



What's Growing On Out at the Farm

HOW'S IT GOING?

If you feel new to this Farm Share gig, don't worry, we all were at one point! Mason and I have been trying to get as much of our food as possible from our garden for a decade now. Still, some weeks it feels rocky, as if we no idea what to do with all that's coming out of the garden. (Although we do have the benefit of chickens, pigs, cows, and a compost pile to help us. 😊)

As more and more people around the country are joining up with Farmers to get closer to their food, the question of **what to do with all that produce looms large**. Farm Shares can be a wonderful, rewarding experience, putting you in direct contact with the source of your food, knowing how and where your food is grown, and providing an easy way to contribute to your local community.

But as the season wears on, **the sheer magnitude of freshness delivered to you each week can start to overwhelm already busy people**. If you've felt that, whether it's your first year or whether you're a Seasoned Shareholder, you're not alone. If it is your first year, don't give up!

In talking with many of our shareholders over the years, many have repeated that **the first year is the hardest**. Getting fresh food straight from the farm or from your own garden is just a lot different from getting food from the grocery store than one might think.

The good news is that with a little weekly preparation and planning and a few simple strategies, you'll rarely have a week where you can't use or freeze your whole haul. In the meantime, **don't forget our Farmers Pledge: If your produce goes bad before you have the chance to use it, we'll replace it free of charge.**

We know more than anyone about the learning curve involved in cooking with fresh foods so we want you to feel that you have the room to practice and learn from trial and error. Letting food go to waste doesn't feel good, especially financially, so let those concerns rest and know that we've got your back while you're learning!

Eating Fresh Tip:

Ask questions! Ask lots of questions! Feel free to ask us at pickups or via text or email about storage suggestions or usage ideas. I have an affinity for recipes and can either share a tried and true favorite with you or send you a link to something similar that we do at home. And Google is always your friend too. With more and more people joining FarmShares/CSA's around the country, many are sharing their experiences and recipes on their blogs.

a farm share fried rice formula

Fried rice is a takeout favorite, but it's also quick and easy to make at home. It's one of those recipes you want to have in your back pocket for busy days or as your regular day-before-pickup meal to use up all the odds and ends from the previous weeks' veggies.

Here is a formula which means it's designed for adaptation based on what veggies you have. Add meat, or not, depending on what you have and what you want. Greens can also be used in this recipe! Cut them finely and add them at the very end to just gently wilt them with the residual heat.

Ingredients:

- 1 to 2 green onions, chopped
- 1 to 2 cups diced, cooked veggies like carrots, beets, cabbage, peppers, etc.
- 1 cup greens (optional)
- 1 cup cooked meat (such as chicken, pork, beef, or shrimp, optional)
- 2 large eggs (if using a lot of veggies and meat, you'll want 1 or 2 more eggs)
- Freshly ground pepper, to taste
- 1 teaspoon salt
- 3 tablespoons oil, divided
- 4 cups cooked rice, cooled
- 2 to 4 tablespoons coconut aminos sauce, soy sauce, or oyster sauce

Instructions:

Cook rice and meat, if using, separately. Lightly boil or steam veggies (not including green onions) until tender.

Lightly beat the eggs with the pepper and salt. Heat your frying pan, skillet, or wok over medium-high heat and add 1 tablespoon of the oil. When the oil is hot, add the eggs. Cook, stirring, until they are lightly scrambled but not too dry. Remove the eggs.

Add the remaining 2 tablespoons of oil and add the cooked rice. Stir-fry for a few minutes stirring in the coconut aminos or soy sauce once the rice is warmed through. Add the scrambled egg mixture back into the pan. Mix thoroughly, then stir in the green onions. Add in other cooked veggies and meat until all is heated through and covered in sauce. Add more sauce if necessary. Turn off heat and stir in greens, if using. Serve immediately although cold leftovers are delicious the next day too.

Handy tip: While you're cooking, make extras for meals later! Leftover fried rice can be kept in the fridge for a few days and eaten cold or reheated in a pan or in the microwave. Fried rice also freezes really well so make a big batch with some for the future! Let cool completely before transferring to a freezer bag for up to 3 months. Be sure to press out any air in the bag and seal is securely. When ready to eat, add the frozen fried rice to a pan and gently heat it until defrosted and hot.