

Great-grandfather's barn at Spring Brook Farm, circa 1901

What's in the box and where do I keep it?

| Crop | Fridge? | Bag? | Notes & Varieties |
|-------------|---------|---------|-----------------------------------|
| Basil | No | Plastic | |
| Cantaloupe | Yes | No | Athena, French Orange, Charentais |
| Cucumbers | Yes | Plastic | |
| Green Beans | Yes | Plastic | |
| Peppers | Yes | Plastic | Green Bell and a hot pepper |
| Potatoes | No | Paper | Red Norland |
| Sweet Corn | Yes | Plastic | Ambrosia |
| Tomatoes | No | No | |
| Watermelon | Yes | No | |
| Zucchini | Yes | Plastic | |

Watermelon

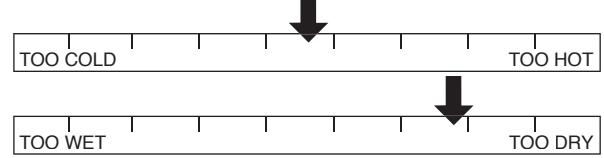
It's the time of year when watermelons are at their peak. The box is about as heavy as it gets when the watermelon and cantaloupe overlap like this. This is a nice variety of red watermelon that's supposed to remain a little smaller than it did. Some of the watermelons are in the 12 pound range, which is bigger than I like for the boxes.

Size aside, the watermelons are delicious this year and, thanks to all the heat, we have them when it's still summer. It's just not as enjoyable to eat watermelon in the cool weather of September. They've been ripening rather sporadically but I think we'll have enough for everyone this week. Iris has been enjoying all the melons this year, she can just about eat her weight in watermelon.

The cantaloupe are continuing to be productive. We'll see mostly the Athena and French Orange varieties in the box this week, with maybe a few making it into

Farm Report

Rainfall0.95"
 High Temperature 90°
 Low Temperature 54°
 Coming next week ?
 Farmer Complaint Indicators™ :



next week. We'll miss these when they're gone.

The tomatoes have been a bit slow to pick up steam, but it'll happen soon. I'm looking forward to it because it's almost more difficult to pick small amounts of tomatoes because you really have to hunt for them. The plants are still looking very good and this week's cool weather helped them to set some late season fruit.

This will be the last week for both the green beans and the sweet corn. We've had a good run of four weeks of both of them. It has worked out well to buy the sweet corn this year, let me know what you thought of it.

I know everyone would like more red bell peppers in the box but growing organic red peppers is very difficult. They have a tendency to rot as they start to turn red, so the result is you either have ten green peppers or one red pepper. We'll have some red long peppers a little later in the season.

Red potatoes again this week. We're still digging them by hand at this point. When I get the time I need to call on a couple potato diggers.

Finally the cukes and zucchini are starting to show signs of winding down. There's a little powdery mildew showing up in them. We've stopped picking the yellow squash because it was just not that nice anymore. I think we'll just have a week or two more out of these guys.

Farm News

Last week was a pretty productive week at the farm in spite of the rain. I got some more fall crops seeded and the last of the transplants in the ground. Some of the transplants are a little late and may not make it, but if we have a mild September they should do fine. It is a huge relief to be done with transplanting. And to be done with watering little plants in plug trays. I typically have little plants to tend from February until the

first week of August and it gets a little old by then. I never did the math this year, but I would speculate we surpassed the 15,000 mark for number of transplants grown. There still will be more direct seeding in the field to be done for about four more weeks. Greens like arugula and spinach only need about 30 days to mature.

It's also a time of year when we are thinking a lot about next year. Compost needs to be spread on next year's fields and cover crops need to be planted by the end of the month so that they can get good growth on before the cooler weather slows them down.

I'm also trying to find the time this week to set up a new electric fence around some of the fall crops. The fencing I have been using was becoming too familiar and easy for the deer to penetrate. We've had to ratchet up the power and sophistication now that the deer have made a habit of devouring some crops. Next year it's very likely that I'll have to fence the entire field area. That will mean almost half a mile of fence. This is something I have tried to avoid because it gives the appearance of more of a compound than a garden, but the deer have left me no choice.

Time is short this week so here's a few recipe reprints from previous year's newsletters.

Green Bean Salad with Lemon, Feta & Dill

- 1 lb. green beans
- 3 T. Olive oil
- 2 T. fresh lemon juice
- Freshly ground black pepper to taste
- 2 T. minced fresh dill or 1 t. dried
- 1/4 cup slivered red onion
- 1/4 cup crumbled feta cheese
- Salt, if needed

Steam the green beans until crisp-tender. Rinse under cold water then drain very well and pat dry. Combine the olive oil, lemon juice and pepper in a bowl and stir in the green beans. Sprinkle with the dill and onions and toss again. Let sit for 30 min or cover and chill for up to 4 hours. Just before serving, sprinkle on the feta cheese and toss again. Taste for salt.

Zucchini and Feta Pancakes

- 4 eggs, separated
- 4 packed c. coarsely grated zucchini
- 1 c. finely crumbled feta
- 1/2 c. finely minced scallions
- 1 tsp. dried mint
- salt to taste
- black pepper to taste
- 1/3 c. flour
- oil, for frying
- sour cream or yogurt, for topping

Beat the egg whites until stiff. In medium-sized bowl, combine zucchini, egg yolks, feta, scallions, mint, salt, pepper and flour. Mix well. Fold egg whites into zucchini mixture. Heat a little oil in heavy skillet. When hot, add spoonfuls of batter and fry on both sides. Serve. Top with yogurt or sour cream.

Sweet Corn and Tomato Spaghetti

- Corn from 6 ears
- 4 tomatoes, cored and quartered
- olive oil
- salt
- pepper
- parmesan
- apple cider vinegar
- 1-2 cloves garlic, minced

Remove the corn from the cobs by standing the cob on end and slicing the kernels off from the top down. Rotate the cob and repeat until you have sliced off all the corn.

Put your pasta water on to boil

In a sauté pan on medium heat put the garlic, a little salt and a couple of tablespoons olive oil. Saute the garlic for a minute and then add the tomatoes. Turn the heat up to medium high and cook the tomatoes, stirring frequently, until they resemble a light tomato sauce. During this time add the spaghetti to the pasta water. Add the corn to the tomatoes and cook for another two minutes. I like to add a little splash of vinegar at this point for a little more acid. Salt and pepper to taste.

When the spaghetti is ready, drain it and transfer it back to the pot or two a bowl. Add the tomato/corn sauce and toss. Top with a generous mound of freshly grated parmesan.