

THE JOYFUL HARVEST

Your Weekly CSA Share with Buttermilk Falls CSA

This week's harvest:

- Basil
- Cilantro (for some)
- English shell peas (best with shell removed)
- Garlic Scapes
- Green Onions
- Kale
- Lettuce
- Snow Peas

Featured item:

- Snow Peas

Featured recipe:

1 Tbsp butter 1/4 cup
almonds, sliced

1/2 lb. snow peas, trimmed

2 tsp. minced shallot (or garlic)

1 tsp. lemon juice

** Melt butter, add almonds and cook over medium heat until butter begins to brown, stirring frequently. Add shallots and peas - sauté until peas are tender. Remove from heat. Add lemon juice. Salt and pepper to taste.



This week on the farm...

Our farmers are keeping busy here in the fields - in ways that often feel like playing “catch-up” or chasing a runaway train! As I mentioned earlier this week, the later cold weather and persistent June rains have really put us off to a slow start, but as the fields dry up and the farmers find their rhythms - great potential is welling up all around us.

We are so excited about the buds and fruits starting to peek out in the fields - and we are thrilled to continue putting our greatest mindful effort forward, to cultivate great things for all of us at this beautiful farm.

Ah yes, the countless metaphors for life that may be found in these fields present themselves daily, offering challenge and reward at every bend. Please, plan a visit and come see for yourself this summer!



Folk School Retreat Ongoing

Buttermilk Falls Farm is much more than a place to grow delicious seasonal produce. We are striving to create space for our greater to community to learn and grow together. This is the first official season for the onsite folk school retreat and our calendar is filling rapidly with wonderful opportunities for you and your loved ones.

Sign up on our webpage!

- ◆ July 17th: Fly Fishing
Beginner's Course
with Matt McElrath
9-4 outside
- ◆ July 19th: Soften to Scrub
with Larysa Fradet
(natural body
products) 10-12 at the
Orchard House
Retreat
- ◆ Paperless Singing with Tim
Franzich 12-4 at the
Farmhouse



*Basil now...
Pesto later*

Meet Your Farmers...

“Farmer Carter”

Meet the visionary behind Buttermilk's field production this year..Mr. Carter Beck - a stoic Midwestern farmer of few words, but many ambitions.

Carter has an abundance of farm experiences - gathered from his childhood on a beef cattle farm, his many years as a CSA entrepreneur, and many other adventures along the way. He is excited this year about having the resources and support to enliven his visions for this beautiful piece of land. To find out more about YOUR farmer, read an up close and personal interview with him on our blog page.

