

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

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

	Fridge?	Bag?	Notes & Varieties
Basil	No	Plastic	
Carrots	Yes	Plastic	
Cilantro	Yes	Plastic	
Garlic	No	No	German Ex. Hardy
Leeks	Yes	Plastic	
Onions	No	No	White, Red and Yellow
Parsley	Yes	Plastic	Italian
Peppers	Yes	Plastic	Green or Red Bell, Red Hot Cherry
Shallots	No	No	
Sweet Corn	Yes	Plastic	
Tomatoes	No	No	Reds, Heirlooms

Salsa

This is the salsa share this week. Everything you need to make salsa is in the box. A couple of recipes are at the end of the newsletter. If you have a favorite salsa recipe email it to me and I'll put it in next week's newsletter. Fresh corn cut from the cob and cooked is a nice addition to many salsa recipes, it adds a sweetness which mixes well with the heat.

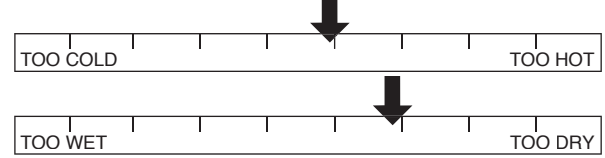
We don't eat a lot of salsa in our family, it's just not something that's in our regular rotation. If we are going to eat chips we're much more likely to eat them with humus or baba ghanouj than salsa, but that's just us. It's nice to make some to eat fresh this time of year.

Tomatoes are the base for most salsas and there should be at least six of them in the box this week. The tomato plants are continuing to grow out of control. They're so big I think they're creating their own micro-climate. I'm thinking about buying a gas-powered hedge trimmer for them. Picking them is a bit of

Farm Report

Rainfall0.70"
 High Temperature 84°
 Low Temperature 57°

Farmer Complaint Indicators™:



a chore since they are so large. If you get an under-ripe tomato it's because it's very hard to tell if they're ripe as you reach into the thick, dark jungle that is the tomato field. You can't have any fear of spiders as you reach your arm up to your shoulder into the mass of tomato vines. We usually have some 2-3 inch wolf spiders which build their nests in the tomatoes. They're harmless but can be kind of startling. Some of the heirloom tomatoes may have small cracks in them due to moisture fluctuation so you may want to use them up first.

The carrots continue unabated. Their flavor has gotten a little better since the hot weather has passed, and some have gotten quite large. If you get behind on them, remove the tops and store in the crisper drawer in a plastic bag. They will keep for weeks that way.

Onions, garlic, shallots and the hot peppers are combined in a bag in the share because it makes it easier for us to handle them when we're packing the boxes. I *do not* recommend storing them in the plastic bag. When you get your share home I'd take out the onions, garlic and shallots and store them in a bowl on the counter. Leave the peppers in the bag and throw them in the fridge.

Basil, cilantro and parsley are the fresh herbs in the box this week. The best pesto is made with a 1:1 mixture of basil and flat parsley. We don't grow any curly parsley since it's mostly used for garnishing plates and salad bars.

This may be the last week of the sweet corn. I'll talk to Dan and see what it looks like for next week but it's getting a little late in the season and they have to start spraying quite a bit for corn earworm by now so I like to avoid that if I can.

One more bunch of leeks rounds out the box. A leek and carrot recipe follows.

Farm News

The weeks are running together right now so that it's sometimes hard to remember what we did this week. We've been having a nice string of average summer weather the last couple of weeks with some nice rains to go along with it. I just figured out this week that my rain gauge is leaking so I haven't had a real accurate idea of how much it's been raining. It would be nice if this weather just held on into September. This mild weather really helps the tomatoes to ripen slowly and not get overripe on the vines.

We've been doing a lot of hand weeding of the fall root crops lately. We've got 1600 row feet each of carrots and beets. They require quite a bit of TLC until they can get big enough to fend for themselves. Some of the warm season weeds have stopped germinating by now because they know that they can't mature a crop of seeds before they get frozen out. This makes some of the weeding get easier as we go forward, although several cool-season weeds are just now taking their place. When it comes to weeds, nature abhors a vacuum.

The first of the fall salad crops went in last week, spinach and arugula, as well as the fall round of turnips. Fall plantings for baby lettuces should go in this week but I've got a tractor down right now which is slowing things down a bit. My small cultivating tractor conked out while cultivating the broccoli on Tuesday and it is still sitting there until I have time to deal with it. It's been acting up for a while but finding the time to really work on it is hard during the summer months. I may have to take it to someone to get it worked on.

Mowing is also a big priority this time of year to keep the annual weeds from setting too many seeds. This is something I'm hopelessly behind on this year. Next year at the farm we are going to double our amount of hired labor so that we don't get so behind on some of these projects.

Herbed Carrot and Leek Chunks, Oven-Steamed

You could also do these on the grill if you keep them good and hot but not on direct heat.

- 2 Tbs. olive oil
- 2 medium leeks
- 4 medium carrots
- 1/4 pound white button mushrooms
- 1/2 tsp. fresh thyme (or dried)
- 1/2 tsp. sugar
- 1/2 tsp. kosher salt
- 1/8 tsp. pepper

Preheat oven to 400°. Cut four 12-inch lengths of aluminum foil. Spread 1 tsp oil on each to coat half.

Trim off roots and dark green leaf tops from leeks. Slice lengthwise toward leaf tips to halve each leek. Plunge up and down in a sinkful of water, opening up the layers to slosh clean, then examine each down to the base. Repeat until soil-free. Lay cut side down and slice across into 1-inch lengths. Divide evenly among foil squares, arranging on the oiled part.

Peel carrots; cut into 1-inch diagonal slices. Distribute among the leeks. Mince mushrooms very fine. Toss with thyme, sugar, salt, and pepper. Add remaining 2 tsp. oil and mix well. Divide evenly over the vegetables. Fold over foil and form half-moon packets, crimping edges tightly, as if making turnovers. Set packets on baking sheet and bake in center of oven 20 minutes or until tender. Serve hot.

Pico de Gallo

- 2 Large ripe tomatoes, finely diced
- 1 Garlic clove, finely chopped
- 2 Red hot cherry peppers, finely diced
- 1/4 cup finely diced white onion
- 2 Tbs. chopped cilantro
- Salt
- Juice of 1 lime or 2 tsp. apple cider vinegar

Combine the tomatoes with their juices, garlic, chiles, onion, cilantro, and 1/4 tsp. salt in a bowl. Add the lime juice and taste for salt. Let stand 20 minutes or so before serving. If you want to make it ahead of time wait until right before serving to add the cilantro.

Classic Red Tomato Salsa

- 3 large, very ripe tomatoes, cored and diced small
- 1/2 cup tomato juice
- 2 Red hot cherry peppers, seeded and minced (leave seeds in for more heat)
- 1 medium red onion, diced small
- 1 medium garlic clove, minced or pressed through a garlic press
- 1/2 cup fresh cilantro leaves
- 1/2 cup juice from 6 large limes
- Salt

Mix all of the ingredients, including salt to taste, together in a medium bowl. Refrigerate the salsa in an airtight container to blend the flavors, at least 1 hour and up to 5 days.

Coming next week: Carrots, Basil, Tomatoes, Potatoes, Cilantro, Dill, Peppers.