

SOMERFORD GARDENS

CSA MEMBER HANDBOOK 2020





CSA Member Handbook



Welcome to the 2020 CSA season at Somerford Gardens! We are honored that you have chosen us to deliver fresh produce to your table each week! We recognize the long commitment and significant financial input, and are very grateful you have put your trust in us!

As your farmers, we believe in the organic food movement, it speaks to how we strive to run our farm by enriching the soil and being good stewards of the earth. Community Supported Agriculture is the backbone of our farm, allowing us to connect with the community, and develop relationships with the families and members who are a part of the journey.

This guide is intended to give you a brief introduction to our farm, CSA's in general, and what to expect this year. It also includes some basic guidelines for storing and cooking the most common vegetables you will find in your shares this week. Please don't hesitate to pepper us with any questions you may have, that's what we are here for!

Your Friendly Neighborhood Farmer,
Joe

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All images are property of Somerford Gardens unless otherwise noted. To see more pictures of the farm and keep in the loop, follow us on Facebook or visit us on the web at somerfordgardens.com

The Farm



Somerford Gardens is a family run produce farm located in Madison county, west of Columbus, OH which grows and sells crops through community supported agriculture (CSA).

Somerford Gardens has always followed organic production standards, and is certified organic by OEFFA as of 2018. Organic production just makes sense for our farm model, which uses intensive crop spacing to reduce weed pressure. This requires the majority of the tasks around the farm to be completed by hand. The small scale of the farm (currently around 1 acre in production) allows finer attention to each and every detail and efficiency to bring the absolute best crops to your table.

The mission of Somerford Gardens is to not only provide great produce, but to cultivate the local food ecosystem by connecting farmers and consumers. We hope to build relationships with all of our CSA members. Knowing where your food came from and who grew it allows for a greater appreciation of your food and often a healthier lifestyle!

Somerford Gardens History

Somerford Gardens was founded in 2016 by Joe and Kelly Ewing. After receiving a doctorate in engineering from Ohio State, 5 acres was purchased by the family close to Columbus, and Somerford Gardens was born. Joe used that self driven skill set to get Somerford off the ground, while growing up on a dairy farm planted the farming bug. The decision to stay small and go organic was a fairly easy one, as a driving mission of Somerford Gardens is to connect with the consumer and be a good steward of the earth.

Somerford Gardens Today

2020 marks the 5th year of production for Somerford Gardens. 2019 was one of the toughest to date on the farm. We are re-focusing our attention on our CSA members and won't be attending any farmers markets this year. Reducing our growing footprint will allow us to focus on bringing the highest possible quality vegetables to your table.

We also are establishing permanent hedgerows on our farm this year. This will increase the biodiversity of life on our farm, giving us more beneficial insects and pollinators. It will also allow us to continue to reduce the tillage that we do each year, improving soil structure and content.

Community Supported Agriculture

When you join our community-supported agriculture program you are making an investment in Somerford Gardens for an entire growing season. By becoming a shareholder in a local farm, you are sharing in both the risk and the reward.

Purchasing a CSA share can be fun and exciting, but for many people it takes some getting used to. This is often because, as consumers, we are used to shopping in grocery stores which know no seasons and can provide you with tomatoes, berries and sugar snap peas in the middle of winter. When you are part of community supported agriculture, the produce you eat depends entirely upon the climate, the day-to-day weather conditions and the season.

What our CSA members come to discover though, is by adopting a CSA lifestyle they develop a better appreciation of where and how their food is planted, cared for, and harvested. Knowledge of our local growing seasons expands, and new fruits and

CSA Lifestyle



vegetables are added to your palate that you may or may not see in your local grocery store.

The CSA lifestyle doesn't stop at trying new vegetables, though. It often inspires people to cook new recipes, eat more fresh produce, and savor how good it tastes to eat food that was recently harvested from local soil. Many of our members can attest to what a positive change it has been for them and their families.

Other CSA Member Benefits

- The freshest produce delivered to your doorstep, (increased shelf-life)
- Somerford Gardens grows many lesser known varieties of vegetables, so you will likely get to eat something new each year in addition to your tried and true favorites!
- CSA-member events hosted by the farm, as well as farm tours available anytime to get an up close look at how the farm operates
- Developing a strong relationship with your farmer, Joe is always available to answer any questions about vegetables and gardening, and Kelly about chickens and bees
- Joining a community of like minded folks who support local artisans
- Learning how the weather and seasons affect what is grown in your neighborhood
- Developing new cooking skills, preservation techniques and exposure to new recipes! You may be stretched to learn something new in the kitchen!
- ** Weekly CSA email which lets you know what to expect in your share that week so you can meal prep/plan, what extra veggies are available for purchase, and farm updates/ pictures to keep you in the loop on the happenings around the farm.

It is important to note that by purchasing a CSA share you recognize we are all subject to Mother Nature. Depending on the weather, some vegetables might experience a shorter or longer growing season. Although we hope we never have a crop that fails due to weather, disease or other factors, it is always a possibility. We try to let our members know though if we ever have a shortage or overage (especially for bulk purchases) of a certain crop.

CSA Shares/ Payment Info



Visit www.somerfordgardens.com/csapurchase/ to fill out a 2020 application and signup/pay

Share Description

The 2020 season will run for 26 weeks from early May through later October (with a possible adjustment of 1-2 weeks earlier or later as weather allows). There are 2 “skip weeks” built into each share to allow for vacations or other travels where you will be away for the week or weekend. Just let Farmer Joe know at least 1-2 days in advance to skip your delivery for that Saturday. Because of this each CSA membership requires a payment for 24 weeks. There is an option to purchase unused “skip weeks” at the end of the year separately.

Share Sizes

There are 2 share sizes available, a \$20 share and a \$30 share. The \$20 share includes a minimum of 1 bag of greens or head of lettuce, while the \$30 share has a minimum of 2 bags/heads of lettuce. During the spring and fall you can expect more greens in the share. Each share will generally include the same vegetables, just slightly less quantity in the \$20 share compared with the \$30 share, and possibly 1 less item overall in the \$20 share. You can expect between 7-10 different vegetables each week with a mixture of greens (spinach, chard, kale, lettuce, arugula), root vegetables (carrots, beets, turnips, radishes, potatoes, onions) and fruit type vegetables (tomatoes, cucumbers, peppers, eggplant, summer squash, corn).

Bi-weekly shares: These are the same size (\$20 or \$30) as the standard share, but run for 12 weeks and are delivered either on odd or even weeks throughout the year. No skip weeks are included, however delivery can be arranged around travel schedules if need be.

Payment Info

For 24 weeks the \$20 share is \$480 total, while the \$30 share is \$720. Bi weekly shares are \$240/\$360. There are 2 payment options, either a payment in full up front or 4 equal monthly payments. Membership is secured once your first payment is received. You also have the option to pick up your CSA at the farm for a 10% discount, email joe@somerfordgardens.com or call/text 614-315-1675 for more info.

Preferred Payment Methods

You can pay online with a credit card at somerfordgardens.com/csapurchase/, however mailing a check is preferred so we can avoid the fees incurred with online payments. We can also accept payments through Chase Quickpay and Venmo.

More CSA Info



Share Delivery

Your share will be delivered to you on Saturdays (unless otherwise noted) from a refrigerated truck. This is done to maximize vegetable shelf life. While your share will be fine for a few hours in its bag (depending on the weather and how shady your porch is), it should be taken care of as soon as possible for the best possible shelf life. Your bag from the previous week should be set out on your porch for Farmer Joe to pick up, and the new bag and veggies will be left in its place. While we won't skip your delivery if you forget to set out your bag, we do reserve the right to charge you for unreturned bags. You may keep the last bag of the year as a small thank you for your participation in the CSA.

Extra Veggies/Eggs/Honey

There will often be extra veggies available for purchase separate from the usual CSA share. Somerford Gardens also has free range organic chicken eggs available for purchase at \$5 a dozen. Egg shares can be purchased online while available lasts. Extra eggs may be available on an occasional basis.

We also are hoping to have our first honey harvest this year, so keep your ears peeled for coming info about that. We also often have local (from London, OH) raw honey available. You can leave cash/check in your previous bag for these extra purchases, or use the online payment options at somerfordgardens.com/csapurchase.

Farm Visits/Events

We love visitors! You are welcome to stop by anytime for a farm tour/visit. Part of the benefit of joining a CSA is the relationship you can develop with your farmer and security of knowing exactly where and how your food was grown. We also believe in absolute transparency, and so encourage year round visits. Just let us know when you'd like to come, and be prepared for a bit of walking and some dirt!

We also host an end of year harvest party for all of our CSA members which usually occurs on the last weekend of the CSA year. This potluck event includes activities for little ones, pumpkin painting, hayrides, a bonfire, hot cider and more, it's always a favorite! This year we are also exploring some farm to table and/or farm to restaurant CSA member-exclusive events. Keep on the lookout for more info as the year progresses!

Somerford Gardens Vegetable Guide

Every effort is made to remove the field heat immediately from the vegetables post-harvest, this dramatically increases the shelf life of all vegetables. Storage at the proper temperature and then delivery in a cold truck are the next steps we take to ensure your produce is as fresh as possible. After that, it's up to you! Proper storage and care of your veggies will help them stay fresh longer. We pack most of our veggies in plastic bags, however you may wish to purchase some reusable produce bags, as these will really help with storage of anything that comes unpacked in your bag. As a general rule, *most* things like to be in the fridge with a high humidity (crisper drawer or wet paper towel stored with them), however there are exceptions (tomatoes being a major one). Below you will find storage and care instructions as well as some basic cooking tips and techniques for the major vegetables that we grow on the farm. In the cases where we are including something in your share that is not from this list, we try to give you some basic info in the weekly CSA email.

Arugula

Arugula is a delightful green that can be eaten raw when young or used as a cooking green when it's a bit larger. It can be mixed with SG salad mix to add a rich and peppery touch for your salad. Arugula is also a great ingredient for pesto. Store in your refrigerator crisper drawer. Typically delivered in a sealed bag, once opened you can add a damp paper towel to the bag to prevent the leaves from wilting.



Beets (Red and Chioggia)

These roots are great slow roasted in the oven with herbs. However boiling them with the skin on will allow for easy separation of the tough outer skin and the soft fruit beneath. Beets do especially well when roasted with olive oil and balsamic vinegar. Beet greens are available in the spring and through the summer. These are great in salads, in a quiche or paired with other cooking greens. The roots and greens should be stored in a cool and humid place, such as your refrigerator crisper drawer. Chioggia beets are appreciated for their bold and beautiful colors with alternating rings of white and pink. Chioggias are best for using raw on salads, as their pretty coloring blurs to a pink when cooked, but can be used interchangeably with red beets.



Beans



There is nothing better than fresh green beans. Quickly sauté in a little bit of butter or oil with garlic. Dilly beans (pickled green beans) are simple and easy to make and let you enjoy green beans months later. Store fresh beans in your refrigerator.

Broccoli



Broccoli is great raw, steamed or blanched. Great in pasta, stir fry and pizza. Many of us are used to only broccoli florets, but don't forget the stalks are wonderful too! You can roast them, grate them into a salad or chop them up for a stir fry. They also make great stock additions! Broccoli should be stored in a perforated bag in your refrigerator crisper drawer.

Brussel Sprouts



They look like mini cabbages and are delicious steamed or roasted. We harvest the entire stalk as the sprouts store better while still attached. If you can't fit the length of the stalk in your refrigerator, pick the sprouts off and store them in a perforated bag in your crisper drawer.

Cabbage



Throughout the season we will have several varieties of cabbages. All are great thinly sliced in a slaw, salad or sandwich. Sauerkraut is easy to make. Cabbage can be sautéed as part of a stir fry, boiled and combined with meat dishes, or added to mashed potatoes. Cabbage stores best in the refrigerator.

Carrots



We grow a variety of carrots, in many colors of the rainbow. They are great slow roasted in the oven (400° for about 45 minutes) with herbs, onion, garlic and olive oil. Carrots and parsnips pair well when sautéed together with some local honey or real maple syrup, which enhances their natural sweetness.

While the different varieties of carrots have their own nuances, the biggest factor in determining flavor is when in the season they are harvested. Carrots harvested late in the fall are super sweet and great for munching or sliced in salads. Carrots should be stored in a very

humid environment just above freezing. Keeping a wet paper towel in the crisper drawer, but not touching the carrots, will help keep them firm and crunchy.

Cauliflower



In the fall you will see cauliflower in different shapes and colors. We grow a traditional white variety which can be steamed whole, eaten raw or pureed for use in soup. It should be kept in a perforated plastic bag in your refrigerator and will last up to a week.

Herbs



In any given year we may grow a host of different herbs. When in season, we will usually have basil, cilantro, dill, oregano, lavender, parsley, rosemary, sage and thyme. Herbs can be stored in a perforated bag in your refrigerator. The only exception is basil, which should be stored in a glass of water, ideally between 50° and 60°. Storing at room temperature will suffice but it may not last as long. All of these herbs are great used fresh or can easily be dried in a warm, dry location with good air flow.



Cucumbers



We grow several types of cucumbers, but prefer the thin skinned English or Lebanese sales which are great eaten raw. Cucumbers store best between 45° and 55°, making it tricky to store for more than a week in your refrigerator.

Eggplant



Eggplant is warm season fruit is a staple in Mediterranean cuisine. It is best after a 20-minute salt water bath. After soaking it can be coated in oil and either baked, pan fried or as a pizza topping. Eggplant does not store well for more that a few days in a refrigerator, as it prefers a holding temperature between 50° and 60°.

Garlic



Our favorite garlic variety to grow and eat is called Music. It produces a large bulb, and large cloves, and is also flavorful and versatile enough for an astonishing array of dishes. Garlic can be minced and added to many vegetables to enhance their flavor. Garlic powder can also be made by dehydrating garlic pieces and grinding them into a powder. Garlic should be stored in a cool dry place and out of direct sunlight.

Garlic Scapes



Garlic scapes are the immature stems and seed heads of hardneck garlic. Look for them in June. Garlic scapes can be used in almost any recipe in place of chives. They are great chopped and sautéed in olive oil with salt, aka “garlic french fries”. You can grill them too. They also make a killer pesto (see recipe section). Store in plastic bag in refrigerator.

Ginger Root



New for 2019, its ginger root! Grate into your jam, soup, stir-fry, banana bread batter or on top of your salad or ice cream. Our ginger is not cured like you find in the grocery store. It will last only a week in your refrigerator, but freezes well and can be used months down the road. Note: Once frozen, ginger root can not be thawed as it will become spongy and almost unusable unless you throw it in a soup or stock pot. For best results grate frozen ginger and use immediately, and return used portion to the freezer.

Kohlrabi



Kohlrabi is a member of the brassica family, meaning it is closely related to cabbage, kale and broccoli. It is harvested for its bulbous stem. The flesh inside is juicy, crisp, and mildly sweet. Kohlrabi can be eaten raw, like carrot sticks, and dipped into hummus or peanut butter, or grated or shaved like cabbage to make a slaw. Store in the refrigerator for two to three weeks. It also tastes great roasted with some live oil and herbs, or as a companion with potatoes.

Leeks



Similar in use in the kitchen as onions, these leeks are an allium usually in season from early fall to early winter. They are a delicious and key ingredient in potato leek soup, and add their own special flavor to any dish in which you would normally use onions. The dark green leaves can be saved and used in a vegetable stock. Store in the refrigerator, will only last around a week.

Onions



We grow sweet, red, storage and specialty varieties of onions. Early season and sweet varieties will be uncured so need to be refrigerator immediately and will only last a week or two. The storage onions, both yellow and red can be stored out of light and in a cool dry place for several weeks to a month without issue.

Parsnips



A sweet and slightly nutty root vegetable that is always eaten cooked, parsnips add variety to a tray of roasted vegetables. They can also be boiled in soups, braised or steamed for purees. To prepare parsnips peel them as you would a carrot, and chop or slice. With parsnips that are 1 1/2 inches or thicker it is best to remove the core since it may be tough or woody. To do this slice the root lengthwise and shave to the core with a paring knife, then chop as desired. Carrots and parsnips pair well when sautéed together with some local honey or real maple syrup, which enhances their natural sweetness. Sown in the spring, they are ready for harvest late in the fall, but can be overwintered and dug up the next spring when they become incredibly sweet. Store in the refrigerator in a perforated plastic bag.

Peppers



Each season we grow green, colored, hot and sweet peppers. We typically grow bell and snacking peppers. Peppers are susceptible to chilling injury colder than 40°, but will store in your refrigerator for up to seven days.

Potatoes



We try new varieties of potatoes each year searching for the best one to suit our soil. Redskins, golden potatoes and russets are some available in the past. Early “new” potatoes should be stored in the fridge, while late season potatoes can be stored at room temperature. Often garages, pantries or basements can be ideal for potato storage in the home, if they are to be stored for just a few weeks. Green spots will develop if stored in direct sunlight — be sure to cut any off before using.

Radishes



Salad radishes are great raw in salads or as a roasted vegetable. The greens can be steamed for a healthy side. Varieties include French breakfast radishes which are longer than a traditional radish but taste similar. Radishes also pair great with arugula for a ratatouille style side dish. Store in the crisper drawer of your refrigerator.



Shallots

Shallots are similar to onions and garlic, but have a milder flavor. Great roasted or sautéed to add flavor and depth to a variety of dishes. Store as you would onions, in a dry place at room temperature away from direct light.



Summer Squash/Zucchini

Summer squash is popular summer vegetable is most tender and tasty when harvested small. Larger squashes and zucchini are best pickled or made for zucchini bread. The varieties you will see in your share include straight or crook neck yellow squash and black beauty zucchinis. Slice squash long-ways and drizzle with olive oil and spices before grilling directly on the grill for a tasty summer treat. Also goes great chopped and added to spaghetti sauces. Store between 40° and 50°. Summer squash will last no more than a week in the refrigerator

Tomatoes



We do our best to have tomatoes as long as possible throughout the season. That means being first to market with tomatoes out of the “tomato house”. All of the varieties we grow are super juicy, flavorful and take any dish to the next level. Tomatoes will store at room temperature for up to a week. Storing in a cool place, like a refrigerator, will damage the fruit.

Turnips



Can be boiled and pureed just like mashed potatoes, and can also be added into classic mashed potatoes. Store turnips in the crisper drawer of the refrigerator. Hakurei turnips are often found with their tops still intact. Both the tops and the roots make great additions to salads. They can also be sautéed with garlic or roasted with other root vegetables. Before storing, remove the tops to keep the roots crisp.

Salad Greens



Salad Mix: Includes a mixture of red and green lettuces, which are washed and bagged. Keeps for a week in fridge.

Mesclun Mix: Includes a variety of lettuces, mustard greens, kale and spinach. Washed and bagged, will keep for a week in the fridge.



Spinach and Arugula: Harvested at a younger age typically, washed and bagged. Keeps for a week to even as long as 2 weeks in the fridge.



Head Lettuce: Several varieties of romaine, oakleaf, and traditional red and green lettuces. Hydro-cooled and loose bagged, keeps best in the crisper.

While all salad greens are washed in a specialized salad bubbler, then spun dry in a greens spinner, there is always the possibility (however small) of some dirt or bugs that make it through the process. You may wish to wash your salad greens additionally at home.

Cooking Greens

Versatile and delicious, these varieties of cooking greens are available most of the year. Usually you will find at least one of these in your share each week. They all store well in perforated bags, in the crisper drawer of the refrigerator and will last one to two weeks.



Bok Choi, Pac Choi, Tatsoi, Joi Choi, etc. An excellent stir fry green, separate and wash the stems, chop and cook with onions, garlic or other cooking greens. Simple, crisp and delicious.



Swiss Chard: Chard can be used similar to spinach or kale, and for either its deep green/multicolor leaves or its stems. The leaves can be braised, while the stems typically are baked. Great in quiche, omelets, mashed potatoes and rice dishes. Can also be eaten raw in salads or juiced.



Chinese cabbage: Also known as Napa Cabbage, it is recognized by its pale green leaves and white stems. It can be used similar to bok choi, but should have a reduced cooking time. The Korean dish kimchi is made of fermented Chinese cabbage leaves with spices, fish sauce, and scallions.

Kale

This hardy leafy vegetable is increasing in popularity, while grown throughout the summer, it is best after a good frost when it becomes naturally sweeter. Store fresh in your refrigerator crisper drawer or chop up and place in a bag to freeze for later use. It is recommended to remove the leaves from the stems, the stems take longer to cook and are often much more bitter than the leaves. All varieties can be eaten raw in salads, used in soups, stir Frys and made into kale chips.

Varieties grown at Somerford Gardens include: Curly leaf kale (most common), which is a versatile all year kale, Lacinato Kale which some say is sweeter than curly leaf kale, and Red Russian kale, which has a stronger kale flavor almost like broccoli, but tastes especially sweet after a frost.



Curly Leaf



Lacinato



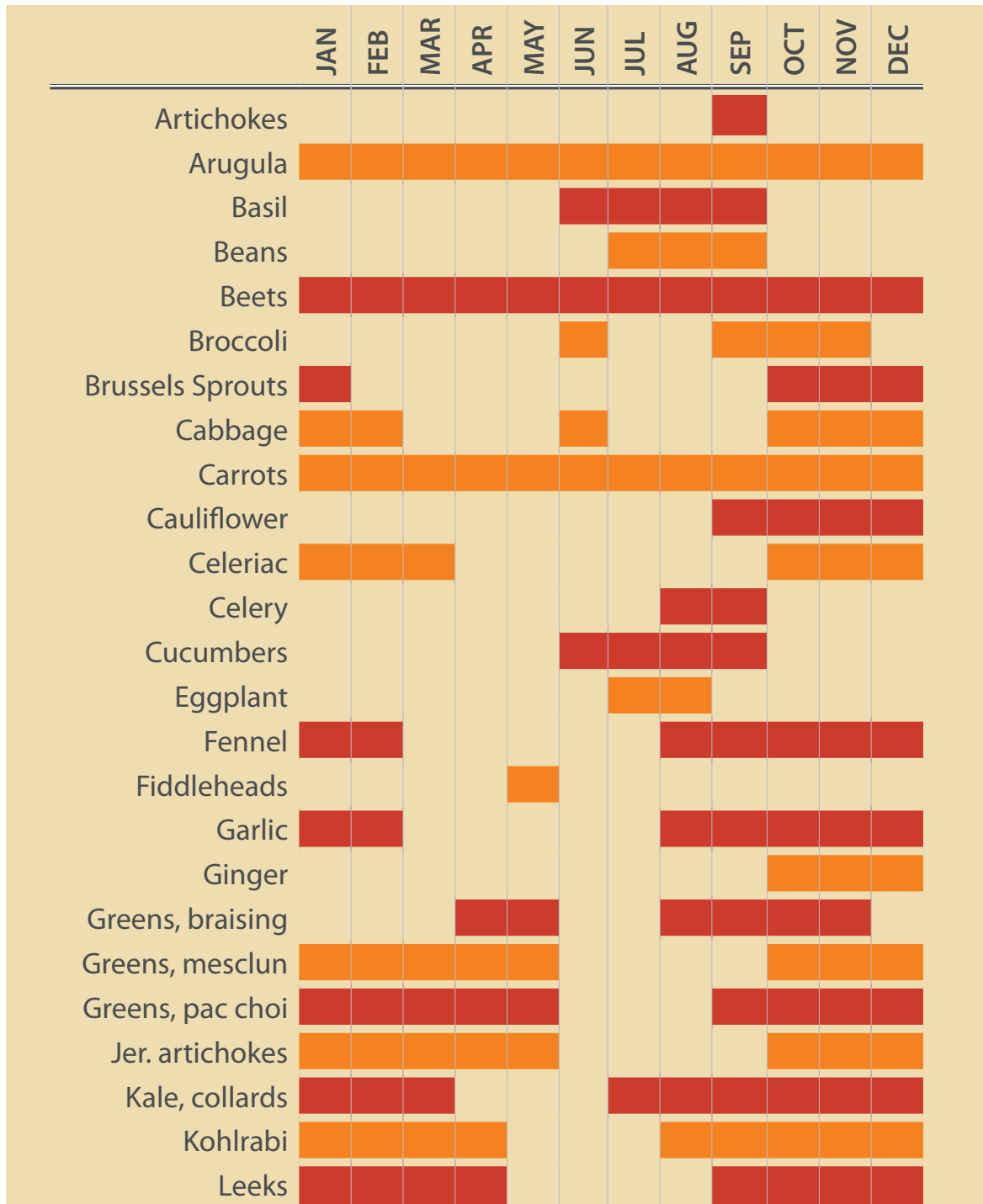
Red Russian

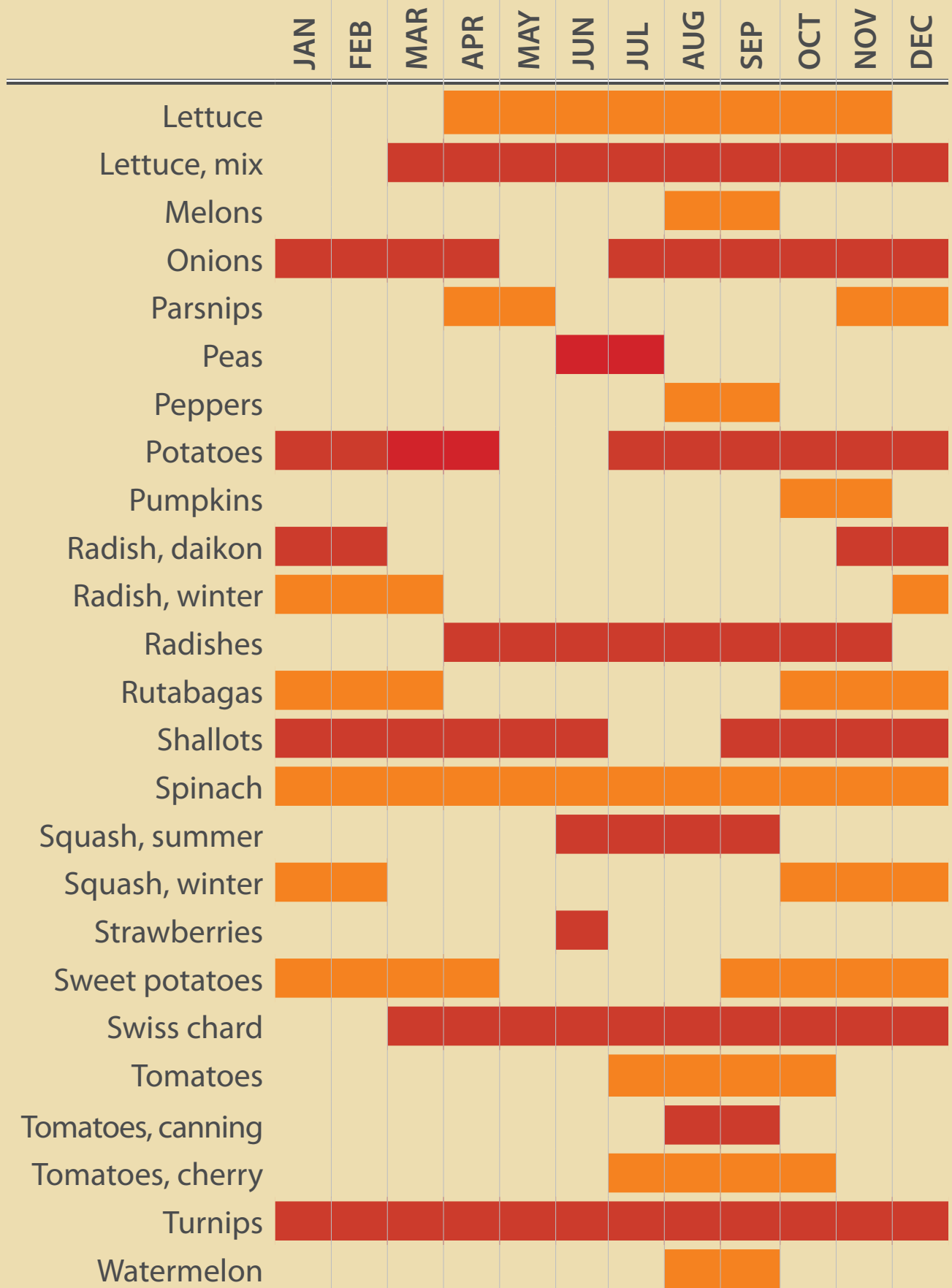


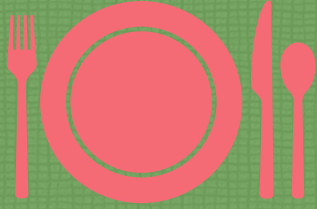
Whats in Season?



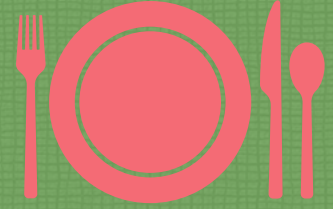
Almost all of our crops are only available seasonally, this is meant as a brief guide to give you a general idea of when to expect each crop. The exact dates may vary based on weather and the use of season extension techniques such as row covers and high tunnels. We cant list every crop we grow every year, and some crops may not be available every year.







Recipes



Here are a couple of the must haves, look for more to come throughout the season!

Basic Skillet Greens

Most greens will need to be chopped or torn into medium-sized pieces for even cooking. Greens like Swiss chard and bok choy have thicker stems than leaves. Add their chopped stems to your skillet before adding their more delicate greens. Some greens such as spinach won't need to be chopped.

Heat a couple tablespoons of oil in a skillet on a medium to medium- low heat. Finely dice a few cloves of garlic and add these to the hot oil. Stir them for a few seconds being careful not to let the garlic burn. Add your greens and cook until they are slightly wilted. At the end of cooking add salt and pepper to taste, plus a splash of lemon juice or soy sauce if desired.

Buffalo Style Turnips

Ingredients:

- 1 bunch turnips with greens removed, sliced into coins
- 1-2 tablespoons oil (coconut is a great choice)
- Salt, pepper, lemon juice, Franks red hot sauce to taste

Directions:

Heat oil in a skillet. Toss in gar- lic and turnips. After a minute add the lemon juice, salt, pepper, and hot sauce. Add these in whatever quantities suit your tastes. When turnips are just barely tender, but still have a slight crunch, serve up onto your plate. Sprinkle cheese on top. Enjoy!

Garlic Scape Pesto

Ingredients:

- 2 cups diced garlic scapes
- .1/2 cup shredded basil
- .1/4 cup slivered raw almonds
- .1/3 cup extra virgin olive oil
- .3/4 cup shredded Parmesan cheese

Directions:

Add all of the ingredients, except for the olive oil, to your food processor. Once the processor is on, drizzle in olive oil approximately one tablespoon at a time until it reaches your desired consistency. I like my pesto with enough oil so that it spreads easily. Even with a bit of basil in it, this pesto is garlicky and has a pretty strong bite to it that perfectly dresses up any meal or snack. Makes about eight ounces.

Quick and Easy Roasted Root Vegetables

A super easy way to use your favorite herbs, seasonings and root veggies.

Ingredients: Olive or coconut oil, salt and pepper, fresh or dried herbs, garlic (optional), plus any combination of : Carrots, beets, squash, parsnips, turnips, kohlrabi, potatoes, or radishes.

Directions: Heat oven to 425°. Peel and chop the veggies into pieces no smaller than 1 inch. Lay the pieces on a sheet pan and drizzle with oil. Toss everything to coat the veggies well. Sprinkle with salt and cracked pepper. Now, you can add any fresh or dried herbs or other seasonings that you prefer. Bake for 25 to 35 minutes, turning everything halfway through cooking time. When it's tender, it's done!

Roasted Kohlrabi

Ingredients:

Kohlrabi bulbs, peeled (3-4)
1-2 cloves garlic
1 tsp salt/pepper

1 Tbs oil (olive or coconut)
1/3 cup parmesan cheese

Directions:

Preheat oven to 450 deg.

Cut kohlrabi into approximately 1/4" pieces.

Combine oil, garlic, salt and pepper in large bowl, toss kohlrabi slices in mixture to coat. Spread kohlrabi in a single layer on a baking sheet.

Bake 15-20 minutes or until evenly browned. Remove from oven and sprinkle with parmesan cheese, return to oven for about 5 min to brown the parmesan cheese. Serve immediately.

Chef Bill's Easy Vegetable Stock

A great way to use up your vegetable scraps! Makes approximately 4 quarts.

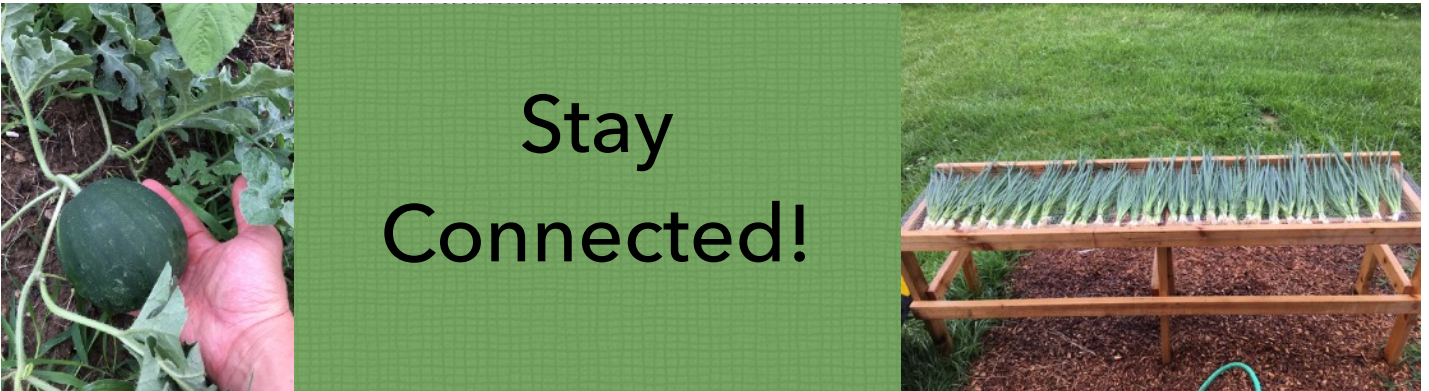
Ingredients: Any vegetable scraps you may have : Carrot peels, root ends of onions, turnip peels, etc. Do not include any strong or polarizing vegetables such as peppers. Also need 3 bay leaves when you make the stock.

Directions: Keep a 1 gallon bag in the freezer, put vegetable scraps inside that you would normally throw away. When the bag is full, dump into an 8 quart stock pot with the 3 bay leaves. Fill with cold water and simmer on medium heat for 4-5 hrs. Pour through a fine mesh strainer. Freeze in quart containers or can in mason jars.

Kale and Feta salad

Ingredients: 1 bunch kale, large stems discarded and finely chopped
1/2 tsp salt. 1 tbs apple cider vinegar, 1 apple diced (pears also good), 1/3 cup feta cheese. 1/4 cup currants (or pomegranate, optional), 1/4 cup toasted pine nuts (or sub another favorite nut), a small amount of olive oil.

Directions: Massage kale with salt in a large mixing bowl for 2 minutes, apply a little olive oil to your hands to aid in the kale massage, enough to give the kale a very light coating. Pour vinegar over kale and toss to coat. Fold in remaining ingredients.



Weekly CSA Emails

One of the main forms of communication will be the weekly CSA email, be sure to read it each week so you know what's coming this week and the weeks ahead!

Facebook

Follow us on facebook for additional photos and stories from the farm, and to see what the kiddos are up to around the farm!

Email

Email any questions to somerfordgardens1@gmail.com or to joe@somerfordgardens.com , we are happy to respond at any time for any request!

Phone

Joe's cell phone (best number): 614-315-1675

Mailing Address

Somerford Gardens

3523 Tradersville-Brighton Rd

London, OH 43140