



Focus on the Fields

CSA Newsletter

Week #1, June 14-18, 2010



Strawberries and Spinach, Spring 2010

Welcome to the 2010 Brix Bounty CSA Season

We are pleased to start our inaugural season with the bountiful blessings of strawberries and spinach which will offer a preview of the nutrient packed weeks ahead.

This spring has offered a start to the growing season which most farmers could only dream of; quite an amazing difference from the cold and wet 2009 May and June. Because of the early onset of heat a number of our "summer" crops are off to their best growing season in many years. Our summer cucurbits (cucumbers, squash, and zucchini) will be making an early appearance this summer; and by the looks of the next couple of successions will bear a great crop into the coming months.

I must admit, as I look ahead to the next few months, I am looking forward to a return to producing crops for a CSA. It's been more than two years since I've been involved in a CSA as a grower, and already in the early weeks of this summer I've been reminded of the joy felt growing food for a community of consumers whose connection runs deeper than a relationship at

Preparing the Bounty

Each week we'll endeavor to share a few ideas for good ways to enjoy the tastes of the season.

As many folks may be new to the CSA experience I wanted to take a moment to point you in the direction of a few resources which may help you to make the most of the 2010 growing season.

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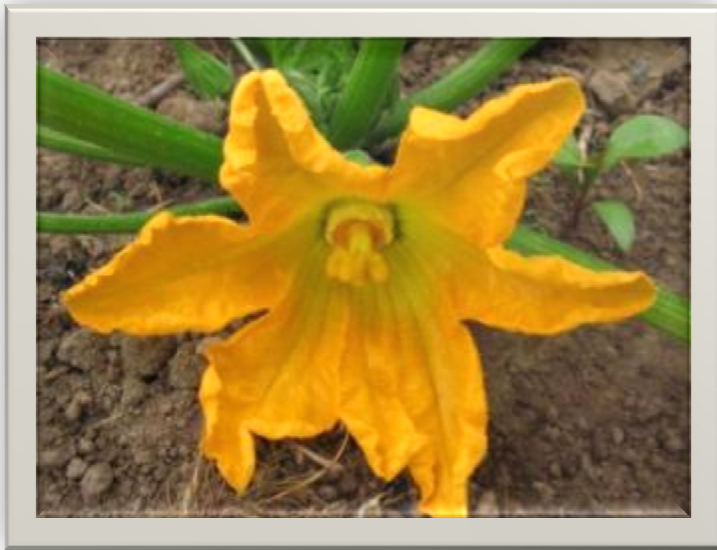


Brix Bounty Farm – Fresh Vegetables & Community Education

Contact the Farm: 508.992.1868 derekchristianson@gmail.com <http://www.brixbounty.com/csa/newsletters/>

a farmers market, farmstand, or local co-op. Looking ahead, we hope to develop a robust community which celebrates the taste and nutrition of locally produced crops. In our newsletters we'll share stories, thoughts, and experiences from the field to help bring a greater depth to the vegetables we distribute. Whether it's a reflection of the beauty brought to us with a foggy morning misting our crops, results from this season's research carried out in cooperation with the Real Food Campaign, or photos from the field, we'll endeavor to bring you closer to the roots of your food.

-Derek



Upcoming Events:

Sunday June 27th: Nutrient Density Training Session with Dan Kittredge at Lindentree Farm in Lincoln, MA. For more information or to register please visit the Real Food Campaign website at www.realfoodcampaign.org

Preparing the Bounty (cont. from page 1)

- Brix Bounty Farm Produce Page - with 5 great cookbook recommendations.

<http://www.brixbounty.com/farm-produce/cooking/>

- Brix Bounty Farm Crops Page - over the course of the season we'll post crop photos and recommended storage techniques.

<http://www.brixbounty.com/csa/crops/>

Storage Tips for dill and fresh herbs: While dill and parsley can handle refrigeration, basil will not do well when exposed to cool temps. One of the easiest ways to store your fresh herbs is to treat them like cut flowers; re-snip the cut ends and put them in fresh water on the kitchen counter. Make sure they have adequate water and you should have a fresh bounty to enjoy throughout the week. We even will put the basil and dill in small vases as a center piece during the summer months.

Do you have a favorite recipe or method of preparing delicious local vegetables?

If so, email recipe suggestions/ideas to us at: derekchristianson@gmail.com

Coming Soon

**Basil, Cucumbers, Parsley,
Squash, & Zucchini**

We Invite You to Taste the Joy

Growing vegetables is labor intensive. From starting seeds in the greenhouse, setting transplants in the field, to our diligent cultivation keeping the weeds at bay we work hard to create bountiful and nutritious harvests for you to enjoy. This work is carried out with a profound joy in our spirit as we celebrate the bounties of the natural world and marvel at its good graces. We hope you can taste this joy in the crunch of your first bites this season.