

MILLSAP FARMS

Planting Time

Remember: Next CSA distribution is **April 7**



News from the Farm:

Happy first week of spring! We've moved from *wishful* thinking to *no time for thinking*. Working the ground and planting have become our top spring priorities. Warm weather and green does not mean we suddenly have summer vegetables to give out, but it does mean we have some of the first of those planted in greenhouses and that everything else is growing at a much faster rate.

We've prepped and planted in several of our fields – around a zillion (no kidding!) feet of onions and hundreds of

feet of kale and flowers and lettuce and beets. We moved the big high tunnel from its winter spot covering spinach, kale, lettuce, and beets west to its summer location. Those hardy plants will live happily in current outdoor conditions, and the high tunnel can begin warming the soil to more hospitable temperatures for raspberries, tomatoes, peppers, and eggplant oh my!



What's in your share:

Everyone:

- Spinach
- Head Lettuce – from Young Family Farm (Hydroponic, conventionally grown)
- Red Russian Kale in bags
- Garlic
- Herb choice (cilantro, parsley, or oregano)
- Sweet Potatoes – Matthews Family Farm, Wynne AR
- Butternut Squash – conventionally grown in Rich Hill, MO

Wholes & Halves:

- Baby Lettuce
- Kale – bundled (Improved Siberian or White Russian)
- Pea Shoots
- Spaghetti Squash – conventionally grown in Rich Hill, MO

Wholes only:

- Radishes
- Swiss Chard
- Asian Greens Salad mix

Remember to sign up for summer CSA if you haven't yet!

May 2 – Millsap Farm Potluck for CSA members and friends. Open to the community. Bring your friends and family!

Pizza nights will start again in May.

Thanks for choosing us to be your farmers!



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Garlic!



Garlic is famous for its wonderful taste and myriad uses to improve one's health. We here on Millsap Farm love our garlic. We grow a hardneck and a softneck garlic (the major difference is how many cloves form in the head) and

elephant garlic. Garlic gets planted in the fall – just one clove in a spot. Establishing roots, it then overwinters and starts growing again in the spring. Usually by June there are new garlic heads ready to be harvested and hung up to dry. We then put them in cold storage to hand out all winter long. We also plant some of the smaller cloves of garlic in a protected space for harvest in the spring as green garlic. Green garlic tastes like garlic and can be used like green onions. Enjoy your garlic heads today!



Farm Spotlight: Donna Coomer

Donna is a new farm intern this year. She arrived here from South Carolina at the end of February. Donna has traveled all over the world and the United States WWOOFing in many places, although she is from Pennsylvania. We are excited to have Donna join us, bringing her experiences from other farms especially in marketing and sales and working on the PR end of things. Working on different ways to tour the

farm and setting up an online “farm stand” are two of Donna’s big projects right now.



Veggie Inspirations

Spinach – sautéed with olive oil and garlic

Lettuce – salad, salad, salad!

Kale – lasagna, soup, sautéed, salad

Sweet potatoes – chopped and roasted with cumin, coriander and cayenne pepper

Butternut squash – soup (with green garlic and kale!)

Spaghetti Squash – roast, boil or microwave to get your spaghetti strands then serve with your favorite tomato sauce

Pea shoots – chop and eat raw in salads

Radishes – slice them up thin and pour melted butter otop, add a little salt – yummy!

Swiss Chard – sautéed with garlic and dried cranberries with a little vinegar