



Where The Land, Food, and People Come Together!

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Distribution Week #2

## Field Walk...

Our second annual pig pick-up and transfer occurred last Wednesday, May 21st, ranking as one of the top four favorite moments of the farm season (surpassed only by the excitement of the first share pick-up; the first ceremonial harvest and eating of a watermelon; and third, finding the first ripe tomato). Carlos Hinkebein from Cape Girardeau, MO met us on Magnolia Ave, near Tower Grove Park with six beautiful pigs in his trailer. The pigs are a few different breeds, ranging in color from black, white and red, and in size from 20 lbs to 35 lbs. It is always an interesting site and usually attracts on-lookers as Carlos lifts the pigs by their hindlegs from his trailer and puts them into the back of our pick up truck. They squeal a little but settle right down as soon as we start driving. As we head back home, down Grand Ave and Broadway passerby's wave, honk, and ask if they can buy a pig from us. We try to stay calm, not hit too many potholes, and in general, avoid directing our own *Babe in the City* moment. Of course, we arrived back at the farm without a hitch, unloaded the pigs into their pen and spent the afternoon admiring and cooing. Our pigs are on a diet of 2 parts pasture and vegetable scraps (tomatoes and beets being their favorites) and one part grain (so that they receive sufficient protein). Pigs naturally are rooting, grazing animals. As they investigate the pasture and munch on rye and clover, they will also use their snouts to root up the soil in search of grubs and beetles. It is like having six little plows and manure spreaders working all at once to enrich the soil and prepare it for future plantings. We are so thankful for everything they will contribute to the farm. Come say HI anytime!

Enjoy the harvest, Amy & Segue



## What's In Your Share:

green & red lettuce, salad mix, radishes, bok choy and...

**Spinach:** the dark leafy green we've all been waiting for! Rinse thoroughly to remove any grit and be careful not to overcook by watching for bright green color. Delicious raw in salads or stuffed in sandwiches, tacos, or burritos.

**Hakurei Turnips:** these spring turnips are little pearls (sometimes no larger than 1 inch in diameter) and are juicy, buttery, and mild. See recipe and picture below. *If you do not receive a bunch this week, you will next.*

Kale and scallions will be ready next week and strawberries and peas may be ready for picking!!

## What's For Dinner Spring Turnips w/ Greens & Raisins (from "Asparagus to Zucchini")

2 T butter, divided  
2 T olive oil  
1 medium yellow onion, diced  
1 bunch spring turnips & greens  
about 1/2 cup raisins  
salt  
12 oz orzo or bow tie pasta,  
cooked & cooled (optional)



Heat 1 T butter and all the oil in a large skillet over medium. Add onions and cook, about 5 minutes. Roughly chop turnips and greens and add to the skillet. Sprinkle with salt, stir and cover. Cook until the turnips can be easily pierced with a knife, 5-8 minutes. Add the chopped greens and raisins and cook until the greens are wilted and tender, another 3-4 minutes. Add remaining 1 T butter and salt to taste. Eat this as a side dish or toss it with cooked pasta for a main dish. Makes 3-4 servings.

## Weather Update/ What's on our To Do List:

The week of May 18th started out relatively warm and dry. However, Thursday night we received another inch of rain and then rain again Friday morning, Saturday afternoon and it looks like rain Sunday, Monday and Tuesday! Time to build an ark!

## Farm To Do List:

Seed last planting of melons in the greenhouse; Seed herbs, sunflowers, 35 beds of winter squash; plant last 3 rows of tomatoes; plant 8 rows of sweet potatoes; transplant 10 beds of watermelons from the greenhouse; weed the onions; hill the potatoes; cultivate the second planting of tomatoes; harvest and pack 106 St. Louis boxes! TIME TO GET TO WORK....

## The Pigs are Here & Loving their New Home!

Our pigs come from the happy place of Hinkebein Hills Farm where they were raised for the first two months without antibiotics or hormones. Hinkebein Hill's pork can be purchased at the Tower Grove Farmer's market and is served at the Schlafley Bottleworks Restaurant in Maplewood!



## SaladTips (from "Cooking Light" magazine, May 2008)

"While the quintessential pairing of ripe tomatoes and lettuce is certainly enjoyable, a good salad can be so much more. Adding fruits, nuts, and other well-chosen ingredients offers a welcome change. More importantly, incorporating a few more nutritious ingredients is an easy way to serve a more healthful dish."

### Mesclun with Berries and Sweet Almonds

5 cups salad mix  
1 3/4 cups raspberries or strawberries  
1/4 cup chopped fresh chives  
3 T champagne or white wine vinegar  
2 tsp honey  
1/2 tsp dijon mustard  
1/4 tsp salt  
1/8 tsp black pepper  
1 T canola oil  
6 T Sweet spiced Almonds (1 cup almonds mixed with 1/3 cup brown sugar, 1 tsp cinnamon, 1/2 tsp coriander, 1/2 tsp cumin, 1 large egg white, beaten. Spread mixture over a foil-lined baking sheet and bake at 325 for 10 minutes. Stir mixture and bake an additional 15 minutes till crisp).

Combine first 3 ingredients in a large bowl. Combine vinegar and next 4 ingredients in a small bowl. Gradually add oil, stirring with a whisk. Drizzle vinegar mixture over lettuce mixture. Toss gently to coat. Arrange 1 cup salad on each of 6 plates. Top each with 1 T sweet spiced almonds. Yield 6 servings.



# The Best Salad Bar Potluck in the World!!!

Saturday, June 7th, at 5 PM at the farm!

Come celebrate salads by bringing your favorite creation. (Of course all other types of dishes are welcome--including desserts!!). We will give a brief tour of the farm, then enjoy each other's company and some delicious food. We will have a bonfire for after hours, so please bring your guitar, musical instrument, smores, etc.

Please bring enough food to feed five people, chairs, plates, utensils.

SEE YOU THERE!! Guests are welcome!

