

ASBURY VILLAGE FARM NEWS

June 2010

Well it seems the monthly newsletter will be more like a bi-monthly or seasonal letter! The spring season is SOOO busy for us we are hardly able to keep up! We start our seeds as early as February and have already planted the ground with potatoes, spinach and other cold crops by March! We are happy to have had 4 weeks of shares distributed so far, thanks to a productive winter crop from the greenhouses. During spring chores, Charles and I found out that the kale flower heads that we snap from the plants before they bloom (to prevent the kale from bolting) taste OUTSTANDING raw or steamed. Most of the time the flower heads didn't make it to the stove to get steamed! So this fall, if you see kale flower heads as one of the options in the choice box, GO FOR IT! You won't be disappointed. As a matter of fact, I bet you may not actually get them into your home, because there is a good chance they will all be eaten in the car on the way!

We had excellent weather for the plowing frolic! Because of some very enthusiastic visitors and shareholders, we plowed for about 6 hours and turned over more than ½ acre of soil! There are some folks out there who never knew they could plow with horses! Charles or I drove Tom and Mr. Pickel and Lorie and Shiela and our energetic plowmen and women took the handles and just kept going like the EverReady bunny! Our new plowmen and women got a taste of how nice it is to hear the sound of the horses breathing and the turning soil as you work together and how this experience is a unique way to develop an appreciation for the kind and generous nature of these wonderful animals.



John Bernaski joined us for the day and demonstrated how he uses his antique camera that produces tintypes. You will see some of his photos soon on this website. You can hire John to make a portrait of you and your family the old fashioned way! You can schedule an appointment with him by calling 908-246-9108. Thank you for sharing your photography with us John!

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We had four new lambs at the Stockton Farm this spring. They are a cross of Jacob, Finn and (we think) Dorset sheep. No matter how many times I have seen the baby lambs, they still enthral me. These lambs can make a great starter flock for someone interested in spinning or raising grass fed meat. We have several adults available for sale as well. Contact us if you are interested!

We have two new horses in the collection. We admit, we are addicted, and are planning to attend the horse anonymous meetings maybe as soon as we get finished with our spring farming chores. Many of you have already met Buster, or “Village Farm Bank Buster” our mini stallion. He was our wedding gift to each other and we love driving this little guy. He is a great driving horse and a delight to be around. He is out in Pennsylvania now, visiting some old friends and helping Newton learn how to drive.



Newton is another mini gelding who belongs to a friend and stayed at Asbury for a while this spring. You may have seen these fellas running and jumping around in the pasture like crazy boys enjoying each other and the spring weather. Our other new addition is Bella, who is an experienced riding horse. She is a black and white draft cross, about 15.2 hands at the withers. We will be riding Bella and teaching her to drive later in the spring. She may end up being teamed with Tom and Mr. Pikel.

The Strawberries are ready! Get your mouth ready for the wonderful taste! Charles and I have started some gourmet strawberries for next season. We are not sure what we will get for our first crop, but we have been told by experienced strawberry eaters that the taste is outstanding and we will not be disappointed!

We will also be offering some gourmet potatoes for sale later this season. Red flesh, blue flesh and white flesh fingerlings should be ready around September.

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HEALTHY EATING

And speaking of fruits and vegetables, I now have to put on my nurse hat. Fruits and vegetables give us valuable nutrients that keep our bodies healthy and are an excellent source of fiber. But sadly enough, according to a Center for Disease Control (CDC) report done in 2009 called “State Indicator Report on Fruits and Vegetables, 2009”, **only about 15% of New Jersey adults eat at least two daily servings* of fruit and three daily servings of vegetables per day!** Now, I am preaching to the choir, but I hope that by passing this information along to you, you will pass it along to your friends and extended family and together we can change the world! Ok, a bit lofty, but big change does start small!

About seven years ago, I got my first copy of what has become one of my favorite reference books; the 2010 edition of “The Calorie King, Calorie, Fat and Carbohydrate Counter” by Allan Borushek. It is a wonderful, easy to read reference book anyone can use to find out the nutritional worth of a variety of foods. This book can be purchased at any book store for \$9.00 and it is worth every penny. It can help you make wise decisions about how to feed your family. They also have a web site that is extremely helpful, <http://www.calorieking.com/>.

In this book (and any nutritional reference book) you can read about how a low fiber diet can cause a number of illnesses and disorders, including constipation, diverticulitis, colon cancer and other diseases. In contrast, a high fiber diet makes a healthy gastrointestinal system, reduces your cancer risk and reduces your cholesterol and blood sugar levels. A high fiber diet can also help you loose weight because you will feel full after a meal and will not want to overeat. If you look inside “The Calorie King” you will see that the average adult should consume about 25-30 grams of fiber per day. Your children under 18, including your preschool child, should eat their age in grams, plus 5 grams, to get what they should eat per day. For example, a 4 year old child should eat a total of 9 grams of fiber per day (4 grams plus 5 grams) to be healthy.

If you are attempting to increase your fiber intake, do it gradually. Too abrupt a change is likely to cause abdominal bloating and make you want to stop eating the foods that you really should be eating. If you are using a fiber supplement and you are experiencing bloating and gas, just cut it back to half or less and then gradually increase your dose until you are at the amount you wish to consume. *The best way to improve your fiber intake though, is to eat more fruits and vegetables.* The numerous vitamins and nutrients available to us through fruits and vegetables are a critical part of healthy living.

Nurse Mary

** A serving is about 1/2 cup cooked or 1 cup raw of fruits or vegetables. Check out the My Pyramid web site for more information about what is considered a serving within the food groups, and how to plan a healthy diet for your family.*

Enjoy this beautiful spring weather! See you at the farm!
Charles and Mary