

# A Spring in our Step – April 20, 2009

Springtime News from

One Step at a Time Gardens

www.ostgardens.com

## It's Earth Week!

### Out and About on the Farm

There were some new arrivals at the farm last week, including some of our summer crew, our first batch of baby chicks, five boxes of onion plants, and 200 trees and shrubs.



Members of the Hanson family, farm members from Kanawha, and Becky Ahrendsen, farm member from Clarion began putting in time to help us tackle our planting and other early season chores.

The work is moving along nicely with such hospitable weather (what a welcomed change from last year!!) – We've potted tomatoes on, pruned raspberries, planted first round of green onions, storage onions, first batch lettuce and spinach in hoophouse, first round of snow peas, burned off some prairie grass and planted 200 trees and shrubs in a windbreak.

*Spring crew helping finish raspberry pruning*

Tim's been busy with tillage in preparation for even more planting this week. As it's warmed

up, we've moved most of the balance of our young tender plants (tomatoes, eggplant, herbs) out into the greenhouse. This week's planting list includes final onions, potatoes, broccoli, kohlrabi, cauliflower, tomatoes in hoophouse... We sleep really well at night.

And...we've added chick tending to our daily chores. The chicks arrived through the mail last Thursday. On the appointed day, we wait expectantly for a call from the post office. And right on schedule, at 8:00 a.m. this past Thursday, the phone rang. We could hear the peeps in the background and headed to town. We count them as we unload them from their cardboard boxes into the brooder in the barn, dipping their beaks in the water to orient them to their new water source and then we oo and awe at them for a while. Day old chicks are just so cute...for a week or so.



All 130 of the chicks settled into their new home with all the basics – heat, food and water. The chicks will be inside for three weeks as they gain greater ability to regulate their body temperature as their feathers grow. From the barn beginnings, they move to pasture for the next 5-6 weeks. This is the first of seven batches we will raise throughout the summer. **Have you ordered your farm fresh, pasture raised chicken yet??** Order form is posted on our website.

## 2009 Membership Update

Celebrate Earth Week at every meal. If you haven't signed up for a season of great eating yet, take your Earth Week celebration seriously and get set for great food that's available from the farm from early June through December!

Direct any your friends, co-workers, church friends, family members to our website for all the current information.

## Cooking up Great Taste

We still have carrots on hand and here's a tasty dish we've served featuring 2 C. of grated carrots. The recipe comes from "Moosewood Restaurant Cooks at Home"

### **Pad Thai** – serves 4

2 Qt.s water – *bring to rolling boil, blanch*

¾ lb. mung bean sprouts – *blanch in boiling water by placing them in strainer and dipping into the boiling water for 30 seconds. Set aside to drain well. When the water returns to a boil, stir in the...*

6 oz. Rice noodles (1/4 in. wide)... *cook for 3-5 minutes, until tender, but firm. Drain, rinsing in cool water, set aside to drain.*

*Meanwhile, in a small bowl, mix together the sauce...*

#### SAUCE

3 T. fresh limejuice

3 T. catsup

1 T. brown sugar

¼ C. fish sauce or soy sauce

*Prepare the remaining ingredients and have near at hand before you begin to stir-fry.*

3 T. peanut oil or vegetable oil - *Heat in a wok or large skillet. Add...*

3-4 garlic cloves, minced

1 T. minced fresh chile, or 1 ½ t. crushed red pepper flakes – *swirl in oil for 1 min., stir in...*

2 C. Carrots, grated - *Stir-fry for 1 min. Push the carrots to the sides to make a hollow in the center. Pour the...*

4 large eggs, lightly beaten with a pinch of salt - *into the center and quickly scramble them.*

*When the eggs have just set, pour in the sauce mixture and stir everything together. Add the drained rice noodles and mung sprouts, and toss to distribute evenly. Stir in...*

2/3 C. chopped peanuts

6-8 scallions, chopped (about 1 C.) - *serve at once.*

## News and Opportunities

### **Clear Lake's Green Expo Celebrates Earth Day**

One Step at a Time Gardens will be participating in Clear Lake's Green Expo 2009 this Friday, April 24 at the famous Surf Ballroom. If you're in the area, come out to join in the fun! This expansion of the Earth Day festivities will create an event that cultivates networks of "green" producers and buyers in the region. Evening schedule includes:

Business After Hours: 5- 7 p.m. – *free food and cash bar* ♦ Silent auction: 5-8 p.m. ♦ Free Boundary Water Boys Family Concert: 7 – 9 p.m. ♦ Live owl appearance: 8 – 8:15 p.m.

Next edition of *A Spring in our Step*: May 4, 2009