



Where The Land, Food, and People Come Together!

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Distribution Week #15

Field Walk...

Although we are a little over half way through our season, we are almost finished planting everything! At the beginning of the season, according to my planting calculations, we were going to transplant over 60,000 seedlings in 500 beds, which equals about 175,000 feet planted. On Wednesday afternoon, under an ominous sky, Segue and I transplanted our last succession of beets and chard and the first of the fall head lettuce. How lucky we were when it rained Thursday night and we picked up another 1/2 inch of rain. Now, we have only fifteen more beds to go, including a few more spinach beds, the last of the lettuce, a few greens, and garlic. Five hundred times, Segue or I have tilled the soil, hooked up the seeder to mark the beds, loaded up the truck with plants, pulled transplant plugs from plastic trays and dropped them in the rows, and on our hands and knees, dug a hole and tucked them in; or filled our seeder's hoppers with different varieties of seeds and seeded rows upon rows. And now, only fifteen beds left. And only ten weeks left after this one. Where has the season gone? Into your stomachs, I hope!

Both Segue and I feel like the hardest work is out of the way. Yes, there will be some back breaking winter squash harvests and we still have more melons to bring in, and seven rows of sweet potatoes to dig up, and spinach and carrots to weed...but, we've officially deemed the farm on cruise control. That's good. We're tired of pushing hard on the gas. Our fall plantings of broccoli, kale, collards, cauliflower, cabbage, brussel sprouts, rutabagas, and turnips have been in the ground since mid-July and we've managed to keep them semi-weed free. Next week we expect to give out acorn squash, and bok choy, radishes and salad greens will make a return. Then it is a virtual green mud slide with the return of kale and spinach and romain lettuce. If you have been contemplating skipping out on the fall harvest--think again! We are shaping up to have a terrific crop of fiber, iron, Vitamin A, C and D! For now, enjoy the last of the tomatoes and the last week of a summer August that has felt like an early September autumn!!

Enjoy the harvest, Amy & Segue



Our Best Guess for what's in your Share:
watermelons, carrots, tomatoes, onions, garlic, green beans **or** cherry tomatoes (for St. Louis box), peppers, cucumbers **or** zucchini, and dill.

Pick Your Own: green beans (2 quarts), unlimited cherry tomatoes, unlimited herbs and flowers!

Coming Up Next Week: salad mix, radishes, bok choy and acorn squash are on the way!

What's For Desert: Watermelon Agua Fresca

from "Local Flavors" by Deborah Madison

"Watermelon makes a delicious pink, green, or yellow drink, depending on the type of melon used, that attracts a number of appealing additions, such as blackberries or orange juice, lime juice, or a splash of tequila is another option."

3 pounds watermelon, with rind
1/2 cup simple syrup (described below)
2 large limes
pinch salt
1 T orange juice

For Simple Syrup: Put 2.5 cups of water and 2 cups sugar in a clean pot and heat until sugar is completely dissolved and the liquid is clear. Let it cool, then put in a jar. Can be stored in a cupboard or in refrigerator till use.

For Agua Fresca: Remove the skin, scrape away the seeds, chop the melon into chunks, and puree in a blender or food processor. Taste and sweeten with the syrup if needed. Remove 4 lime slices for garnish and squeeze the rest into the puree. Add the salt and orange juice and stir. Pour the juice over ice and garnish each glass with a slice of lime. Makes about 1 quart.

Cucumber Pasta Salad

from "Farm Fresh Recipes" by Janet Majure

8 oz. rotini pasta
2 cups cucumbers, sliced
1 cup chopped tomatoes
1 (15 oz) can garbanzo beans, drained and rinsed
3/4 Tbsp. dill
1/2 cup ranch-style dressing
1/3 cup plain yogurt
crumbled feta cheese

Cook pasta according to package directions; drain and rinse in cold water. In salad bowl, toss cooled pasta with cucumbers, tomatoes, beans and dill. In another small bowl, blend dressing with yogurt. Add to salad bowl; stir until well-coated. Cover and refrigerate 1 hour. Crumble feta on top and serve!



The pigs are starting to get big and have loved all the split and spotted tomatoes!!

What's For Dinner: Steamed Carrots with Garlic-Ginger Butter
from "Cooking Light" Magazine, July 2008, page 118.

2 garlic cloves, minced
1 lb. carrots (cut into medium size julienne)
1 T. butter
1 tsp minced peeled fresh ginger
1 T chopped dill
1/2 tsp. grated lime rind
1 T fresh lime juice
1/4 tsp salt

Steam carrots, covered, 10 minutes or until tender. Heat butter in skillet. Add garlic, ginger to pan. Cook 1 minute, stirring constantly. Remove from heat; stir in carrots, dill and remaining ingredients. Yields 4 servings.



What's For Desert: Watermelon-Ginger Punch
from "Cooking Light" Magazine, July 2008, page 117.

8 cups watermelon, seeds discarded, chunked
1/2 cup fresh lime juice
1/2 cup sugar
2 T grated peeled fresh ginger
18 (1-inch) watermelon balls, seeds discarded as much as possible
1 cup sparkling water, chilled
Cracked ice, optional

Put 4 cups watermelon in a blender; process until smooth. Strain through a sieve into a pitcher; discard solids. Repeat procedure with remaining watermelon. Combine lime juice, sugar, and ginger in bowl; stir with a whisk until sugar dissolves. Add lime juice mixture and watermelon balls to watermelon mixture. Stir in sparkling water just before serving. Serve over ice, if desired. Yields 6 servings (about 1 cup).

JUST A REMINDER!

- ***Distribution** goes through **November 15th!**
- ***St. Louis members please remember to leave your box at the drop off site.**
- ***On-farm members**, pick up is Tuesday and Friday only, from 2-7 PM. You can come either day!
- ***Renewals for 2008** will begin the first week of October (more info on how this will work as the date draws near, including a special change for St. Louis members, but we are astounded to report that we have 225 people on our waiting list for next year already!)
- *We will be **selling our farm-raised pork the last two weeks of pick up at the farm.** If you are a St. Louis member and interested in purchasing pork, please plan to pick up your veggies at the farm one of those two weeks. We cannot deliver pork to St. Louis.
- *Our **Harvest Dinner is November 8th** at 5PM!
This event will include an art project for kids, a slide show, and of course, plenty of delicious food. Mark your calendars now!!