



Where The Land, Food, and People Come Together!

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July 2009

Field Walk....

Summer came in a hurry this year. One week it is comfortable, unusually wet, and the peas, lettuce, and salad mix are the most abundant, beautiful crops we've ever seen. Then overnight, the temps jumped to the mid-90's for 11 days straight and all the spring crops became toasty. (Hopefully not before you had a chance to pick a gallon of peas or so)! The produce is a little slower to make the leap (thank goodness!) from spring to summer as we will continue to have lettuce, kale and swiss chard for a few more weeks. However, the heat brought a full-on attack of cucumbers, zucchini, and the greenhouse tomatoes are finally starting to turn. We will also start out the month with cabbage and carrots and in a few weeks--the first potatoes!! By the end of the month we should be swimming in melons and tomatoes. It is quickly approaching the time of year our taste buds dream about in January and February!

Our work on the farm has reached a frantic pace as well. With the pumpkins planted last week, the big planting rush is behind us--just the fall crops to go! Now we can focus our efforts on weeding, harvesting, trellising, and nurturing our crops along. To deal with the excessive heat we irrigate often and also apply a foliar spray of fish and seaweed to the leaves of the plant. Just like our skin's pores, the leaves directly absorb the extra nourishment and give the plants an extra boost. We will also begin the process of mowing, tilling and seeding into a summer cover crop the areas of the field that fed us this spring. The farm will look quite different by the end of this month!

Trying to keep up with it all are Beth and Caleb (our interns this season) who have been a wonderful help on the farm. They have both been trained in greenhouse seeding, field planting, tractor driving, and are certified expert harvesters. We have managed to squeeze in a few field trips as well--in April to a grass-fed lamb farm; May to the biodynamic bee apiary in Carrolton; and this week to a farm members' vineyard. The learning curve is very steep at first, but by now, we are all in a harmonious groove; sharing, talking, joking, eating, questioning, as we plant, weed, and harvest. Make sure and pass along a special thanks to them for all their hard work and dedication!!

Enjoy the harvest, Amy, Segue, Beth & Caleb

Garlic Harvest Tuesday, July 7th, 9AM-Noon



Come help us bring in this year's garlic crop! A great activity for kids and grown ups!

Come anytime that morning and stay as long as you can. You can also pick up your share before lunch.

Hope to see you there!



Chicks and pigs are growing up fast....



Summer Produce List

Basil
Beans
Beets
Cantaloupe
Carrots
Cilantro
Cucumbers
Dill
Edamame
Eggplant
Lettuce
Okra
Onions
Peppers
Potatoes
Shallots
Summer Squash
Tomatoes

How to Store Summer Produce:

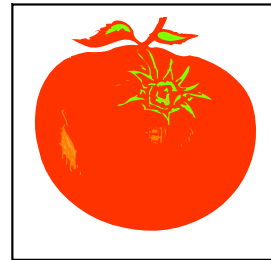
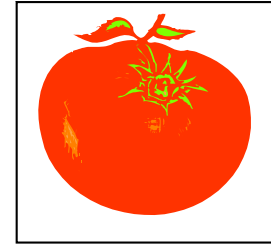
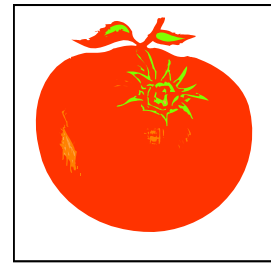
•**Basil** is a warm weather crop and is very sensitive to cold temperatures. Do not refrigerate fresh basil as it will turn black very quickly. To keep just harvested basil fresh for many days, strip the lower leaves off of the stem and place the stems in a glass of water on the kitchen counter. Wrap the stripped leaves (or any leaves) in a dry paper towel and keep in an airtight container at room temperature. Make a batch of pesto if you have more than you can use.

•**Zucchini, summer squash, cucumbers** respire through their skins, so they need to be refrigerated as soon as possible. Store them unwashed in a perforated plastic bag in the vegetable bin, or refrigerate them in a sealed plastic container that you've lined with a kitchen towel. They keep for a week and a half.

•**Carrots and beets:** remove the leafy green tops. Refrigerate dry and unwashed in a plastic bag for two weeks or longer.

•**Melons:** If the melon is a bit short of ripe, keep it at room temperature for a few days or until there is a sweet smell coming from the stem. Once the melon ripens, store it in the refrigerator.

Tomatoes: If your tomatoes smell fragrant and yield slightly when squeezed, they are ready to use. If not, store them for a few days at room temperature until they are ripe. Do not store in refrigerator as they lose flavor quickly.



Sauteed Zucchini from Farm Fresh Recipes

1 tsp vegetable oil
2 lbs. zucchini, in 1/2 inch slices
1/2 cup bread crumbs
1/4 cup fresh parsley
2 Tbs. minced roasted almonds
1 Tbs. grated Parmesan cheese
1 Tbs. chopped fresh oregano
1 clove garlic, minced
pepper and salt to taste

In a large nonstick skillet, heat oil over medium-high heat. Add zucchini; cook and stir 5-8 minutes, or until just tender and lightly browned. Remove from heat.

Combine crumbs, parsley, almonds, Parmesan, oregano and garlic. Add to zucchini; toss and serve.

Basic Coleslaw: from The Victory Garden Cookbook

3/4-1 cup mayonnaise
1/2 cup red wine vinegar
1 T dijon mustard
2 tsp sugar
salt and freshly ground pepper
8 cups finely sliced cabbage (green, red, or both)
1 cup grated carrots
1 cup chopped onion or scallions

Combine the mayonnaise, vinegar, mustard, and sugar. Season with salt and pepper. Toss the cabbage with the carrots and onions, then mix thoroughly with the dressing. Taste again, reseasoning if necessary and marinate, refrigerated, for at least 1 hour.

Chilled Cucumber-Mint Soupr: from The Real Dirt on Vegetables: Farmer John's Cookbook

4 cucumbers, peeled, seeded, and chopped (about 4 cups)
1-2 cups water
2 cups plain yogurt (or 1 cup plain yogurt combined with 1 cup sour cream)
1 clove garlic, peeled and mashed
several fresh mint leaves
2 T fresh dill or 1 tsp dried dill
1 T honey
1-2 tsp salt
2 scallions, finely chopped

Combine the chopped cucumber, 1 cup water, yogurt, garlic, mint, dill, honey and 1 tsp salt in a blender or food processor. Puree the ingredients, adding more of the water until the soup is a consistency you like. Season with salt. Then chill for several hours. Garnish with chopped scallions.

Gazpacho: from The Victory Garden Cookbook

4 ripe tomatoes
2 cucumbers
1 large green pepper
10-12 scallions
1-2 cloves garlic
salt & pepper to taste
1/4 cup red wine vinegar
1/2 cup olive oil
3 cups tomato juice
1 cup water
hot pepper sauce
worcestershire sauce
croutons for garnish

Peel and chop the tomatoes, cucumbers, peppers, and scallions. In a separate bowl, mash garlic and 1 tsp salt. Beat in vinegar and oil. Combine this dressing with the chopped vegetables and stir in the tomato juice. Add water to the consistency you prefer. Season with a dash of hot sauce, worcestershire sauce, salt and pepper. Chill. Serve gazpacho in chilled bowls topped with cucumber slices and croutons. Serves 4-6.