

TASTY COLLARD GREENS

Recipe from www.allrecipes.com.

Prep Time: 30 Mins Cook Time: 2 Hrs Ready In: 2 Hrs 30 Mins 10 servings

"A classic recipe for collard greens that uses smoked turkey to add some flavor. Greens are simmered in chicken stock, then spiced with a dash of red chile flakes."

INGREDIENTS

1/4 c olive oil 1 smoked turkey drumstick 2 tbsp minced garlic
5 c chicken stock 5 bunches collard greens - rinsed, trimmed and chopped
salt & black pepper to taste 1 tbsp crushed red pepper flakes (optional)

DIRECTIONS

Heat olive oil in a large pot over medium heat. Add garlic, and gently saute until light brown. Pour in the chicken stock, and add the turkey leg. Cover the pot, and simmer for 30 minutes.

Add the collard greens to the cooking pot, and turn the heat up to medium-high. Let the greens cook down for about 45 minutes, stirring occasionally. Reduce heat to medium, and season with salt and pepper to taste. Continue to cook until the greens are tender and dark green, 45-60 minutes. Drain greens, reserving liquid. Mix in red pepper flakes if desired. Use liquid to reheat leftovers.

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UPCOMING EVENTS

COLONIAL COOKING

**Saturday, June 7, 2008, 10:30 a.m. to 12:30 p.m.,
Rain or Shine, \$20 Non-Members, \$15 Members**
This hands-on, open-hearth cooking workshop focuses on "receipts" from the 18th century. With the help of our historic interpreter, Ellyn Mary Farrar, learn fire-keeping, the use of 18th century culinary equipment, and creation of a complete meal using seasonally-appropriate ingredients

BUILDING A RAIN GARDEN

**Saturday, June 14, 2008, 9:00 a.m. to 11:00 a.m.,
Members Free, \$15 Non-Members, Rain or Shine**
Rain gardens increase infiltration, decrease surface runoff from paved areas, and reduce the risk of flash flooding. Led by our horticulturist, Alexia Savold, you'll learn the different factors to consider when designing a rain garden such as cost, plant species, necessary tools.

NATURE NUTS

**Tuesday, June 17, 2008, 11:00 a.m. to Noon,
(Recurring the 3rd Tuesday of each month,
April through October) Rain or Shine,
\$6.00 Non-Members, \$5.00 Members,
Ages 3-5, Registration Required**
This fun-filled hour of exploration at the National Colonial Farm's Museum Garden is the perfect setting to learn about the wonders of nature. Designed for children ages 3-5, the children will hear a story, create a craft project, and go on an outdoor adventure. Children must be accompanied by an adult. Each month has a different theme such as Earth Day or Rain Gardens.

FIELD NOTES

Volume 13, Number 5 June 2, 2008

What's in (in the field, not yet your box)...

I believe it was CSA Member Charles Gaumond that asked about what we're growing. So here's an update on what's in the ground and hopefully in a future harvest.

In the early spring we did some experimenting with no-tilling vegetables. After mulching two small beds last fall, we found really nice soil underneath. We direct seeded arugula and spinach right into it. Seems like a great idea and one we might tweak and try again, but the arugula and spinach both did poorly and failed this time.

Another no-till option seems more promising. Last fall, we planted seven beds with twelve cover crops and cover crop mixes, one of which is Daikon radish (long white radish the Japanese, especially, like). The radish makes a great soil builder, too. Its leaves die back in winter leaving the soil bare in spring, and the roots decomposing right in place. We sowed peas directly into this. These peas are in flower now and we hope to harvest them soon.

During the "Introduction to Permaculture" workshop we held here in April, we "sheet mulched" one bed. That is, we laid down

THIS WEEK'S HARVEST

(or what's out of the field)

Salad Mix

Greens and Reds (Collards, Chard or Beet Greens)

Scallions (of course)

Cilantro (good source of dietary fiber, Vitamins A, C, E and more!)

Broccoli (good source of protein, Vitamin E, Calcium, and more!)

Strawberries (good source of folate, Vitamin C and more!)

Cucumbers (some of you received cukes last week, and those that didn't should get cukes this week.)

cardboard (a few layers of newspaper can be substituted) over weeds and grass, added a little compost and lime, put some straw on top, cut small slits in the cardboard, and placed transplants and potatoes pieces right down into the mulch. The roots, eventually, should find their way to the soil. Pretty nifty, and the concept shows promise for the future. I don't know that you'll see any of the food from that plot, but we'll try again next spring on a bigger scale.

Despite the rain, we planted some **potatoes** and hope to plant the rest soon. Potatoes usually go in the ground anywhere from mid-March to mid-April. Since we don't have refrigeration or cold storage, they've been sitting in the packing shed waiting. They seem to have more patience that we do, so we thought we'd try something new. We bought two round bales from Jerry TePaske (he runs beef at the Puterbaugh's farm and hays land in the Fort Washington area). One morning we rolled the round bales over to the field, cut the strings holding the bales together and just unrolled the stuff. It made a nice mulch a few inches thick on top of the bed, and we planted straight into that. Oddly, the next day we found many seed potatoes sitting on the side of the bed, or on top of the mulch (any ideas what animal or faerie does this?), but we put them back in and hope to see green in the next weeks. We'd like to get more potatoes in the ground this week, and may hold on to the rest until the end of the month, to try planting for a fall harvest. The seed potatoes don't look as happy as they might, but it will be an interesting experiment.

We beat that big rain week with four beds of **onions** and one of **leeks**, and were able to direct sow cuke, summer squash, beets, carrots, chard, and beans. This was a few weeks ago. Unfortunately, the latter beds don't seem to have taken well to the 9 inches of rain we received, but the onions and leeks show promise. After that rain, we tried to use what greenhouse bed space we could turn over, and have put in **radishes**, **turnips**, **arugula**, and **salad mix** ingredients. Mixed success again, but

we expect you'll see some of this soon. Salad mix will hopefully be a weekly part of your box.

This last week has been good to us. Dry to till, raise some beds, and get the goods in. **Sweet potatoes** are in the New Field. We put in our first main round of **tomatoes** and **eggplant** on Friday, along with sowings of **cucumber**, **melon**, **beans**, **chard (Rainbow and Perpetual Spinach)**, and **okra**. **Parsley** is now in, as is Eli's experimental **rice** (it does get wet here, doesn't it?). All this watered in with a nice soaking thunderstorm. Peppers and basil, we hope, are not far behind.

Speaking of the New Field, you may notice a fence in the hayfield on the way in to the Ecosystem Farm. I'm excited about this New Field, as the soil (and drainage) is much different from the Main Field and presents different opportunities and challenges. Rather than drainage problems, one challenge may be irrigating it (a challenge we gladly accept). And rather than summer production, it may be useful for fall, winter, and spring crops. Most of all, it offers a good lesson in comparing soils and observing their characteristics. It is of the Sassafras soil series: sandy loam with smears of clay subsoil (since most of the sandy loam topsoil has been eroded into the river). It's hard, crusty, and light colored, and would have liked to be cover cropped until fall or next spring. But plans have changed and we'll use it to compliment a few Main Field crops

this summer. In this field are **tomatoes**, **tomatillos** and related **cape gooseberries**, **beans**, a few **brassicas** including a crop of broccoli and cabbage, and just -sown **cukes**, **melons** and **watermelons**.

Remember, these are in the ground, and it will be some weeks before we grill any of it up. But we can get our recipes and our kabob sticks ready. We'll keep working if you keep eating.

Be great,
Mike



From left to right, Apprentices Angela and Eli hard at work in the fields, Spring 2008