

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
Arugula	Yes	Plastic	
Basil	No	Plastic	
Cilantro	Yes	Plastic	
Dill	Yes	Plastic	
Garlic	No	No	Chesnok Red
Onions, Dry	No	No	Yellow, Red and White
Peppers	Yes	Plastic	Hot cherry, serranos and sweet
Salad Mix	Yes	Plastic	
Spinach	Yes	Plastic	
Tomatoes	No	No	
Winter Squash	No	No	Delicata

Salsa

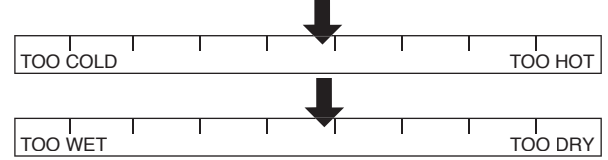
This is the official salsa making share of the year. We've got the white onions, cilantro, tomatoes and hot peppers to make many variations on the salsa theme. I usually use one white onion to about four medium to large size tomatoes and two serrano peppers and as much cilantro and salt as you want. This makes a medium spicy salsa so you can adjust the heat to your tastes. Other variations I like are roasting the tomatoes under the broiler until nice and black and blending them up for the 'fire-roasted' salsa. There's a million recipes out there and there's a couple at the end of the newsletter.

This is the first of the autumn arugula. There should be enough to satisfy everyone's arugula craving in the next few weeks.

More dill this week along with the cilantro and we should have cilantro again next week if the weather stays cool, otherwise it will go to seed.

Farm Report

Rainfall0.85"
 High Temperature 84°
 Low Temperature 50°
 Coming next weekBeets
 Farmer Complaint Indicators™ :



This may be the last of the basil. The grasshoppers get into it pretty bad this time of year. And it just slows down it's growth as the weather turns cooler.

Salad mix and spinach add to the eating greens this week. It's nice to finally have some salads again, especially when we have tomatoes. Some folks may wonder why we don't grow salad mix all of the time. Salad mix is incredibly labor intensive and highly perishable, both in the field and in the cooler. If we always grew salad mix we wouldn't have time to do anything else. I know it's a very convenient thing for folks to have in the box, but in the big picture it's also pretty empty in terms of food value. So we grow a little of it in the late summer but that's about all we can handle.

The tomatoes are finally starting to slow down a little bit. We may slip back to single digits in terms of numbers of them in the box this week. They have been highly productive this year and the cages have been a great success. We've already picked an average of 20 tomatoes per plant on the regular red ones and each share has already had more than 60 tomatoes. So if it seems like you're getting behind that's why. Even we get behind on the tomatoes this time of year, there's always a lot to do and it's hard to get all them tomatoes picked.

The squash this week is Delicata. Delicata is a squash that has gained in popularity over the last decade or so, but has been around for over a hundred years in various forms. Delicata are unique for their very tender skin which can actually be eaten along with the squash. Delicata is easy to slice and can be prepared by alternate means like cutting off the end, scooping out the seeds and then slicing it into 1/4 inch rings and then sautéing them in a pan on the stove top. It can also be made all the usual squash ways and is great pureed with a bunch of butter.

Farm News

The stormy September has continued out at the farm but we're getting caught up on some things in between showers. We're officially done planting the vegetable crops for the season but still have a fair amount of cover crops to plant over the next couple of weeks. This consists mostly of winter rye which still has time to germinate and get some growth on before winter.

Some of you have been gently asking me whether or not there are going to be any carrots in the box this year since there's only a few weeks left. Carrots are such a staple item and they are a favorite crop of mine. Which is why this year has been an especially difficult one at the farm. Basically the first plantings of carrots were lost to the deer, and then our main season plantings were trying to germinate under row cover during the hottest weeks of July. They never came up. It's not something I've ever had happen before, but with a job like this you always are running into new challenges. I do have six very nice rows of carrots which were re-planted after the hot spell. This makes them a little late to fully mature, but if the mild September weather continues we should at least have some 'junior' carrots in the box the last week or two.

This leads me into a reminder that there are only two weeks left after this week. Our summer season is 18 weeks long and then the winter shares begin. I know it's not really winter in October but the box is generally full of winter squash, not fall squash, so I like to call it a winter share. One important note for those of you who are signed up for a winter share which I perennially forget to mention: Winter share deliveries are on Tuesdays only. There are no Friday winter share deliveries. We will be delivering the winter shares to the summer Friday pickup sites, but it will be on Tuesday. Clear as mud? Drop me an email if you have any questions or concerns.

And lastly reminders that if you'd like to purchase any honey or maple syrup from our local purveyors you should let us know by Saturday. And to put the pumpkin patch day on your calendar, Sunday, October 2 from noon to 3pm. Please let us know if you're coming and how many pumpkins you need so we make sure that we have enough, you don't want to have to explain to your kid why they have to carve a jack o'lantern out of an acorn squash.

I always turn to Diana Kennedy when I'm looking for salsa/mexican recipes. Here's one I love.

Salsa de Jitomate (Cocida) Cooked tomato sauce

- 3 Medium tomatoes, broiled
- 3 chiles serranos, toasted
- 1/4 onion, roughly chopped
- 1 small clove garlic, peeled and roughly chopped
- 2 T. peanut or safflower oil
- 1/4 t. salt, or to taste

Wash the tomatoes and place them in a shallow, foil-lined pan under the broiler set to a low temperature. You want the tomatoes to blister and turn brown but also to cook all the way through. Turn them occasionally to expose all sides to the heat until completely soft. This should take about 20 minutes. To toast the chiles place them in a dry cast iron skillet over medium heat and turn them until the outside is blistered and the inside is soft.

Place the tomatoes, chiles, onion and garlic in a blender until fairly smooth. Heat the oil in your chile toasting skillet and add the sauce and salt and cook over a medium flame until the sauce has thickened and is well seasoned.

Salsa Mexicana Cruda

- 1 medium tomato
- 4 T. finely chopped white onion
- 2 T. cilantro, roughly chopped
- 1 serrano chile
- 1/8 t. salt
- 1/3 c. cold water

Chop the unskinned tomato and mix with the rest of the ingredients. This one is meant to be made right before you need it. Although I like it after it's been in the fridge a couple of days too.