

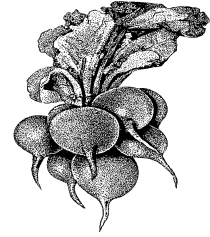


Lettuce Connect

East Farms CSA

Newsletter

June 7, 2006



Message from Jeremy

I have been farming on my own since I was 15, I am now 25. I started out driving the tractor down the melon rows while my family harvested cantaloupes. At age 9 my grandpa gave me a quarter acre to grow whatever I wanted. At age 13 he passed away and I had to run the farm while my dad worked. At age 15 I started my own farm and have been on my own ever since.

I married a wonderful woman, Shay Bell five years ago and have two wonderful children ages 1 and 2. Their names are Maddin and Colton, they love to help with the CSA so if you get a rock in your box you know where it came from. I am currently farming about 250 acres.. Thank you for participating in our CSA I hope you enjoy everything. Things will be a little meager side for the first two weeks due to the wet spring and then the sudden change to hot hot temperatures. This kind of weather makes it difficult to produce a crop of lettuce and greens. Thank you very much

Jeremy East

Care and Storage

Store preferably unwashed, wrapped in a damp towel or plastic bag in the hydrator drawer of the refrigerator. Best used very fresh, but may last for up to one week if properly stored. Keep moist.

Nutrition Information

All lettuces are low and calories and generally high in calcium, iron, and vitamins A and C. The darker green the leaves are, the more nutrients they contain.

Food For Thought

Every year at this time, I am reminded of the pleasures of eating locally grown produce. The first tender salad greens are worth the wait. Enjoy them while you can before the heat sets in and brings us other delicious treats from the farm.

If you have seen some of the tips and history before in this newsletter, bear with me. I try to update substance and still provide information to people that may be new CSA members.

Kid Stuff

What's the most dangerous vegetable to have on a boat? A leek!

Why shouldn't you tell secrets on a farm? Because the corn has ears, the potatoes have eyes and the beans talk (beanstalk).

Upcoming Events

Keep your eyes on this section for farm events such as the Transplanting Day and Pumpkin Patch pickup.

Featured Recipes:

Garlic Honey Vinaigrette

Make the salad dressing directly in a salad bowl before adding fresh lettuce, to keep the greens crisp and perky. Season a wooden salad bowl by pressing a clove of garlic with 1/2 tsp salt and rub into the bowl.

Thoroughly blend together:
3 cloves pressed, chopped garlic, with
1 tbsp honey before adding
1/4 cup Tarragon vinegar
1 tsp Dijon mustard and 1/2 cup extra virgin olive oil

Season with fresh chopped herbs and toss with lettuce torn into bit size pieces.

From The Cook's Garden

Roasted Garlic & Ginger Dressing

3 heads roasted garlic
2" piece of fresh ginger root
1/2 cup rice wine or sherry vinegar
2 tbsp lime juice (1 lime)
1/2 cup fresh dill, chopped
2 tbsp sesame seeds
2 tbsp sesame oil
1/2 cup olive oil
1 tsp salt
freshly ground pepper to taste

Grate the ginger root, and place in the blender bowl along with remaining ingredients. Puree until well blended. Transfer to a jar or bottle until ready to use.

Makes 1 cup.

To roast garlic: Preheat the oven to 400F. Wrap the garlic in tin foil and bake for one hour. (Add a sprig or two of rosemary, thyme or sage for additional flavor.) Remove the foil, snip off the top of the garlic and with your fingers, squeeze out the soft insides into a bowl or measuring cup. (Or you may snip the cloves with a knife and scoop out with a grapefruit spoon.)

from The Cook's Garden

Making Contact

If you have any questions, concerns or comments, please contact Shay or Jeremy East at 801-525-2219.