

## SLUG SALAD

### INGREDIENTS:

2 heads butter lettuce, torn into bite-sized pieces  
champagne dressing  
2 tsp butter  
4 oz goat cheese  
2 tbs brown sugar

1/3 C slivered almonds  
strawberries, sliced or whole  
1/2 small red onion, thinly sliced  
caramelized Almonds

### DIRECTIONS:

To caramelize the almonds: Melt the butter in a small skillet over med-heat/ flame. Add the almonds & saute until golden, about 2 mins. Add the brown sugar & stir this to mix. Spread the almonds on a baking sheet, separating them. Set aside to cool. When completely cooled, the almonds will have a hard, candied coating. To assemble the salad: In a large bowl, strawberries, goat cheese, toss the lettuce with the red onion, & dressing to taste. Sprinkle the almonds over the salad & serve as soon as possible.

*Recipe from Mike Snom.*

*Cut along dotted line for 3x5 recipe card*



#### Farm Manager:

Michael Snow  
msnow@accokeek.org

#### Apprentice Farmers:

Michael Fizdale  
Matt Newlin

#### Design, Editing, and Production:

Julie Brunton  
Laura Ford

#### Accokeek Foundation

3400 Bryan Point Road,  
Accokeek, MD 20607

Phone: 301.283.2113

Fax: 301.283.2049

[www.accokeek.org](http://www.accokeek.org)

### UPCOMING EVENTS

*(complete details at [www.accokeek.org](http://www.accokeek.org))*

#### COMPOSTING AND SOIL FERTILITY

Wednesday May 20, 2009, 6:30-9:00 p.m.

Education Center, Rain or Shine

**\$30 for Non-Members, \$25 for Members.**

Good soil fertility is crucial to the success of a garden. In this class you will learn how to feed the plants you are growing by building and improving your soil. You will learn how to make a successful compost pile, and choose which methods work best for you.

#### ECOSYSTEM FARM VOLUNTEER DAY

Wednesday, May 20, 2009, 1:00 p.m. to 4:00 p.m.

Every 3rd Wednesday, Free

Volunteers are encouraged to arrive early as a brief, dedicated tour will be given promptly at 1 p.m. Volunteers will help by tending to the fields, weeding, planting, and harvesting the farm's produce. Please be prepared to work in the outdoors wearing appropriate clothing and sturdy shoes. Volunteers are also encouraged to bring work gloves, sunscreen, hats, snacks, and plenty of water. For more information and to sign-up to volunteer please e-mail [volunteers@accokeek.org](mailto:volunteers@accokeek.org).

**For more information about this or other events, please call the office at 301.283.2113, or by email us [accound@accokeek.org](mailto:accound@accokeek.org).**

# FIELD NOTES

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### Lettuce Know...

We hope last week's storage information is helpful. If you have any keeping tips for the rest of us, do let us know. Respond to the list or to me directly. Likewise, I'm looking for two recipes this week: one for radishes, and one for juiced bok choy (Patrick Jones?).

### What Grows Together Goes Together?

Last year, right about this time (May 27) we were recovering from a good nine inches of rain in a week, and found some of our produce harboring various mollusks. Our conversation in Field Notes turned to the challenge of insect- and mollusk-damaged produce and our desire to provide "#1 quality" vegetables while still providing a quantity that makes our boxes worthwhile to share.

This year we're battling more of the same: slugs and flea beetles, especially, in both the tunnels and in the fields. This week's bok choy may show flea beetle damage on its outer leaves, for example (take off outer leaves and use the inner leaves and stems). Again, it's either compost these or offer them to you for what they are: quality produce grown in an ecological manner. The controls we use (physical barriers, beer traps, iron phosphate) are coming up short, and we shy from using harsher measures, which are often much stronger, albeit organic, substances that kill beneficial insects as well as pests. Rather it is our philosophy to live with our pests to the degree we can, and to continue to develop cultural and biological techniques for dealing with them.

### THIS WEEK'S HARVEST

**Lettuce**

**Spring Onions**

**Cilantro**

**Radish**

**Baby Bok Choi**

**Strawberries**

But as said last year, this is a conversation between all of us. Your thoughts are encouraged. In the spirit of What Grows Together Goes Together, we offer this year's mollusk-centric recipe, just in case you find a protein-prize in your box.

### **In The Ground This Week**

We're still waiting for things to dry out. We came close if not for Saturday night's rain, so still our transplants and seeds wait. With two volunteer hands (Thank You, Betsy), on Thursday we transplanted experimental crops of no-till tomatoes (more on that in future editions), New Zealand spinach, and Cape Gooseberries. We will turn over some space in the high tunnels soon and plant them again in case the weather keeps us off the ground outside.

### **Introducing Matt Newlin, In His Own Words**

From Mike: We are fortunate to have a great team again this season. Remember that our crew comes to the Ecosystem Farm to work hard and to support our education, research, and production programs, but also to gain for themselves the skills they need to be successful farmers in the future. They also bring unique skills and styles to the farm. Ideas, information, and work flows in both directions. **This week, Matt Newlin introduces himself:**

First and foremost I would like to thank everyone for the warm welcome to the community. It is a great privilege and honor to be working at the Ecosystem Farm. You might wonder how I found the farm and to tell the truth, it was an accident or by luck. I was doing research about organic veggie production and found the Accokeek Foundation.

I'm 26 years old and from Greensboro, North Carolina. I was born into a successful landscape nursery business. It is where I found my passion for the green industry. If you would like to know more about the family business, please check out [www.newgarden.com](http://www.newgarden.com). The best place to start my story would have to be in high school where I attended a private boarding school. While I was there, with the help of my dad, we started a 10 acre nursery where we grew bedding plants, ornamental grasses, and trees. There were a couple of goals for the nursery. The most important one was to help scholarship students that

could not afford the tuition. But we also wanted to teach tobacco farmers that there are more things that they could do with their land. We teamed up with Southside Virginia Community College and offered on-site horticultural classes. It was also there to excite the students about something other than video games and TV.

From there I moved to the North Carolina mountains to help start a program to help at-risk teens, and to attend school. If you want to know more, please go to [www.covecreekfarm.org](http://www.covecreekfarm.org). I spent the next four and a half years in and out of school for a degree in horticultural sciences. I also worked for an annual and perennial flower producer, and that's where my education of veggies began. During this time I was also traveling home to work on a small tree production nursery project.

School finished finally. Now it was time to get a real education, which started in Hickory, North Carolina, at a premier woody tree and shrub nursery, Hawks Ridge Farm. There I worked as an inside sales person and managed their 25 acre arboretum. It was a great experience and a beautiful place to work.

It was then time to go home. I spent the next three years in the family business, learning it inside and out. I learned retail sales, landscape and design, maintenance, irrigation, night lighting, and hort-services. But that was not enough; I needed more. So here I am at the Ecosystem Farm. I hope to learn all about veggies so I can start a CSA for our maintenance clients and maybe even a small market at our retail stores.

Finally, there is the future – or dreams, depending on how you look at it. I hope to incorporate all of my education in a special way: to start a school for at-risk teens, where they can learn and feel safe. I want to use the veggie and nursery production as a part of the healing process, and to give the students a way to make a little money while they get a high school education, and get their life back together. But that is the future.

I hope we are able to produce the quality veggies that you are used to. Thank you again for the warm welcome, and the great food that you have brought down to the farm. Here's to a great season and I wish you all the best.

Matt Newlin