

CHARD WITH LEMON AND FETA

INGREDIENTS:

- 1½ pounds Swiss chard, trimmed and coarsely chopped
- 1 tablespoon butter
- 2 teaspoons lemon juice
- ½ cup (2 ounces) crumbled feta cheese
- ¼ teaspoon salt
- Coarsely ground black pepper

DIRECTIONS:

1. Rinse chard and place in a large pot with water clinging to leaves. Cover and cook over medium heat until tender, about 10 minutes. Drain well and return to pot. Reduce heat to low. Add remaining ingredients; toss to combine.

Recipe from www.spryliving.com.

Cut along dotted line for 3x5 recipe card



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UPCOMING EVENTS

(complete details at www.accokeek.org)

COLONIAL CANDLE-MAKING

Saturday, May 9, 2009, 1:30-3:30 p.m.

Visitor Center, Rain or Shine

\$20 Non-Members, \$15 Members

Join us for this hands-on workshop to learn the art of candle-making. You will learn about wicks, waxes, uses of candles in the 1700s, and safety instruction. We will also discuss recipes and ideas for making your own candles at home.

RAIN BARREL WORKSHOP

Tuesday, May 12, 2009, 7:00-9:00 p.m.

Registration Deadline is Friday, May 8th

Education Center, Rain or Shine

Workshop is Free, Rain Barrel is \$90

Here's your chance to save money and help the environment! Collecting and reusing rainwater will save money on your water bill, and decrease the impact of runoff on our waterways. The workshop will cover installation, maintenance, and landscaping.

For more information about this or other events, please call the office at 301.283.2113, or by email us accofound@accokeek.org.

FIELD NOTES

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Welcome and welcome back to the Ecosystem Farm **SHARE** program!

We've been chomping at the bit these last weeks for the start of the harvest season. Much of our work has been inside the high tunnels. Spring affords us a chance to focus on hand preparation and care of garden beds, while we wait for the fields to dry out enough to use tractors.

It also gives us the space to ground ourselves in the basic philosophies and science of sustainable agriculture, to get started on farm improvement projects, and visit other farms in the region.

We did have an early opportunity to till a few beds in late March. So far in the ground are peas, carrots, beets, lettuce, parsley, broccoli and cabbage, onions, spinach, potatoes, beans, chard, radishes and turnips, bok choy, dill and fennel, and, in the tunnels, early summer cukes, squash, and tomatoes. Some of these you'll see soon, and some not for some weeks. Early plant growth crept along in grey April weather until that warm spell a week ago.

First Tastes of Spring

We like to start our CSA season early at the Ecosystem Farm, even if we just taste a little spring at first. For those new and returning members alike, spring boxes are generally "light." This is a product of small spring growing spaces (we usually work out of our high tunnels early in the season, due to wet field

THIS WEEK'S HARVEST

**Greens and Reds
(Chard, Orach, or
Collard Greens)**

Lettuce

Rosemary

**Scallions/Spring
Onions**

conditions) and that early start to the season. As the season progresses, summer and fall fills our boxes with the summer goodness.

Greens and Reds

Greens this week are chard, though some of you may receive collards or orach. Orach is also called Mountain Spinach – it’s a beautiful plant (come see in the greenhouse) that volunteered itself in the greenhouse this spring from last year’s planting. Leaves are green, red, and purple. Not only is it heat-tolerant, unlike spinach, it is nutritious and tasty. Cook it just like you would other greens – steam it then toss it in oil (try sesame oil), or stir-fry it. Let us know what you think.

Potluck/Open-House Friday, May 23

We hope you will come down to the farm on Friday, May 23rd for an Ecosystem Farm soiree. Bring a dish, your family, and your empty SHARE box, and stay for dinner and a tour. And let us show you what’s growing and tell you more about what we do, why and how.

Herbs

Herbs are available for pick-your-own cutting. The herb bed is front and center in the herb/flower area (currently being renovated) across

from the packing shed. Available at this time: thyme, oregano, savory, mint, lemon balm, hyssop, chives, garlic chives, lovage (cutting-celery), and salad burnet.

Please drive slowly!

Access to the Ecosystem is via a curved one-lane road, off of Bryan Point Road, just after the entrance to Piscataway Park, and just before the main entrance to the Accokeek Foundation. Drive slowly and defensively, as there are blind corners, and, in the evening, many deer in the hay field!

Boxes

Your SHARE comes packed in a clean waxed box. These boxes can last a long time if cared for; they come at quite a cost to us and we hope to use them many times during the season. A crew member can demonstrate how to fold and unfold your box. Please keep these clean and return your box to us each week. Please also save the quart and pint boxes that will be used later in the season for some crops.

Compost

We are glad to take any kitchen scraps and other vegetable matter you may have leftover from the week. Please do not store these in your SHARE box. If you would like to save these and donate them to the compost pile, bring them with you in a *paper or biodegradable* bag, or in a solid reusable container.

Eggs and Wheat SHARES

Egg shares begin our first week, and we will contact you separately to arrange payment for these. Wheat shares will not start until after harvest in July. Likewise, we will arrange payment for these separately.

Be great,
Mike



*Tunnel, Ecosystem Farm,
April 2009*

SWISS CHARD OR SPINACH PIE

INGREDIENTS:

2 1/4 lbs. Swiss chard or 2 1/2 lbs. spinach	6 eggs
2 1/2 or 3 dry onions, sliced, sauteed in 1/4 c. olive oil until soft	
2 bunches green onions, chopped	1 1/2 lb. feta cheese, crumbled
1/4 c. Parmesan cheese	1 tsp. white pepper
1/2 tsp. dill (optional)	1 lb. filo
3 squares butter, melted	1/4 c. olive oil

DIRECTIONS:

Mix oil and melted butter together after butter has cooled. Clean and wash Swiss chard or spinach, drain, dry completely. Chop Swiss chard or spinach, green onions, put in large mixing bowl with the sauteed onions. Add crumbled cheese, Parmesan, add slightly beaten eggs to mixture, white pepper and dill. Mix well. Grease an 11 1/2 x 17 1/2 inch baking pan with butter and oil mixture. Add 6 pastry sheets on bottom of greased pan, spread each with the oil and butter mixture, sprinkle with the Swiss chard or spinach mixture alternating the pastry sheets and spinach or Swiss chard mixture. Cover with 6 individually buttered sheets. Pour the remaining butter and oil on top. Bake at 350 degrees for 1 hour. Cool and cut in squares.

Recipe from www.cooks.com.