

# blue morning farm

May 5/6 2011



**The spring** to me represents a time of growth. This is the time when the fauna comes alive and the species come out of hiding or return from a winter spent some place warm. It almost feels that a switch is turned and everything is waiting patiently for the conditions to be just right. The trees are waiting to flower, to spread seeds for future generations. The birds are scurrying around for food for their young ones. When the day length reaches a certain point this is when everything starts booming especially with all the spring showers. Then the season of growth begins, the leaves

on the trees start growing and the rest of the landscape starts greening. There is now ample amount of food for the birds in seeds, nuts, and insects. At the same time spring is when the fields come alive as well. On the farm, the



## What's in a Name?

There aren't many vegetables with identity issues but bok choy isn't your ordinary vegetable. A member of the brassica family choy is a delicious and filling veggie. However, it's issues stem from its long history and difficult translations. Choi has been

cultivated for hundreds of years throughout Asia and has been eluding classification for just as long. Debbie Leung of 9th Heaven in Olympia, WA explains choy, "Literally translated, bok choy means "white vegetable" and most of the



many varieties do have juicy, crunchy stalks (petioles, actually) that are a pure milky white. It is the

## What's in the Share this



Cantonese in southern China who call it "bok choy." The spelling is complicated by the fact that there is no generally accepted convention for spelling Cantonese words – hence bok, pak, pac, pok... Speakers of Mandarin, now the official language of China but originally the dialect of northerners, ask for "bai tsai (bye chai)." complicated at best it boils down to: a choi by any other name is still as sweet.

1. Salad Greens
2. Spinach
3. Pac Choi
4. Spring Onions
5. Radishes
6. Broccoli Raab
7. Oregano

spring is the busiest times of the year. The greenhouse is bursting with plants waiting to hit the soil. Once the conditions are right it is a race to get the fields ready and to put every thing in the ground. To our advantage and to the plants liking, the days are longer meaning more time to fill the fields for harvest coming later in the season. Like the birds looking for food, we are busy scurrying around planting and taking advantage of this productive part of the year, looking forward to the growth. The only down side is that fact that all this growth is good for the weeds too!



### Say Hello!

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