



8-12 AM SAT 5-7 PM TUES

FIRST PICK-UPS SAT JUNE 7 & TUES JUNE 10

Birch Point Farm is located at:  
 7506 E. Birch Point Rd, TC 49684 (ph 231-933-7256)  
 & [www.csafarms.org/birchpointfarm.asp](http://www.csafarms.org/birchpointfarm.asp)

**ANNOUNCEMENTS**

**T**here's a lot this week – just want to make sure everyone's up to speed, including those who missed the meeting.



This week is the first CSA pick-up week! **If you are a Saturday person**, come to the downtown TC farmers' market between 8:00 a.m. and noon, look for our stall (with the lovely hand-painted sign by Andréa), and pick up your box. Or transfer your veggies into a cooler – this will be a better idea as the weather heats up in the summer. If you miss market, we will drop off unclaimed Saturday shares to Mike Kroes and Liz Berger's home, at 1009 Boyd Ave, located behind the Eighth

St. Glen's Market. You can pick up there any time after 1:00 p.m.—look for the box with your name on it.

**If you are a Tuesday person**, come out to the farm Tuesday between 5:00 and 7:00 p.m. Bring your own box, bag, or cooler – we'll have some reused bags available for folks who forget theirs.



**Share Boxes:** For Saturday folks only: we will pack your shares into waxed produce boxes with your names on them. If you choose to take the box, rather than transferring things to a cooler, be sure to bring the empty box back with you the next week! We're hoping to get through the season with

This Week's Share:  
 our best estimate

**Mesclun**

Baby Salad Mix



**Rhubarb**

**Pie or crisp anyone?** [Click here for a rhubarb strudel recipe.](#) Recipe for Marty's Rhubarbade on reverse.



**Spinach**

**Herbs**

Either dill, sage, oregano, or chives

**Radishes**

Either Cherry belle (round red), Easter Egg (multicolored) or French Breakfast (half white, half pink)

**Scallions**

**Yes, you can eat the flowers!**

These gorgeous green onions over-wintered in our garden, from a fall planting, and since they're biennials, they're ready to flower – still delicious, and beautiful.



**See p.2 for more share information**

## ANNOUNCEMENTS (CONTINUED)

only two boxes per share – that means one that goes home with you to be emptied, and one that goes home with us to be re-filled. Please help us keep box costs down by remembering to return your boxes, and treating them gently.



**Missing a week:** We talked about this at the meeting, but just a reminder, if you will be out of town or need to miss a pick-up for any reason, you have two options. 1) send a friend in your place—be sure to let them know what to expect. 2) Call or email at least a day ahead of time and let us know you can't find anyone to pick up for you, and we'll either absorb (eat or give to volunteers) or donate your share. We're outside all day for harvest days (Tuesday and Friday), so we won't get emails or phone calls then. Try to contact us by Monday or Thursday.



### Maple syrup is available for order!

Wanda and Tim Joseph have generously agreed to sell their delicious dark red syrup in beautiful, reusable bottles, at what seems like pretty low prices (\$8 for 8.45 oz, \$9 for 12 oz, \$10 for 12.6 oz, \$11 for 16.9 oz). We will take orders at CSA pick-up on Saturday morning at market, and again on Tuesday evening at the farm. I'll plan to go down to Brethren to pick up orders the following week, so be ready to order this week.



OK, that's it for now – in **future newsletters**, we'll have farm updates (what's happening on and under the ground), farmer profiles, member interviews, and more. Thanks so much to Dawn Oh for making this happen! And check the web site for past newsletters, more photos, and more recipes.

**CD Release Party this weekend! Our very own chicken coop dweller, Andréa Moreno-Beals, and her band Breathe Owl Breathe, have produced a new album, and so has Seth Bernard.**

Join us for their joint CD release celebration at

**Inside Out Gallery in TC**

this Friday 8 pm

\$12 advance \$15 door \$10 student

For more details: <http://www.insideoutgallery.com/calendar.html>

**AND/OR**

This Saturday evening at **Short's in Bellaire** (second release party). For more info, or to sign up for the bus leaving from Higher Grounds in TC: <http://www.shortcutsbrewing.com/index.htm>

## More about this week's share

### Winecaps?

There will possibly be some other surprises in your share – I'm writing this list a few days in advance of harvest, so there may be more that's ready to harvest before you pick up your first shares! One surprise may be winecap mushrooms, – use these beauties however you'd use portabella mushrooms – cooked, not raw. If you don't get them this week, look for them in upcoming weeks.



**(First time CSA members: fear not! Your shares will just get bigger and more diverse as the season progresses.)**

## RECIPES

### Marty's Rhubarbade

1 pint (more or less) of rhubarb juice

Equal amount of water (still or sparkly, or a blend – club soda is good, too)

1/4 c. maple syrup or 1/2 cup sugar – try less, and sweeten to taste

a shot or so of ginger juice, optional

plenty of ice, to taste

To make rhubarb juice, run raw stalks through juicer if it's a heavy-



duty juicer. We just put it in the cuisinart, then strain through a fine sieve or cheesecloth. It may take 6-10 stalks. Mix everything together, add more water or sweetener if you like, serve with ice, enjoy! Makes 1 quart.

## MORE ON THE VEGGIES & PREP



### Winecaps (*Stropharia rugosoannulata*)

Meaty and rich these are well paired in meat sauces and sautés. When large, it can be cut into strips, brushed with olive oil, balsamic vinegar, sprinkled with herbs, salt and pepper and grilled to perfection.



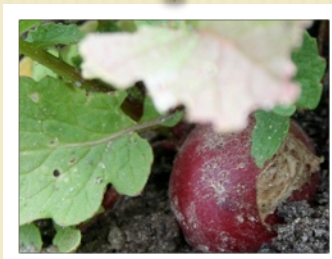
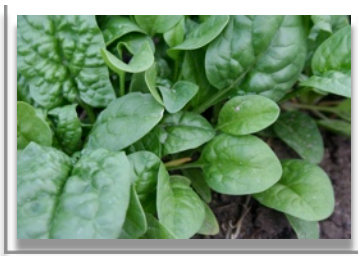
from: [www.mushroomthejournal.com](http://www.mushroomthejournal.com)

Dawn's note: We had these last night sauteed with roasted garlic, then tossed with asparagus on medium heat (thus steaming the asparagus in the excess water), and topped with cracked black pepper and lemon chunks. Mmmmm.

### About Spinach (*Spinacia Oleracea*)

From The Organic Cook's Bible by Jeff Cox: "Spinach is what grower's call a heavy feeder -- it pulls a lot of nutrients from the soil to stoke its quick growth, and when that soil is organic and full of all necessary minerals, spinach can be one of the most nutritious foods on earth....Just 1/2 cup of boiled [!] spinach gives us 2 grams of dietary fiber, 80 to 100 percent of our daily requirement of vitamin A, 32 percent of our folic acid, 40 percent of iron (for men, 20 for women), 20 percent of magnesium, 20 percent of potassium, 18 percent of riboflavin, 16 percent of B6 and 10 percent of calcium."

Whew. But who's counting?! If you want to maximize the calcium and iron you get from spinach, cook it. This helps break down the oxalic acid which otherwise binds these minerals and reducing the amount that your body gets to use for itself.



### Regarding Radishes

If you are not a radish fan, I don't blame you. Chances are that you may have only had them plain, dry, on salad, or as a garnish. Listen: SALT is a radish-taster's friend. To try a radish: first taste it plain, sliced or whole. Then cut in half, place in a bowl or plate, cut-side up, and sprinkle with a fine grain salt. Let set 5-15 min. Then try again. Variation: slice radishes thinly OR chop finely. Toss with salt, let set. Sprinkle on salad, OR (my favorite) use to top a toasted bagel with cream cheese! OR for a totally local snack, toasted [Pleasanton Brick Oven Bakery](#) bread with melted Leelanau Raclette with salted radishes piled generously on top.



### Radishes are also delicious ROASTED

Mix with potatoes, carrots, onions, or any other roots chopped into bite-sized pieces. Toss with lemon juice, olive oil, and salt and pepper. Roast or bake at 375 for 45-60 min, depending on the size chunks. Stir once while baking. Test for done-ness, serve hot. You'll find the spiciness of radish converts into sweetness. Yum!

## Our favorite salad dressing (for baby salad mix, spinach, or any fresh greens)



**The best olive oil you can get your hands on**

**The best coarse sea salt you can find**

Drizzle and toss greens with oil. Sprinkle generously with salt. That's it!

This dressing is a good way to get to know new greens – sample the plain leaves first, then dress with oil and salt to taste, which still allows the greens' flavor through. If you feel a bit more adventurous, add a little lemon juice or cider vinegar, or, for tangy occasions, balsamic vinegar.