



CSA Newsletter

Week #1 | May 30, 2019 | ODD Week

Upcoming Events:

The Farmers Market at Libby – Thursdays 3-7 @ The Chamber

Next Friday – 1st Troy Farmers Market, June 7th 3:30 – 6:30

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Hi Everyone – Welcome to our CSA if you're a new member, and welcome back to our previous members. Since this is the first newsletter of the season, we'll do a bit of an introduction for those of you who don't know us. We, your farmers, are Rudy and Bonnie Geber. This is our 3rd 'official' year running Hoot Owl Farm. We started the farm out of our home garden, but quickly needed more space than we had available. Through ground work, expansion, and terracing, we have maxed out our workable farm area at our 'Home plot' at about ¼ acre. This year has been one of big expansion for us. We've started a new plot, the 'Bend plot', which is on a leased 2 acre parcel about 13 miles North of Libby on Hwy. 37.

As the season goes on, you'll become more familiar with us and our farming style. For now, we'll just say that while we are not currently certified organic, farming organically is very important to us. We strive to improve the soil structure and biology on the land that we farm and we also take great care and consideration about the products and amendments that we use in our operation.

We'll be sending out a newsletter with each share of this 20-week season. We'll include updates from the farm, info about your current share, tips and tricks on storing and using the produce that you're receiving, and some sample recipes.



Crop Focus: Kale

To store: Place kale unwashed, wrapped in a sealed plastic bag in the crisper drawer of the refrigerator. Best used very fresh, but may last over a week.



Handling: remove thick stems by folding leaves in half and slicing along the stem.

We want to sincerely thank each of you for supporting our farm this year. We start planting and preparing for the growing season long before any sales of produce. Our first seeds met soil all the way back in February. Your early season support helped us make the investments we needed to hit the ground running this year. We hope you enjoy the season and the unique benefits that CSA has to offer.

Cheers,

Rudy & Bonnie



This Week's Share

Salad Mix	8 oz. bag, you can typically depend on salad mix in almost all shares.
Spinach	
Scallions (mini-bunch)	
Radishes	
Microgreens	Our Rainbow Mix contains Pea Shoots, Sunflower Shoots, and radish microgreens
Curly Kale	
Napa Cabbage	aka Chinese Cabbage - these leaves are not packed as tightly as red or green cabbage. Cabbage has a great storage capacity, the outer leaves may eventually get soft and yellowed, but can be removed to reveal fresh leaves underneath.



Recipes

Submitting Recipes - You're never more likely to try a recipe than if it's got a seal of approval from someone you know and trust. If you have a great one, or stumble upon a good method or idea while using our produce, please pass it along. If it fits with what's in a share, then we'd love to include it in the newsletter.

Napa Cabbage Salad - *This recipe is from a regular Farmers Market customer who loves Napa Cabbage—Thanks Mary!*

Ingredients:

- 1 medium head Napa Cabbage
- 1 bunch green onions, chopped
- 3-5 Tbsp margarine
- 2-3 oz. packaged Oriental noodles
- 2 1/2 oz. sliced almonds
- 4 Tbsp sesame seeds
- 1/4 cup white wine vinegar
- 3/4 cup vegetable oil
- 2 Tbsp soy sauce
- 1/2 cup sugar



Instructions:

Thinly slice cabbage. Add onions. Melt margarine and brown noodles. Be sure to break noodles into small pieces and do not use packaged noodle seasoning. When noodles are golden brown, add almonds and sesame seed; finish browning, watching carefully. Remove and set aside. Combine remaining ingredients and boil for 1 minute. Let cool. Stir dressing well. Toss with salad greens and noodle mixture 15 to 30 minutes before serving.