

WEEK 21

HAWTHORNE VALLEY FARM



CSA Newsletter



EATING OUR CURDS AWAY? NOVEMBER 5, 2009

The last CSA week is always a sad one; somehow we wish the growing season would go on forever. But the leaves are almost all off the trees, leaf raking has become a big business for sixth graders, the skeletal tree branches reflect the bare vegetable beds in the fields. We are harvesting the last of the last this week. The cows are just finishing up the last of their fresh grass pasture, too. It's hay for the cows all winter long now until that happy day in April when there is enough grass to start grazing again. This is living seasonally!

We had piglets born last week, and calves are born year round on the farm, so there's always some new wriggly creature to tend to even in the short days of winter. After the vegetable harvest is finished, we will be spending time in the barn with the cows. Chores every day include fresh bedding for all the animals, more compost piles to build, hay to feed, lots of hay to feed because cows are basically large bellies standing on four legs, and we feed the whey to the pigs.

We have a few pigs on the farm, and their main function is to recycle the whey that comes from making cheese. When little miss muffed sat on her tuffet, eating her curds and whey, that was back in the days when we used to eat whey. Whey is the liquid left over from making the milk into cheese, and it is certainly edible. It's just not in our regular culture to eat it anymore. Because it comes from milk, whey has a lot of protein. And because it is fermented, whey has a high pH level. These are qualities that can affect the water table if you throw the "waste" product of cheese making – the whey – down the drain. So, instead of treating the whey as if it were a waste product, we feed the whey to the pigs. The pigs love the whey, being that it has lots of protein and they don't mind the high pH level at all! So the pigs consume our whey, and transform it into more compost material for what we tell the kids in all honesty is "farmer's gold". Without compost, our precious dark golden compost, we would drain our soils fairly quickly and not have much of a farm to stand on.

So, chores go on over the winter here on the farm, along with planning out next year's vegetable fields, and dreaming of a nice warm springtime.

I'll make sure we keep updating everyone about the farm chores and news over the winter, so keep us in your hearts during the colder days of the winter.

-farmer Katy



End of the Year!

This Week's Harvest

kale
onions
carrots
arugula
japanese turnips
butternut squash

Dear CSA Members: November, a time when our thoughts turn to how much we have to be grateful for. Everyone here at Hawthorne Valley Farm would like to express our deepest appreciation to all of our members for believing enough in what we do to support us. Each and every dollar that you pay goes into each bite of food that you have nourished yourselves with throughout this growing season! We hope you have enjoyed the fruits of our labor. An extra helping of thanks to each of you who have paid your memberships in full. You will be receiving renewal applications by the end of the month. **For those members who still have outstanding balances, we need your payment in full immediately – once paid, you will receive your renewal application.**

Again, our sincerest thanks!
 -Margo

A DIVERSIFIED
 DEMETER-CERTIFIED
 BIODYNAMIC FARM LOCATED
 IN MID-UPSTATE NEW YORK.

