

MILLSAP FARMS

Spring Fever

Remember: Next CSA distribution is **March 24**



News from the Farm:

Hello, friends. The farm spent much of the last two weeks antsy for spring to arrive. On two of the coldest days we headed to the woods and cut mountains of firewood that we hope not to need until next winter. The rest of the time we stared at our greenhouse crops and willed them to grow faster. I'm only sort of kidding.

But guess what? After yet more ice and snow and frozen toes, we planted lettuce *outside* yesterday! What a joy and relief to be elbow deep in March mud. Much better than hubcap deep. (I – Cammie the intern – have a lot of recent experience sticking farm vehicles in the mud)

Jimmy Garcia, a WOOFer with us since October, moved on to another farm in Indiana yesterday. We also welcomed Donna to the farm at the end of February as a new intern (more to come in the farm spotlight next time!)

While we are still waiting for drier conditions to prep fields for the bulk of our spring planting, we are relishing steps in the right direction: daylight savings time begun, outdoor planting, and the first summer squash transplanted into the big greenhouse!



What's in your share:

Everyone:

Spinach
 Head Lettuce
 Kale
 Garlic
 Herb choice (cilantro or thyme)
 Sweet Potatoes – Matthews Family Farm, Wynne AR
 Spaghetti Squash– conventionally grown in Rich Hill, MO
 Winter squash (choice of butternut, acorn or delicata) – conventionally grown in Rich Hill, MO

Wholes & Halves:

Beets
 Radishes

Wholes only:

Japanese Turnips
 Parsnips

Thanks to all of you who have already signed up for summer CSA – there's still time to sign up if you haven't yet!

Thanks for choosing us to be your farmers!



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Lettuce!

We love growing lettuce here at Millsap Farms! Lettuce prefers cooler weather (but not cold – little lettuce leaves have needed gloves this winter!) and lots of sunshine to grow into big heads ready for your salads. Spring is “Lettuce Time” on the farm. (We just planted 250 feet of lettuce outside yesterday!) We have two different varieties of Butterhead lettuce in your shares today – Dancine, a more compact dense head, and Harmony a large fluffy lettuce.



One problem we face with growing lettuce in our greenhouses and high tunnels is a fungal disease called lettuce drop. Farmers all over Missouri are seeing this problem in the fall and winter. Recently, the plant pathology specialist from Lincoln University is trying out a new organically approved “fungicide” that we hope will control lettuce drop. It’s a good fungus that eats bad fungi like the fungus that causes our lettuces to be sick. We are always trying to learn new and better ways to grow our food!

Farm Spotlight: the Leroy’s

Eric, Christine and Matis have been visiting us here on the farm from Paris, France for about a month. They travel to Las Vegas at the end of the week to see some more of the United States. Eric and Christine are in between projects and are thinking about moving to Morocco where Christine’s Dad has a vineyard. Matis has been home schooling, working on the farm, and enjoying the chance to do things he can’t do in Paris (like sledding, driving a golf cart and sledding behind a golf cart... .) We have enjoyed having their help around the farm!



Stuffed Acorn (delicata or carnival) Squash in the slow cooker

Chop **1 medium onion**, place in skillet and cook until translucent (add some olive oil or a little butter). Add **1 lb of pork sausage** (can use ground beef) and **1 teaspoon oregano** and cook, breaking sausage up into small pieces. For a sweeter version, add **2 chopped apples**, turn off the heat and stir, adding **salt** to taste. For a more savory option, add **mushrooms, sun-dried tomatoes and or parsnips** (or anything else that sounds good to you!). Slice **two winter squashes** in half (acorn, delicate or carnival) and deseed them. Sprinkle salt in the cavities, then stuff with your meat mixture. Stack them in your slow cooker. Add **¼ cup water** to the bottom of the slow cooker, turn it on low and cook for 6 to 8 hours. Serve with a side salad and enjoy! (I just made this last night with the mushrooms, tomatoes and parsnips and it was delicious! ~kimby)

Spaghetti Squash Au Gratin (Curtis says – add butter and cheese to anything to make it amazing!)

Cut the **spaghetti squash** in half and remove the seeds. Place in a covered dish with a ¼ inch of water and microwave for 10 -12 minutes. (or roast in oven for 45 min on 400 degrees) In a medium sized skillet over medium heat, add **2 Tablespoons butter**, **1 small onion** (sliced), **¼ teaspoon red pepper flakes** and **1 teaspoon thyme** and cook until the onions are slightly brown in color. Salt and pepper to taste. Using fork, scrape the insides of the squash and transfer to a small bowl. Combine the squash, onions, **½ cup sour cream** and **¼ cheddar cheese** together and mix well. Transfer the mixture to a buttered baking dish and top with another **¼ cup cheese**. Place into a 375° for 15 – 20 minutes until golden brown on top.