

Expansion Progress

The expansion of the homestead is coming along fairly well - but there is still lots to go, so if you want to help, come on by! We have the previous gardens all fully planted and the new potato bed nearly all planted (*this is where the pigs were the first few weeks of their time here*). We hoped to have the new large lower garden finished this past weekend, however, we didn't quite get there. It still needs tilling and we're hoping to arrange a tractor tiller from a friend this week, to finish it off and allow us to get it all planted with its tomatoes, peppers, eggplants and squashes!



The pigs have moved to their new area and are extremely happy there. They even seem to stink less. Arya tilled and planted her garden and has lots popping up from corn to peas. Our "teenager" chicks are getting big and our new baby chicks just arrived this morning, so far, all safe and sound. We're going to try having our Blue Laced Red Wyandotte raise the chicks, because she has been very broody lately. It's the natural way, but we've never tried it before. In theory, the chicks should do better and we'll save on electricity since we won't need a heat lamp!



YOUR CSA BOX - Week 2

Each week you will find a list of what will be in your CSA box from Lord & Lady! Read more of the newsletter for suggestions for utilizing some of the more unusual ingredients!

This week's box includes:

- Rhubarb
- Honeysuckle
- Lily of the Valley
- Lilacs
- Peonies
- Chives
- Lemon Thyme
- Rover, Purple Plum & Cherry Belle Radishes
- Horseradish

- Oregano
- Lambsquarter
- Eggs (*if you have an egg share*)



Produce Boxes

A reminder for those who may not have read through last week's newsletter. We have purchased wax produce boxes to deliver our weekly vegetable and fruit produce in. They are extremely durable and handle water well - which is perfect for produce transportation.

We have enough boxes for each family participating to have two boxes, allowing for us to deliver and leave a box for you your first week, and then the following week, bring you a new box with produce in it, and pickup your box from the previous week's delivery. Basically every week after the first week, we will trade a full box of produce for your empty box.

Each families two boxes will be their boxes for the whole season, labeled with their names on them. If for some reason, one of "your" boxes is damaged, lost, etc, we will need to be reimbursed \$7 to replace that box. At the end of the season, we will want all produce boxes back, to save for use next year!



Lambsquarter

Use lambsquarter like you would spinach - salads, saute or freeze!

Rhubarb

If you missed last week's newsletter, you should check it out for details on all the awesome different varieties of rhubarb Laura has and you are therefore getting in your share.

We just put some compost onto the rhubarb this week, and that should help it kick into high gear. The lack of rain isn't helping, we're having to water it every day to combat this, so do your rain dances people. Do it for the rhubarb.

Finally, before another excellent rhubarb recipe to try, let me give you your random fact for the day. Rhubarb is considered and classified as a vegetable is most all countries EXCEPT here in the USA, where it is considered a fruit, because during the 40s the government officially changed its classifications, because the tariffs on vegetables was higher than the tariffs on fruits! So enjoy this vegetable fruit in the following recipe, look up your own online, OR freeze it and deal with it later!

No matter what you're using rhubarb for, its best to wipe rhubarb down, rather than just rinsing, rhubarb is slightly tacky and just rinsing it doesn't always get all the little tag-alongs off. If freezing just chop and freeze in air-tight containers.

Rhubarb Crumb Bars

For the Streusel

- 6 TBSP unsalted butter, melted, plus room-temperature butter for pan
- 1 cup all purpose flour, plus more for pan
- 1/2 cup packed light-brown sugar
- 1/4 tsp salt

For the Cake

- 1/2 pound rhubarb, cut into 1/2-inch pieces
- 1 TBSP light brown sugar
- 1 cup all purpose flour
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1/2 cup (1 stick) unsalted butter, room temperature
- 1 cup confectioners sugar
- 2 large eggs
- 1/2 tsp pure vanilla extract

1. Preheat oven to 350°. Butter an 8-inch square baking pan. Line with parchment paper, leaving a 2-inch overhang on two sides. Butter and flour parchment and pan, tapping out excess flour.
2. Make streusel: Whisk together butter, brown sugar, and salt. Add flour and mix with a fork until

Sunny Side Up

Here at the homestead, we have a lot of chickens. For those uninitiated, Laura loves heritage and rare breeds. We have very few chickens that don't fall into that category. All our girls are allowed to roam free outside at any time (*they do have a fenced and netted area, to keep them safe from the many predators we have in the area*) and are fed an all organic diet of feed, corn and lots and lots of kitchen scraps and yard clippings. *If you would like to contribute to their food scraps or the pigs for that matter, simply save your food scraps (minus any potato peels) and put them in a bag in the freezer. When you come to see us next, or we see you, give them to us and we will give them to the girls!*

We have had chickens for four years now, so some of our girls are getting up there in age, but new chickens join the flock every year. We have one chicken, Broody, who no longer lays, but due to Laura's attachment to her, she has so far been allowed to continue living free and eating food, despite giving us no eggs in return.



We are going to be building a new coop this year, in Octoberish, to house our ever increasing flock that includes the following breeds: Olive Eggers, Easter Eggers, Blue & regular Amerucanas, Salmon Faverolles, Welsummer, Turken, Cream Legbar, Black

Copper Maran, Cuckoo Maran, Blue, Golden & Silver Spangled Hamburgs, Lavendar Orpington, Blue Cochin, White Cochin, Sicilian Buttercup, White Sultan, German Spitzhauben, Blue Laced Red Wyandotte and finally New Hampshire Reds and White Leghorns.

The freedom, foraging and high corn (*rather than high soy*) diet gives our chickens what so many storebought eggs lack - allowing them to produce delicious deeply colored yolks. So Enjoy!



New Chicks
Olive Eggers &
Salmon Faverolles



Turken
lays brown eggs



Cream Legbar
lays sky blue eggs





Horseradish

Last week we had the basic instructions for using all parts of the horseradish. This week we're sharing one of our family's favorite dishes to use fresh horseradish in.

It's a taste deceiver, making you feel like you're eating garlic bread, when there's no garlic in sight! Which is perfect for when you have visitors who are wary of the tasty little bulb. It goes great with any pasta dish, but it also holds it own with a delicious rich soup like French Onion, Minestrone or even a stew!

As usual we work to use all organic ingredients for this recipe: we buy organic butter in bulk, vinegar and coarse salt at Oryana (*buying in bulk gets you 20% off*) and typically use an Italian loaf from Bay Bread Company or Stone House Bread.

Horseradish Chive Bread

- 1 stick unsalted butter, room temperature
- 2 tablespoons fresh horseradish (or prepared)
- Dash of white vinegar (only if you're using fresh horseradish)
- 2 tablespoons chopped fresh chives
- Coarse salt
- 1 large Italian bread loaf (or 2 small loaves)

1. Preheat oven to 375°F. Peel the horseradish root and roughly chop. Place in food processor and blend until pureed. You may add a little white vinegar to make this process easier!
2. Mash butter with horseradish and chopped chives until smooth. Season with salt.
3. Slice bread, without cutting all the way through. Generously spread butter mixture evenly onto each piece, and wrap loaf in foil.
4. Bake for 25-35 minutes. Serve warm.



Radishes

If you missed last week's newsletter, we had some great tips for radish and radish green uses that you may want to check out again, from roasting, to fresh to dips!

This week we again have a number of radish varieties that you'll be getting in your shares, the same rarer variety from Salt Spring Seeds, Purple Plum, the more common variety, Cherry Belle and also new come this week, Red Rover. Next week, Red Meat (*commonly referred to as the watermelon radish*) and Nero Tondo (*a special Spanish black variety*)!

And if those exciting varieties and recipes aren't enough to get you enjoying these bad boys, here's another reason: they protect against cancer! As a member of the cruciferous vegetable family (*same family as broccoli and cabbage*) radishes contain phytonutrients, fiber, vitamins and minerals that are cancer protecting.



Honeysuckle

Honeysuckle's smell amazing, but their use doesn't have to be limited to your sense of smell, you can also enjoy them in a variety of tasty dishes from sorbet, to throat remedies, wine, jellies and more.

Here's a recipe Laura's going to be trying this week for **Honeysuckle Jelly**

- 1 cups honeysuckle flowers
- 1 cups boiling water
- 1 TBSP lemon juice
- 1 cups sugar
- 3/4 oz liquid pectin

First you need to make an infusion to draw the flavor out of the flowers. It's very simple. Prepare the flowers by removing the tiny green tip at the base of the petals. Bring 1 cups of water to a boil in a medium saucepan, turn the heat off, then add the honeysuckle flowers you've gathered and allow them to steep for about 45 minutes, stirring occasionally.

Strain the flowers from the liquid. You should have about a 1/2 cup of liquid after straining. (*Use any leftover infusion to make a honeysuckle sore throat syrup!*)

In the same saucepan, stir together 1/2 cup flower infusion, the lemon juice, and the sugar; bring to a hard boil that won't stir down. Add the pectin and boil for 2 min; reduce heat if necessary to avoid boiling over.

Ladle into a hot, sterilized 1/2 pint jar. Water bath the jar of jelly if you plan on storing the jelly.

Chives

Chives are an herb that enhance a large number of dishes, such as the Horseradish Chive bread listed here, but you don't just have to use the chive "leaves," you can also use the flowers! Considered a delicacy in China, they can be used in stir fries, vinegars, with goat cheese and honey, in oils and more.

You can also eat them raw, or in salads, however, Laura and Ryan Casey, suggest not doing this unless its a dare. They have a fairly, shall we say, strong flavor, when uncooked, that sticks with your tongue for awhile. We may have learned this the hard way...

What's up Next Week?

We can't ever guarantee what will be in the upcoming weeks share boxes, but we can give a pretty good guess! Next week we're going to have more varieties of radishes, rhubarb, thyme, nettles, snap peas (*maybe*), beets (*maybe*) and more!