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POTOMAC VEGETABLE FARMS  
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## CSA: Get the Most Out of Your Kitchen

Welcome to the 110 brave new Community Supported Agriculture (CSA) members – we are so glad that you have decided to try out this idea of eating locally grown vegetables, week after week. As the 300 veteran CSA folks can tell you, the first weeks are the most challenging. During the month of June, you will begin to wonder if this was such a great idea. So many leafy greens! So many types of onion plants to eat. When will the tomatoes ever be ripe?

You will find that the mix of vegetables changes constantly. There may always be chard – it goes from the very beginning to the very end of the season – and you should probably resign yourself to learning to love it. But most of the spring crops are fleeting. Just a few weeks of delicious garlic scapes. The lettuce

lasts until it gets blazing hot. The kohlrabi is here today, gone tomorrow.

You will develop some skills as you learn to eat your vegetables in the order of their fragility. Some just don't hold up in the refrigerator and they need to be made into a salad immediately. Some can rest quietly in the bottom drawer of the fridge and be forgotten with no bad consequences (kohlrabi, cabbage, potatoes, sweet onions). But it is your challenge to eat all your vegetables before your next pick-up day.

And if you find that you are too busy or you have too many restaurant meals, then I urge you to learn to freeze vegetables! You will not regret it. It is a skill for people with too much to do and too little time. When you come

home late one day, you will be so glad you have a nice frozen quart bag of chopped greens that you can quickly throw into a pan of leftover cooked rice and bring to life with some Asian flavorings. We have even learned to freeze onions for super quick meals.

If you have never liked beets, you may never learn to love them. But try them one more time. They may be different from the beets you never liked. And if you have never tried a little white salad turnip, you may find you like them as much as cucumbers. Come into the season with an open mind. Maybe you could even try one new vegetable every week. You can get five familiar items and one you have never seen before. This is the beauty of the CSA – there is so much to discover. Be bold.

Join us for our Open House at  
our Loudoun Roadside Stand  
and Community Garden  
Sunday, June 10th  
2-5pm

\*Snacks \* Live Music \* Garden  
Activities \* Family Friendly \*  
Free Event

## First Day Memories

**Kate Parker**

I remember running into a field of garlic and introducing myself to a whole crew of gorgeous, fabulous women!



# First Day Memories

## Isabel Hulkower

I started on the farm when I was 17, most of my memories from that season include picking Juliet tomatoes and eating freezy pops during my stand shifts.



## Rachel Ussery

My first days at PVF (just under two months ago) included: planting chard, golf cart anxiety, spotting lettuce, hand hoe crash courses, broadforking hoop houses, eating clementines in the greenhouse, self-inflicted hand hoe injuries, weeding spinach, foolishly complaining about the cool weather, and so many onion holes.



## Julia Rose

Last year my ritual work on the Loudoun farm was picking blueberries in the blueberry patch after everyone had called it a day, I kept picking, slowly but surely until the sun went down and made me call it a night. I was 8 months pregnant and it was the only time I could bear to be outside. I often just plopped down on a bucket while picking. Sometimes I wore my blue shirt, swollen like a berry myself.



## Zach Lester

My first day doing something for PVF was March 2016 when I started cleaning out the pole barn ... transporting massive dormant rolls of rowcover elsewhere away from rodent kings and queens.

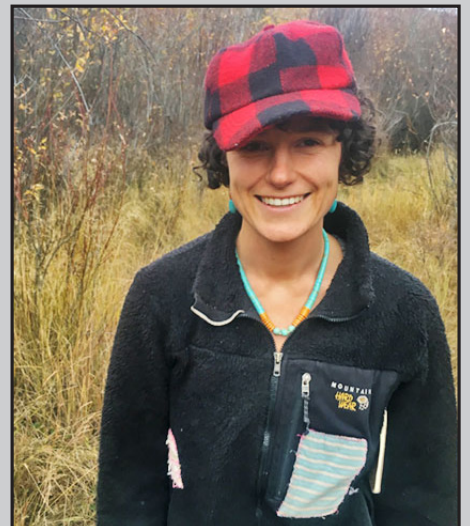


## Shaia Rose

Shaia's first day on the farm was the day she was born, July 13, 2017. But her first day in the fields was for a potluck. It must have been a Thursday when the potlucks are, and she must have been one week old, and it must have been her first public appearance and her first time wearing clothing. She looked ridiculous in anything but skin-- 6lbs and nothing, baggy clothes hanging off.

## Sophia Maravell

In 2014 I was a volunteer for the day. I drove out to the Loudoun location to visit and work with a friend, Katherine Collins, who was a farmer here at PVF at the time. I remember picking beets and having a lively community potluck lunch in the shade by the blueberries.







**Samuel Watkins**

My knuckles burned operating the chop saw in the bitter December wind and all I could think was "this place is colder than Georgia". My job was to tie up any loose ends on the farm's new high tunnels and build snow braces to keep them from collapsing in the event of a blizzard. The repetitive task gave me space to reflect on time and mentally prepare for a long winter ahead.

**Megan Seldon**

It was still cold on my first day, and there was a windstorm with gusts over 80mph so everyone else was called in to work early. I showed up in the morning to Ciara telling me we were in "full crisis mode" and we worked in teams with Sam and Samuel to make sure all the tunnels remained safely on the ground. Only in hindsight do I realize how chaotic the day really was.



**Ben Dietz**

I was overwhelmed—it was hot, I hadn't memorized everyone's name and I remember breaking a farming tool that I can now confidently say was a post hole digger. But at the end of that first day, I felt so relieved when I sat in the grassy shade with everyone after we'd weeded a large patch of peppers. Someone brought us popsicles, and it was the first of many times I appreciated the effort I put into the farm.

**Dick Clement**

9:30, Aug 9, 2017..met Hana in the CSA room. Reboxed cherry tomatoes, discarding cracked ones.."I need DONE more than perfect." From that day on "GET CRACKIN" brings on a smile, and I had not even met the wonderful PVF crew.

**Katie Storch**

I remember it being 100 degrees, I did almost everything wrong (even though I asked many clarifying questions), and was really nervous that I was going to crash a golf cart!



**Jenna Barufka**

Just two weeks ago. It was pouring rain, and had been for the past few days, so it was getting to the point where we could barely stand in the fields. I briefly picked chard in the morning, and then washed produce until we all went home early. I honestly didn't mind the rain, and found it sort of soothing, but I was assured many times that most days wouldn't be quite so wet (though of course it rained again the very next day, and the day after that).





**Vida Castro**

I like working at CSAs because I've found that the people who work at them, often have unconventional beliefs about the food system. So it would happen that on my first day, I would be happy and open to meet my first fellow coworker, and now close friend, Nina. Actually, Nina and I haven't really talked about our beliefs on the food system.

**Pam Jones**

My first week was spent trying not to mess anything up and being insanely sore when I got home from work each day! I was amazed that I was given a job since I had no experience and had to be taught everything. My first day was spent as Ciara's shadow and asking her millions of questions, and being bitten by every biting insect within the DC metro area.

**Sam Sedon**

I started working as early in the season as they would have me. It was March of 2015, and the spring still seemed far off.



The ground was wet from snow melt and it was cold enough to bundle up in all of our winter gear. There were only two of us out in Loudoun on my first day, and we spent hours weeding chickweed out of the over-wintered spinach patch to make sure it would be ready to harvest in the next month. The work was satisfying, the conversation was lively, and those spinach leaves we ate were the most delicious that I have ever had.

**Ciara Prencipe**

My first task was picking cherry tomatoes. The sunblossoms were splitting, but I couldn't bear to waste them,



so I ate the splits until my mouth hurt. Then I weighed and bagged green beans for CSA. Little did I know I would be doing this for a month. I liked to think Hana stopped assigning me that task because I mastered it, but in hindsight I think the season for green beans had ended.

**Sarah Waybright**

On my first day, I rear-ended Carrie's golf cart - while she was in it, holding baby Zoey! Golf cart brakes are mushy. I thought I might be fired before it even began, but Hana and Carrie laughed it off (to my surprise), and I learned right then about their easygoing personalities, which I appreciate to this day.

**Nina Stewart**

I grew up 20 minutes away from the farm but only discovered it a year ago, when it became my second home. First thing I learned was weeding, a task that never ends. Carrie, Hana, and I weeded spinach in the "driveway." Only later did I realize it would consume my life. But ending a hard day with a last hour of weeding is the best.