

Home Food News

vol. 1, no. 2

“For lo, the winter is gone, and the voice of the Turtledove is heard in the land.”

Here in midcoast Maine one can't be certain that we haven't joined the countries that experience monsoon rains each year. Those garden vegetables that delight in water are doing better than those that don't. Rhubarb is thick and juicy. At least in my garden, the slugs are approaching the size of small rodents with appetites to match. It is all a challenge!



FRESH CATCH IN PORT CLYDE

Our number two Newsletter is focused on NEWS from the folks at **PORT CLYDE FRESH CATCH**.

My daughter and I have purchased a half-share. Two weeks ago we turned a large cod into enough fish chowder to serve the two of us and one neighbor for three days.

This week we are preparing three flounder. These fish have been harvested used environmentally sustainable techniques and we support the aims of the MidCoast Fishermen by our purchase of fish in advance.

How do you join and get more information?

CALL JESSICA LIBBY AT (207) 790-2066 OR VISIT THESE WEBSITES:

www.portclydefreshcatch.com
www.midcoastfishermen.org

You are invited to purchase a share just as you would purchase a share of a Community Supported Agriculture farm. (see the next page for CSA info) You may also place special requests for seafood, freshly caught.

In this case you are supporting a Community Supported Fishery; if you feel you cannot use a full share or a half share discuss your needs and concerns with Jessica Libby to see how your needs can be accommodated. Perhaps you have a neighbor who can use a share with you.

The Port Clyde Fresh Catch folks are working to save the midcoast fishing industry, to protect and harvest fish sustainably, and to provide their neighbors and communities with very fresh fish.

If you are only here for a brief time, they are offering 4-week subscriptions or 6 week subscriptions. You will also have a choice of places where you can pick up your order.

As the Port Clyde Fresh Catch folks say, “if it were any fresher, it would still be swimming!”



Don't have a computer at home? Jackson Memorial Library in Tenants Harbor does and you can search for CSAs, CSFs, as well as check out books, DVDs, State Park passes, make photocopies and send faxes.

WHAT DOES COMMUNITY SUPPORTED AGRICULTURE MEAN?

You as a consumer purchase a share of a farmer's food crop in the beginning of the season and for your investment you receive a weekly ration of vegetables and other farm grown products. Often this includes flowers and eggs if the farmer grows them.

You have the option, usually, of purchasing a whole share to feed a family or a half share to feed one or two persons. Leftovers can be preserved by canning or freezing to insure a winter supply of good food.

How does this help the farmer?

In this way, the farmer doesn't have to borrow funds from a bank to purchase seeds and other necessities and you are insured a bountiful harvest of the freshest of fresh veggies. Often these vegetables are also grown in an organic manner so that you are reassured that they are safe for you to eat.

The economics of this method also keeps dollars circulating in a community circle rather than sending them out of County, out of state and out of the U.S. The carbon footprint is diminished and it is a win/win for all.

If you go to the MOFGA web site www.mofga.org you will find all the CSAs in Maine.

Our own **Home Foods Market** will open **Saturday, July 11, 2009** at **Hedgerow at the corner of Ridge Road and Rt. 131** If you wish to sell home grown products, veggies, eggs, and flowers bring them along.

Ready to write a note on your gardening successes? A recipe for thwarting slugs? Crops that love rainy weather?

Send it to Linda Small at lindahsmall@yahoo.com or at PO Box 227, Port Clyde, ME 04855.

Rhubarb Strawberry Torte

I grew up in the south where rhubarb, that is now threatening to crowd out the gardens in Maine, was very rare. My mother grew up in Utah where there was always rhubarb. She missed it in the south. Whenever some limp stalks would turn up in our grocery store, she would make this dish.

The recipe can be modified to fill whatever dish you have and however many are coming to eat.

Set the oven to 350 degrees:

Cover the bottom of a baking dish with rhubarb and strawberries cut up into pieces; sprinkle them with one cup of sugar.

In a blender blend 4 or 5 eggs, one cup to one and one half cups of sugar, one cup of flour, a pinch of salt. Add 2 teaspoons of vanilla at the end of blending. Pour over the rhubarb and strawberries and bake for one hour or until it looks done.

Serve with ice cream, whole milk yogurt, or sour cream. You can experiment with other sweeteners but I have only made it with sugar. You can reduce sugar as you choose to.