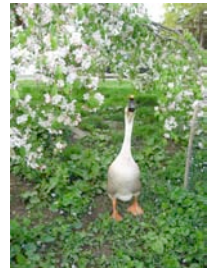




Kitchawan Farm

Chronicle

-May 2008-



Greetings Farm Friends...

Leaves, shoots, buds & flowers are proliferating all around us, orioles are weaving their nests, and bluebirds are already hatching... meanwhile, the garden is full of delicious greens, glowing in the spring rain!

Farm Update



May has been a busy month on the farm; with a host of projects clamoring for attention, the monthly newsletter is much later in coming than I had hoped! There is so much extra work to do this first year, from big projects like building our hoop house, now completed and full of seedlings, to putting in new garden beds and fences. Also, the extreme temperature and precipitation fluctuations this spring have made it an unusually slow one for gardeners and farmers in our region.



We're really looking forward to the season beginning in earnest in June!

Kitchawan Farm Stand Details

- ❖ Our on-site FARM STAND will be open every Friday afternoon from 4pm to 6pm, & Saturday from 10am to 4pm starting Friday June 6.
- ❖ (PLEASE NOTE that our hours have changed slightly since first announced)
- ❖ Look for us at the new Muscoot Farm Farmer's Market on the 1st & 3rd SUNDAY every month (11am-3pm), beginning THIS SUNDAY, May 25 (market grand opening!)
- ❖ We will now take limited orders for produce, to be picked up at the farm at an arranged time.
- ❖ In July, we will also have a small, self-serve roadside stand during the week, with less perishable vegetables.
We encourage you to kindly bring your own reusable shopping bags when you visit the farm stand



DIRECTIONS TO KITCHAWAN FARM: We are located on Route 134 in Ossining/S. Yorktown, one mile east of the Taconic Parkway on the left and one mile west of Route 100 on the right, directly adjacent to Westchester County Park's Kitchawan Preserve. In June, we will put up a prominent sign by the farmstand. Parking will be along the side of the road (there will be no driveway access) Please visit www.kitchawanfarm.com for maps and detailed directions.

Our address is 716 Kitchawan Rd. Ossining, NY 10562

What's Growing & Ready to Harvest... from the farm to you!

Early spring is a special time in the garden, when crops that thrive in cooler weather are working hard to bring us bright colors and crunch after a long, dark winter.



Ready to pick: Red radishes, baby spinach, lettuces & mesclun mix, garlic greens, egyptian top onions, herbs (chives, oregano, tarragon, cilantro & rosemary), and the perennial spring favorite, RHUBARB!



Ready to transplant to the field: Tomatoes (15+ varieties), eggplants, peppers...

We will also have some organically grown heirloom tomato (& herb) starts available in June

Seasonal Recipe Corner (look for more recipe cards at the farm stand!)

Rhubarb-Fruit Crisp

Adapted from *The Moosewood Cookbook* (Molly Katzen's classic)

Prep time: 15 min./Baking time: 35 to 40 min/Yield: about 6 servings

Please Note: Rhubarb is traditionally paired with strawberries. Unfortunately, they TOP the list of fruits and vegetables saturated with the most pesticides; therefore, try to only buy certified-organic strawberries (fresh or frozen) or sub another fruit like apples.



- 2 lbs fresh rhubarb, cut into 1" chunks
- 3-4 cups sliced strawberries or any other berry or fruit (fresh or frozen), such as blueberries, apples, peaches
- 1/3 to 1/2 cup sugar (natural/raw/unrefined is best!)
- 1 cup rolled oats (make gluten-free by using quinoa flakes)
- 1 cup flour (gluten-free with brown rice or amaranth flour)
- 2-3 tablespoons brown sugar (natural/raw/unrefined is best!)
- 1/2 tsp. cinnamon
- a dash or two of each: allspice & nutmeg
- 5 (or even a little more) tablespoons melted organic butter (organic, unrefined coconut oil works great, too!)

- 1) Preheat oven to 375 F.
- 2) Combine the rhubarb and other fruit in a 9" square pan. Sprinkle with sugar.
- 3) Mix together the remaining ingredients in a medium-sized bowl. Distribute evenly over the top of the fruit and pat firmly into place.
- 4) Bake uncovered for 35 to 40 minutes, or until the top is crisp and lightly browned and the fruit is bubbling around the edges. Serve hot, warm or at room temperature, plain or with organic vanilla ice cream (or rice or coconut ice cream!)©

Recommended Book & Website of the Month

Animal, Vegetable, Miracle, by Barbara Kingsolver: delightful narrative on the why & how of choosing local and sustainably grown food

www.localharvest.com : wonderful resource for finding local farms & food in our region & nationwide

Hope to see you soon!

We'd be happy to hear from you if you have any questions: (914) 941-0096 or

freshandlocal@kitchawanfarm.com. Our website, www.kitchawanfarm.com, has been on hold due to the

busy season, but we hope to have more there soon. *You can check out our listing on www.localharvest.com



Many thanks for your interest in Kitchawan Farm, & we look forward to seeing you this season!

Cheers,

Linsay Cochran & Mike Libsch, farmers
& The Cochran/Cook Family

