

# THE JOYFUL HARVEST

Your Weekly CSA Share with Buttermilk Falls CSA

## This week's harvest:

- [Basil](#)
- [Cilantro](#)
- [Chinese Cabbage](#)
- [Fava Beans](#)
- [Green Onions](#)
- [Head Lettuce](#)
- [Kale](#)
- [Snow Peas](#)

✦ *Click items above for link*

## Featured item:

- Chinese Cabbage

## Featured recipe:

Wrap it up! Use the large outer leaves of the Chinese Cabbage to make Cabbage wraps! You can roll just about any filling inside the large, flexible leaves: rice and beans, chicken/tuna salad, grilled meats, hummus...the list goes on! Just think of the leaf as a tortilla or wrap and let your creativity go! You can secure the wrap with a toothpick for



## Have I ever told you...

Why Buttermilk Falls? What kind of name is that anyway? For me, it evokes images of a tall stack of pancakes, standing in pools of butter and maple syrup. Perhaps this is not so far off. This year, the co-workers at Philadelphia Community Farm's historical site chose the name Buttermilk Falls for its' farm and folk school ventures, in order to commemorate the historical significance of this magical piece of land. The name was first used here during the early 1900s when the land served as an F. Scott Fitzgerald era health retreat, a place for folks to come and heal from the hardships of their daily lives, to seek inner tranquility, and to connect to nature and its offerings. We are proud to breathe life back into this name, as we acknowledge how this same vision has been fostered for so many decades since. Don't take my word for it...come and



find out for yourself. The land we steward here continues to nourish us all in so many ways - discover how it may nourish you someday soon.

## Meet Your Farmers...

*“Lindsey” (me-your author!)*



*Pictured here with fellow resident cutie-pie, Miya*

### Folk School Retreat Ongoings

Buttermilk Falls CSA & Folk School Retreat asks...

When was the last time you allowed yourself to retreat? To become the student?

The Folk School model (more on that to come..) really allows us an opportunity to step out of our daily rhythms, to step out of our usual roles, long enough to get acquainted with a new art, a new trade, and most importantly, some new aspect of ourselves.

Join us this month for fly fishing, singing, weaving, and to make natural inspired body products.

For a complete list of classes that are available at the school, as well as to register, click [here](#).

I first discovered this farm as an Americorps intern, fresh out of college (Northland College - in Ashland) almost a decade ago. I served and studied here for about 2 years before ‘heading west’, as many 20-somethings must do at some point or another. After a whirlwind of adventures, studies, and communities (including a 4-year stay at a Colorado ashram!), I have found my way back to my heartland home to act as a co-worker this time around. Most days you can find me inside, running around and taking care of administrative work, in hopes of finding some time to get my skin sun-kissed and my hands dirty. I am proud to serve as Farmer Carter’s CSA manager, the retreat’s visit coordinator, residential yoga and meditation instructor, a household “mama” and my personal favorite - amateur chef extraordinaire in the farm kitchen! One of my favorite things about being a steward at Buttermilk Falls is to be able to share something so special with so many visitors of all ages and backgrounds - what a gift!