

Green Acres CSA



Communique #6

July 22, 2016

In your share:

- * Squash
- * Cucumbers
- * Beets
- * Blackberries
- * Green Peppers
- * Kale
- * Chard
- * Mint-Sorrel Tea
- * Fresh Flower Bouquet

*Note: half and full shares have slightly different selection

Garden as healing space

It has been another difficult week of news – and another testing week of weather. As humidity and heat take over outside, it seems cultural/political tensions are also high. The garden, in contrast, offers a space for refuge. In the early morning, it is the epitome of peacefulness as the vegetable plants wake up with the rest of the natural world. In the middle of the day, in the midst of the hottest hour, a few trees provide shade. The humidity seeps into the leaves and the soil and keeps our garden heavy with mist. It's hard to complain when the natural cycles of sun, rain, dew, soil, worms, compost, plants, etc. begin to adjust and maintain. One can only step back and appreciate the concept of adaptability. In these hard times, I often think of us working in the garden together as a time to do our own inter-cultural healing – the farm commons as a means of restoring broken ties between ourselves and the land and one another.

Fermentation update: We had some friends and our new housemate Dan help with a few batches of sauerkraut using cabbage from the garden. We've also had some successful experimenting with dill cucumber recipes as well. If you're interested in trying out our ferments, let us know.

Recipe Ideas



Fried Summer Squash

Have you tried frying your summer squash yet? You'll need a few pounds of summer squash, an egg, all-purpose flour and cornmeal to fry. You could also add garlic salt, chili powder, paprika, or other spices to the batter. Here's a simple recipe:

<http://allrecipes.com/recipe/14126/country-fried-squash/>



Swiss Chard Roll-ups

Chard is a nice texture to make green wraps out of. Boil a pot of water and dip the chard in a stalk at a time to blanch, until a deeper green. Take a hefty spoonful of what you want to fill the wrap with (I usually do a mix of brown rice and chopped vegetables) and roll away from you. If filled ingredients are warm, be careful not to make the filling too heavy.

More neighbors looking to grow!

The idea for a Green Acres neighborhood "village" has been in place for seven years. Our homes at Overhill/DeKist have been holding the vision of a cooperative, ecologically friendly neighborhood with the help of the community garden. Recently, we've had several neighbors commit to joining us in this idea. Folks have started helping us with our garden mulching and a couple of different groups have reached out through the Fellowship for Intentional Communities website. Most exciting to me is the new family that moved in across the street. They joined us a couple weeks ago and are already tearing up their manicured lawn! The landlady of the house next door (DeKist) has allowed us to start integrating her property into our permaculture design. We've also had requests from new neighbors and friends to help them design their gardens and make their space friendly to native plants and perennials.

This means that our sense of community is growing. In August, we plan on having a dinner to welcome new neighbors. It's our hope they will continue to share our common space at our community dinners throughout the school year. Pretty soon we will be swapping ideas for plants and recipes – maybe even artwork and skill sharing as well. The opportunities for a sharing culture are limitless.