopped kalamata olives plus 2 Tbsp. olive oil. Substitute vegan Parmesan for the cheese - or omit the cheese entirely.

(Recipe adapted from Jacques Pépin: More Fast Food My Way by Jacques Pépin and submitted by CVCSA member Elena Johnson.)



(Picture courtesy of Flickr user Vic\_Lic.)

## Savory Lettuce Wraps (Makes about 8 appetizer servings)

### Ingredients:

- 8 large, sturdy lettuce leaves - choose ones that aren't torn or wilted
- 1 cup crumbled vegan feta OR tofu marinated in red wine vinegar and olive oil, then baked OR (for non-vegans) dairy feta cheese
- 1 cup drained oil-packed sundried tomatoes (cut into 1/2 inch pieces)
- 1 cup chopped red bell pepper OR jarred roasted red pepper Or pimiento (cut into 1/2 inch pieces)
- 1 cup pitted spicy green olives (whole if small, or cut into 1/2 inch pieces)
- 1 tsp chopped garlic
- 2 Tbsp. fresh lemon juice
- 1/4 cup olive oil
- 1 Tbsp. chopped fresh tarragon (or any other herb you like)
- 3/4 tsp. salt
- 3/4 tsp. ground black pepper

### Instructions:

Arrange the lettuce leaves on a platter.

Mix together the feta or tofu, sundried tomatoes, peppers or pimientos, green olives, and garlic. Add remaining ingredients and mix well.

Divide the mixture between the lettuce leaves and serve. Can be wrapped and eaten out of hand, or can be served on individual plates as an elegant salad.

(Recipe adapted from Jacques Pépin: More Fast Food My Way by Jacques Pépin and submitted by CVCSA member and newsletter contributor Elena Johnson.)

Make a lettuce wrap appetizer for your next BBQ.

## Garden Medley Salad (Makes 4-6 servings)

### Ingredients:

- 1 head red leaf lettuce, roughly chopped
- 1 bunch spinach OR tender greens of swiss chard, roughly chopped
- 1 cup red cabbage, shredded
- 1 small beet, grated
- 5 - 10 mushrooms, sliced
- 4 - 5 stalks green onions, sliced
- 3 - 4 medium carrots, sliced
- 1 medium cucumber, sliced
- 1 - 3 cups broccoli sprouts (or other assorted sprouts such as sunflower and bean)
- salt and black pepper to taste

### Instructions:

Wash and prepare all vegetables. Toss together the lettuce and spinach or chard. Add all the other ingredients and toss. Leftovers can be stored in a covered bowl in the refrigerator. Salad keeps crisp for 3 - 4 days. Eat as is or add your preferred dressing. Makes 4 - 6 servings.

(Recipe adapted from How it All Vegan! - Irresistible Recipes for an Animal-Free Diet by Tanya Barnard and Sarah Kramer and submitted by CVCSA member and newsletter contributor Elena Johnson.)

Do something different with your salads!

## Workshops

Upcoming workshops will help you store fresh food for the winter and figure out what to do with the scraps. Workshop details are below:

**SATURDAY JULY 11**

**10 AM - 12 PM, SHERWOOD FARM**

**VERMICULTURE**

Let worms do the work of turning your garbage into compost! Come learn the value of vermiculture and then build your very own vermiculture condo complete with worms. Workshop is \$10 for CVCSA members, \$15 for non-members and includes cost of bin. Followed by a brown bag lunch where leftovers go into the worm bins!

Learn how to  
can, freeze and  
cook all that  
fresh food you're  
bringing home!

**SUNDAY JULY 19**

**2 - 4 PM, WILLOW GROVE NATURE CENTER**

**FREEZING FOOD 101**

Learn how to deal with the July bounty of squash and other veggies by freezing some for a taste of summer next winter! Basic preparation techniques and freezing processes for optimal taste and nutrient retention will be covered. \$3 CSA members, \$5 non-members

**SATURDAY AUGUST 1**

**10 AM - 12 PM, WILLOW GROVE NATURE CENTER**

**CANNING 101**

Tomatoes are ideal candidates for canning: whole, diced, juiced, or made into sauce, salsa...Learn how to safely process and preserve tomatoes as well as other fruits and veggies in glass jars for economical, long-term storage. \$5 CSA members, \$7 non-members includes canning materials.

**SATURDAY AUGUST 8**

**3 PM - 4 PM, WILLOW GROVE NATURE CENTER**

**CHARD-O-RAMA: COOKING GREENS, DELICIOUSLY**

Got chard? CVCSA head farmer Matt Belmont will be on hand to demonstrate quick, easy and delicious ways to deal with the bounty of summer greens.

## Rain Barrels: A Simple Way to Collect and Conserve Water by Maggie Beetz

### What is a Rain Barrel?

A rain barrel is a system that collects rainwater so you can have a consistent supply of free, fresh water for outdoor use.

Rain barrels typically sit under your gutter and collect water that runs off your roof during rain showers. A grate filters out leaves, dirt, and other debris and the barrel stores the fresh, clean water safely until you need it. They typically come with a spigot at the base of the barrel (or "drum") to fill a watering can, or you can attach a hose. Rain barrels are useful in times of drought or whenever you want to save money, save water, or help protect the Chesapeake Bay.

### Benefits to You

**Save Money:** Rain barrels save homeowners 1,300 gallons of water during peak summer months, according to the Maryland Department of Natural Resources. That's because watering lawns and gardens accounts for about 40% of total household water use this time of year. By purchasing or building your own rain barrel you can significantly cut down on your water usage and cut your water bill.

**Save Your Yard:** Runoff causes erosion which can reduce the soil in your yard, damage lawns, and make gardens more difficult to maintain. Excess runoff can deplete the soil of natural nutrients over time. Too little water can damage your plants, flowers and grass as well. During periods of drought, having conveniently stored excess water on hand is the perfect solution drought.

### Benefits to the Environment

**Save Water:** Utilizing a rain barrel conserves water. You will not need to turn on the faucet when you have a barrel full of fresh rainwater on hand.

**Save the Bay:** In addition to the cost-cutting and conservation benefits, rain barrels help the local environment. Rain barrels reduce excess runoff and divert water from storm drains. This means fewer chemicals, trash and other pollutants washing into the Chesapeake Bay.

### Buying a Rain Barrel

If you want to purchase a rain barrel, prices range from \$120 to \$600 and up for a large rain barrel. A standard drum will hold about 55 gallons of water, but larger drums (70, 80 even 300 gallons) are also easy to find. In addition to the drum, a rain barrel is also composed of a vinyl hose, fittings and a screen grate. You can find an assortment of accessories including various platforms, diverter kits, mosquito deterrents and pH meters. To purchase a rain barrel or rain barrel accessories the following websites have extensive selections:

- Composters.com (a subsidiary of Green Culture, Inc.) - <http://www.composters.com/rain-barrels.php>
- Aquabarrel - [www.aquabarrel.com](http://www.aquabarrel.com)

### Build Your Own

Rain barrels are also easy to build. Building your own is fairly simple and may only cost about \$20. Here are a few resources that show you how:

- Watch a video - <http://www.youtube.com/watch?v=MGFDIkJOdaM>
- Maryland Environmental Design offers step-by-step instructions with pictures - <http://www.dnr.state.md.us/ed/rainbarrel.html>

### Uses for Your Rain Barrel Water:

#### Wash your...

- car
- boat
- gardening tools
- house
- windows
- dog

#### Water your...

- flowers
- vegetables
- grass
- trees & shrubs
- house plants

#### Other uses...

- top off your pool
- rinse off the driveway or sidewalks

## For the Kids

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Eat Your Vegetables Vocabulary



Complete the activity.

1. \_\_\_\_\_ The fastest growing of the summer fruits. Also known as the green Italian squash,
2. \_\_\_\_\_ Whether curly or flat leafed an indispensable herb in cooking and garnishing.
3. \_\_\_\_\_ A plant with small white flowers and long green pods containing edible green seeds.
4. \_\_\_\_\_ These highly nutritious seeded pods of various legumes are among the oldest foods known to humanity.
5. \_\_\_\_\_ A plant having a large edible head of crowded white flower buds.
6. \_\_\_\_\_ A plant part of the legumes family that is grown for hay or forage.
7. \_\_\_\_\_ A vegetable with a green skin and a white watery flesh that's used to make pickles.
8. \_\_\_\_\_ Tall annual cereal grass bearing kernels on large ears.
9. \_\_\_\_\_ A vegetable with a light green stalk and leafy top.
10. \_\_\_\_\_ Sweet potato with deep orange flesh that remains moist when baked.
11. \_\_\_\_\_ A type of dark, root vegetable with a hot, sharp taste.
12. \_\_\_\_\_ Sweet and hot varieties of fruits of plants of the genus Capsicum.

celery	radish	cucumber	pea
yam	beans	cauliflower	corn
pepper	parsley	alfalfa	zucchini

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## Board Update (Cont'd from page 1)

With our new hosting service we have been able to offer a new communication system that is going to finally put to rest the dreaded Yahoo! Groups page. We have also launched a blog and a Facebook page.

All of these efforts contribute to the larger goal of connecting our community and creating visibility for our organization, which in turn will hopefully create long-term sustainability. And to that end, I want to mention two other projects we just launched and ways you can help.

### Get Involved

The board has authorized the creation of a long-term planning committee to tackle our sustainability, funding, and community outreach vision, as well as a committee to revise our current board bylaws. Both of these committees (long-term planning and bylaw revision) are not only open to members of our CSA (you don't have to be on the board) but are dependent on the strong interest and contribution of members joining them. If you are interested in either committee please email us at [membership@cvcsa.org](mailto:membership@cvcsa.org) and we will get you in touch with the chair of the appropriate committee.

Finally, a monthly Board of Directors update can only give you a glimpse into the happenings of the board and we invite any interested members to our monthly board meetings. Our next Board of Directors meeting will take place on Wednesday, July 22, 2009 at 7pm in the Sherwood house. We hope to see you there and/or around the farm!

*Chad Jeremy*

Sit in on our next Board Meeting and see what it's all about.



(Picture courtesy of Flickr user [thebittenword](#).)

## In Your Shares

In the coming week, you can expect:

- Beets
- Garlic
- Herbs
- Lettuce
- Maybe some Summer spinach (AKA chard)