



Community Supported Agriculture • Spring 10

# Berry Creek Bytes

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## Welcome and Thanks

For our new subscribers, we're happy you found us! Some of our returning members are back for a third season, and we're



Larry at Farmers' Market

thrilled to have you back! Thanks to each of you for making our CSA possible.

Your CSA membership gives you access to the freshest, healthiest and tastiest food around. You're helping to preserve active farmland, keeping your food dollars in your community and reducing fossil fuels used in cross-country shipping and packaging.

You'll know your farmer, and at least for a season, you can watch the news, hear about various recalls and salmonella outbreaks and know you don't have to worry about enjoying fresh, seasonal fruits and vegetables.

We've emailed each of you to make

### Missed Pickup?

On pickup days, we harvest for the shareholders expected. If not able to pick up, please inform us 48 hours in advance and choose from one of the following four options:

- Have a friend pick up your share
- Ask us to donate your share
- Opt for a double share before or after
- A farm pickup on Wednesday or Friday

All options require 48 hours notice so please call. We can plan our harvest accordingly. Thanks for your help!

arrangements for pickup, so we'll see you at market, or here at the farm. We're excited about the season, concerned about the weather, and hope to see you soon!

### What to Expect

We've had high winds and hail this month, but we've not had as hard-hit as some areas around us. When you shop at the big name stores, you probably don't give the weather a second thought as the produce section is always well-stocked. When you shop local, it matters. We do our best to protect tender new plants but sometimes, the weather has other ideas. We've already lost a peach tree to high winds, but overall, have dodged most of the severe weather.

To help with your pickup, here's a recipe for a tasty frittata.

### Tasty frittata

**3 TBS unsalted butter, 6 oz. broccoli cut into small flowerets, Salt and ground pepper to taste, 2 spring onions, white and light green portions rinsed and thinly sliced, 3 TBS heavy cream, 5 eggs, 2 oz. Shredded Gruyere cheese, 1 TBS parsley**

Over medium-high heat, melt 1 TBS butter. Add broccoli, salt and pepper. Cover; cook, flipping broccoli occasionally, about 4 minutes. Transfer to bowl. In another bowl, whisk eggs and cream. Stir in parsley, broccoli, salt, pepper and all but 2 TBS onions. Set pan over medium heat; melt 1/2 TBS butter. Add egg mixture; cook until just beginning to set, about 4 min., using rubber spatula to lift cooked edges and allow uncooked eggs to flow underneath. Place another pan over medium heat, melt 1/2 TBS butter. Carefully place first pan upside down on top of new pan; flip frittata into new pan. Cook covered, 4 minutes. Uncover and cook till eggs are set, 2-3 minutes. Shake pan to loosen frittata and slide onto plate. Garnish with reserved onions. Serves 4-6