

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	
Cabbage	Yes	Plastic	Savoy
Cucumbers	Yes	Plastic	
Garlic	No	No	German Extra Hardy
Green Beans	Yes	Plastic	
Onions, Fresh	Yes	Plastic	Yellow
Sweet Corn	Yes	Plastic	
Yellow Squash	Yes	Plastic	
Zucchini	Yes	Plastic	

Sweet Corn

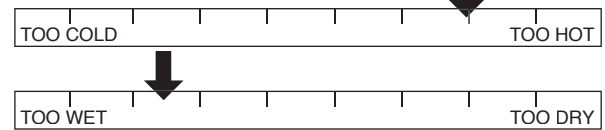
The sweet corn season has begun. A few words about the sweet corn this year. After struggling with sweet corn as a crop the last couple of years I am buying it this year from a farm a couple of miles from ours. This will enable us to have a more consistent and higher quality supply of it. However, this corn is not organic. It will be bagged separately in the box for those of you who are concerned about cross-contamination of non-organic items.

I did look into purchasing it from a couple of organic growers. One, who is about ten miles from our farm, wouldn't sell me any. And the other option was about 60 miles away. I am much more inclined to buy it from a local source and keep the money within the community. Plus the logistics of getting it from the 60-mile away farm are simply unrealistic. By buying it locally I can go down and pick it up right after it's picked and get it into my cooler immediately, which results in you receiving corn that was picked the morning you receive it and cooled right away.

O.k. with the preamble out of the way enjoy this fresh, yummy sweet corn! The corn may come in a

Farm Report

Rainfall1.7"
 High Temperature 89°
 Low Temperature 58°
 Coming next week Sweet Corn?
 Last week's Farmer Complaint Indicators™:



condensed season with all of the heat we've had. This kind of weather tends to make different varieties of sweet corn all mature at the same time, so it's highly likely that we'll have more corn over a shorter period of time. Eat the corn right away, it's always best the day it's picked.

Green beans are also in the box this week. They too are showing signs of condensing their maturity into a short window of harvest, but a bountiful one. I was hoping to have four weeks of green beans, but we may only get three out of them. These beans are picked fresh, and should be enjoyed right away, they don't benefit from prolonged storage.

Savoy cabbage is also in the box this week. Savoy is just a crinkly-leaf type of cabbage that can be used just like regular cabbage. We prefer it to green cabbage in our house. It's texture lends itself to providing much more interest in a dish. It keeps much of the texture when cooked and we enjoy it in cole slaws, sauces, and sautéed.

The first of the garlic is also in the box this week. We're about 90% of the way done harvesting all of the garlic and getting it put away on the racks to cure and dry. This garlic is new and fresh, we've left the tops on so that you can see what a beautiful plant it is when it comes in from the field. The top is unusable for anything so simply cut it off right above the bulb and discard it. For curing we leave the stalks attached until the garlic has cured and dried for several weeks. During this time the bulb absorbs some of the nutrients from the stalk which help it to keep better in storage. I recommend at least trying a little bit of this garlic raw so that you can get a full sense of the flavor of a fresh garlic, unlike the bitter stuff from the stores.

Onions, cukes, basil, and summer squashes round out the box this week. The summer harvest has begun in earnest.

Farm News

A quick note to remind folks that it is your responsibility to pick up your share or make other arrangements. I know this is the time of year for summer vacations but please don't forget to let us know that you will be unable or late to pickup your share. It pains the pickup site hosts to see the farm's hard work go to waste. And it pains them even more to have to put one more bag of shredded zucchini into their freezers.

We've been getting some needed rain at the farm this last week, which gives me a break from irrigating. I actually don't mind irrigating too much, it's nice to be able to control the amount of water rather than leave it up to nature. My favorite quote about this still being, "Chaos is the law of nature, order is the dream of man".

Right now I have some field work that I need to be doing so the wet fields are holding me up. But it will be much easier to do some of it now that the ground has some moisture in it again. There is also a lot of mowing to be done so that the weeds which are out of control don't set seed, thereby adding to an already healthy weed population. Every year is a great year to be a weed.

Last week we lost some time due to morning thunderstorms. Some things did manage to get weeded and the cucumber and zucchini harvest continues to be a constant. The garlic harvest was the main activity on Thursday and it continued into Monday of this week. I also had some time to try and track down a digger for the potatoes this year. Once you get over a couple thousand pounds, hand digging potatoes starts to lose it's novelty.

The winter shares are officially sold out, thanks to all of you who have sent in your payments.

Yogurt and Cucumber Soup with Mint

- 1 quart yogurt, drained for 25 minutes
- 1 1/2 c. milk or buttermilk
- 2 garlic cloves
- 2 cucumbers
- 1/4 c. chopped parsley
- 3 T. chopped mint
- 1 T. extra virgin olive oil
- lemon juice
- Salt and pepper to taste

Combine the yogurt and buttermilk in a bowl. Pound the garlic with 1/2 t. salt in a mortar until smooth. Halve the cukes lengthwise, scrape out the seeds, then

grate them using the large holes of a grater. Stir the garlic, cukes, herbs, and oil into the yogurt. Taste for salt and season with pepper and lemon juice. Chill well before serving.

Basil Green Beans

- 1 1/2 pounds green beans
- 2 T. butter or extra virgin olive oil
- 2 T. freshly chopped basil
- Salt and pepper to taste

Cut large beans into pieces 2 or 3 inches long. Drop them by handfuls into a large pot of boiling salted water and cook at a full boil, uncovered, until they're slightly resilient to the tooth. Start tasting them after 3 or 4 minutes, although they may well take longer to cook. When they're done, drain them, shake dry, and spread on a towel. Toss with butter, taste for salt, season with pepper, and toss with the herbs.

Steamed Savoy Cabbage and Greens with Bacon

- 3/4 pound sliced bacon
- 1 large head Savoy cabbage (about 2 pounds)
- 2 bunches mustard greens (about 2 1/2 pounds total), you could also use kale or turnip greens
- 6 large garlic cloves
- 3 tablespoons unsalted butter
- 3 tablespoons extra-virgin olive oil

Cut bacon into 1/2-inch pieces and in a large heavy skillet cook over moderate heat, stirring, until crisp and golden. With a slotted spoon transfer bacon to paper towels to drain.

Thinly slice cabbage and discard coarse stems from mustard greens. In a large steamer rack set over boiling water steam cabbage, covered, until crisp-tender, about 10 minutes. Transfer cabbage to a large bowl and keep warm, covered. In steamer rack set over boiling water steam mustard greens until tender, 10 to 15 minutes. Add mustard greens to cabbage and keep warm, covered.

Mince garlic. In a small saucepan heat garlic, butter, and oil until butter is just melted. Drizzle butter mixture over vegetables, tossing to distribute evenly, and season with salt and pepper.

Transfer vegetables to a serving dish and serve topped with bacon.