



Vermont Valley Community Farm

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Welcome to the 2010 Spring Share season from all of us at Vermont Valley Community Farm.



Pea Planting Spring is a time of non-stop activity. We grow many plants in our greenhouse and transplant them into the fields. Pictured above are Janna and Eric transplanting snap peas. They are sitting on a water wheel transplanter, putting pots of peas into the bed beneath them. These peas will be harvested at our Pea Pick in June!

Watercress Harvest The annual spring ritual of loading up the back of the pick up truck with wooden pallets (to stand on so we don't sink into the muck up to our necks), crates, harvest knives, rubber bands and driving up the road to a beautiful spring fed stream where watercress grows abundantly in the cool, clear water. Pictured: Eric, Levi, Jonnah, Janna



Lettuce head harvest in the hoophouse. Kate and Leah, two worker shares, seem to be enjoying the activity. But who wouldn't enjoy being in such a place of beauty. Most of the food for the spring share is grown in here. We begin planting in early March.



Bok Choy harvest in the hoophouse. I want to welcome all of you to another bountiful season at Vermont Valley Community Farm. We are so happy to be growing food for you. Nothing gives us more joy than to know who is eating all of the 'vegetables' of our labor.

Barb (one of your farmers)



Jesse, the farm's potato king. Potatoes are the one crop we sell to accounts other than our CSA. We sell certified seed potatoes to other organic farms. We also sell potatoes to Willy St. Coop and Whole Foods all winter. These are a small portion of the potatoes we will be cutting up and planting next week. Jesse drove to Antigo and Rhinelander to pick these up.



If you want to find David, he's likely in one of his tractors. Here he is looking closely out of the rear window as his tractor pulls the water wheel transplanter. The tractor creeps along and the people on the planter are moving their hands as fast as possible. The yellow tank has water in it so as each plant goes in the ground it gets watered. We have a lot of specialized equipment for the many vegetable crops we grow.

STORING PRODUCE

For loose greens: All of the loose greens you receive will have been rinsed in cold water, most likely no dirt will be remaining. A salad spinner works well for washing, spinning dry and storing. Do yourself a favor and get one. Your loose greens will last much longer. You can also store greens wrapped in a paper towel placed in a plastic bag. If you store your greens in the bag they come in, there may be some water in the bag causing the greens to get mushy or slimy, so do it at your own risk. If something is looking a bit droopy, submerge it in cold water to refresh it.

Radish greens should be removed before storing radishes. Store radishes in a plastic bag so they retain their crispness. The greens can be eaten also, raw or cooked as you would the sauté mix.

Everything you receive should be stored in a plastic bag or airtight container. Refrigerators will dehydrate greens very quickly if they are not in an airtight container.

Cold is good. Ideal is 34 degrees for greens. Refrigerators aren't this cold. You can check the temperature using a thermometer. Your refrigerator may have a cold drawer for produce.

We have done everything to get the produce to you as fresh as possible, now it's up to you to treat it well, it will last longer that way; or better yet, eat it up!