

# Freedom Organix

Harvard IL 60033  
Local ♦ Fresh ♦ Natural

March, 2009

Dear Friends:

I can finally feel the earth loosening up under my feet, the smell, feel, and vibrating energy of spring on its way. For weeks now the Sebastopol geese have been sparring and staking out territory. They now have bonded to a mate and settled down to make nests and rear their young. So, like any farmer, trying to nudge, cajole, and pester Mother Nature into providing us with what we want, I have been stealing eggs and putting them in the incubator to keep the fragile lives inside from freezing. The eggs need to be turned 4 times and misted with warm water each day. Now I've added Mother Goose to my list of chores. By this time next month they will have already hatched, just another of the miracles that happen every spring on the farm. I can hardly wait to watch them struggle out of their shells.

This week provided a nice surprise---the spinach crop that was planted and covered last fall is up and growing. That field was covered in ice less than a week ago, its cocoon of wire hoops and fabric smashed and frozen flat to the ground. I remember seeing those carefully planted rows and thinking what a shame because fresh, early, frost-kissed spinach is the tastiest you'll ever eat. Whether added to a simple frittata, gently sautéed with garlic and a squeeze of lemon, or right into your mouth as you're picking it, it is an early season treat. I can hardly wait to try some.

The seed orders placed in December are finally arriving. Twenty plus varieties of tomatoes, 16 types of winter squash, six kinds of potatoes, eight kinds of melons, lots of herbs, greens and more....varieties selected for *flavor* alone. And why not? Your food will travel less than 50 miles to your family table, and will be picked as close to delivery as possible. That's a blip compared to the average 1300 mile trip of food in America. Even fragile produce will arrive at your table fresh and perfect. The green house is fired up to get an early start on transplants and the beds were prepared last fall so snap peas can go into the ground at the first sign of thaw. I can hardly wait to start planting again this spring.

I'm glad you'll be part of our CSA this year. It's going to be a great season. I can hardly wait!

Your farmer,  
Cindy Nawiesniak  
[www.freedomorganix.com](http://www.freedomorganix.com)

Know your food, know your farmer.