



Wildberry Organics
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This Week's Harvest

- ❖ Gourmet Salad Mix
- ❖ Leeks
- ❖ Kale

- ❖ Assorted Herbs
- ❖ Tomato Plant

May 18, 2010

Week 1 of 25

Published weekly during the
 '10 CSA Summer Season for
 Wildberry Organics'
 CSA Members

What's Happening at Wildberry Organics

Welcome to Our Summer '10 CSA Season

It's year #3! We're very excited to welcome you as members to **Wildberry Organics' '10 Summer CSA**. We're very happy to have so many returning customers and we are also very happy welcome all of the new members who have chosen to join us, too! We hope that you will enjoy all of the wonderful fresh, organically grown vegetables and fruits as much as we enjoy producing them for you and your families. As we venture forth on our *third season*, we'd like you to think of **Wildberry Organics** as YOUR farm, too. If you have any special requests, would like to visit to see where your locally produced food comes from, or simply want to contact us with information or suggestions, please give us a call or send us an email. We are eager to hear from you and invite your participation in our endeavors.

Land Reform...

Wildberry Farm was a very blank slate when **Greg Shipp and Crew** took it on in '08. Before 1993, it was a wild area chock full of invasive plants such as Scotch Broom and daisies (not the good kind!) along with other assorted native and many non-native plants growing at will. When the land was developed as a home site in '93, much of that growth was eliminated. What is now the Garden area was fenced off and served as a harvestable hay pasture and grazing area for three mules for the next 15 years. All of that changed radically in '08. In an amazingly short time, Greg and Crew turned the pale, red clay into organically rich, highly productive soil. Gardening in a sustainable, environmentally responsible way entails lots of thought, planning, and just plain hard work especially when you start out with a field that was not 'worked' in a decade and a half. In other words, you can't just throw the seeds in the ground and then retire to your favorite seating device. In our case, the soil was the first thing that received attention. It was amended with literally tons of well-rotted leaves, 65 half-ton bales of straw, and every kitchen scrap we could lay our hands on. The chickens pitched in, too, scratching their 'processed' food into the mix. This process continues today. Garden design has been and will continue to be a dynamic endeavor. Crop rotation keeps the bad bugs and germs guessing and maintains peak soil fertility for the wide variety of plants we grow. So, there you have a brief overview of our past. As we move forward through the '10 season, we'll keep you informed about typical happenings here at 'The Farm'. Be sure to let us know of any special interests you have and we'll do our best to meet your needs and answer your questions.

Our Favorite Salad Dressing

This easy to make, preservative-free salad dressing is an oil and vinegar based French dressing from **America Cooks**. It's delicious on salads, of course, but can also be used as a marinade and basting liquid for oven or grill roasted vegetables. Enjoy!

Ingredients

- 1 teaspoon salt
- ½ teaspoons sugar
- ¼ teaspoon fresh ground black pepper
- ½ teaspoon paprika
- ½ teaspoon dry mustard
- ¾ Cup good salad or olive oil
- ⅓ Cup wine or apple cider vinegar

Directions:

1. Measure ingredients into a jar in order given.
2. Cover and shake well.
3. Chill. Shake before using.

Variations:

Use on salads, as a vinegar & oil sandwich dressing, and as a marinade and basting liquid on oven or grill roasted vegetables.

Paper or Plastic?

We've all heard this question before, right? At **Wildberry Organics**, we've decided to help stem the natural resource decline and help the environment by using and *re-using* fabric bags. Each week, your produce will be packaged in one of these **reusable** bags. You can help us by returning the bag(s) each week. Just leave them on the table when you pick up your produce or at your drop off location. We'll do the rest. THANK YOU.

Cluck, Cluck

EGGS!! We've got them again this year. They are farm-fresh, pastured, and delicious. Loaded with healthy Omega 3, they have the bright orangey-yellow yolks that you just don't get in the store-bought version. They are \$4.00 a dozen to our CSA members and are sold on a pre-paid basis. Cost for this '10 Season including this first week is \$100.00. They will be included with your weekly produce. If you miss this first week, we'll double up next week and you can have enough for deviled eggs. Oh, double yum!

Visit Us at the Forest Grove Farmers' Market

We'll be there for the festivities on each **First Wednesday** of the season!

Wildberry Organics: Next Week's Produce

Salad Mix Greens Herbs

A Word About Our Produce Cleaning Process...

We use fresh, untreated well water to rinse our green produce. Sometimes, we add 99.9% pure salt to the initial rinse water. This is an environmentally sound way to rid the produce of unwanted wildlife, i.e., bugs, slugs, and other creepy-crawlies. (Remember, we DO NOT USE PESTICIDES.) Then, the produce is briefly re-rinsed in unsalted water before packaging. This process works really well with everything curly, too, such as broccoli, lettuces, cauliflower, kale, etc.

Once you receive your weekly vegetables, you should ALWAYS rinse them well before use.

If you'd like to add salt to the initial rinse water, buy untreated, pure salt – no talc or other additives that are added by processors to make it pour when it rains. Read the label. It should only say 'Salt'. Use a tablespoon to a quart of rinse water, 4 tablespoons to a gallon. This initial rinse water can be used for several vegetables before pouring it down the drain. Follow with a rinse with plain fresh water.

Some of our produce is NOT WASHED. Wild mushrooms and herbs are good examples. This is because they deteriorate so quickly once exposed to water. So, before using them, wash them as you usually would or as we suggest.

Mushrooms may contain small insects and dirt. While they should not be allowed to soak, a good swish in salted water before use will not hurt them. Pat them dry, trim, and use as desired.

Herbs also need to be rinsed well before use. Due to their aromatic nature, bugs are not generally attracted to them, but, they could contain dirt from splashing rain. So, again, a quick swish in salted water, a light pat dry and they are ready to use. Or, wrap them in a paper towel, put them back in the plastic bag, and put them in the refrigerator. They will keep for a long time this way. Great hint for campers!

If you want to dry them for future use, wash as above, pat dry and allow them to dry naturally out of direct sunlight.

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