

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
Arugula	Yes	Plastic	1st of the fall arugula
Basil	No	Plastic	
Beets	Yes	Plastic	Chioggia
Broccoli	Yes	Plastic	
Carrots	Yes	Plastic	
Parsley	Yes	Plastic	Italian
Peppers	Yes	Plastic	Red or green bell and serrano
Potatoes	No	Paper	Carola
Tomatoes	No	No	Mostly reds, maybe an heirloom

## Broccoli

It's a good week for broccoli this week. The mild temperatures the last few weeks have helped to produce some nice looking and tasting heads. We lost so much of the spring broccoli to various problems that it's nice to finally see it in the box. We'll see it this week, then it'll be a couple more weeks until the later maturing fall varieties start to be ready.

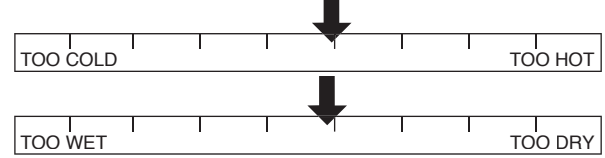
Broccoli is the Italian plural of brocco meaning sprout or shoot. The vegetable was developed in Italy. Broccoli is in the large brassica family which is home to everything from brussels sprouts to kale. It is said that when broccoli seed was first being exported outside of Italy in the 18th century the Italians would mix the broccoli seed with turnip seed since the unsuspecting heretics couldn't tell the difference. This was also when broccoli was just small shoots on long stalks, quite different from the large heads we see in modern hybrids.

Arugula is back from summer vacation. Time to enjoy a delicious bacon, arugula and tomato sandwich.

## Farm Report

Rainfall .....0.70"  
 High Temperature ..... 84°  
 Low Temperature ..... 50°

Farmer Complaint Indicators™:



Basil and Parsley are representing the herbs this week. The basil will start to slow down now as the nights are getting quite a bit cooler already.

Speaking of Italy, the beets in the box this week are the striped Chioggia beets, named for a city there. They have lovely red and white concentric circles which mostly fade when cooked. They also have very delicious and tender tops, which were unfortunately beat up in the storm last week.

This is the last bunch of the large carrots. I think we'll take a week off before diving into the late season ones. Some of them are bordering on the ridiculous in terms of size.

The bell peppers are winding down, you may get a red or a green one. The serranos are winding up and ripening many to a brilliant red. The ripe red ones tend to be about twice as hot as the green ones.

The potatoes this week are the first of the carola yellow potatoes. They are one of my personal favorite varieties. I like to chop these into about 1/4-inch dice and fry them in a cast-iron skillet. Unfortunately the yield on them has been a little low this year so there won't be a giant bag of them in the box.

Another good helping of red tomatoes this week and maybe the occasional heirloom. The yellows have succumbed to disease so we won't be seeing them again.

Some of you may get a Japanese eggplant, too. There's quite a few of them this week.

## Farm News

The big project this last week was getting next year's ground worked again and getting all of the fields laid out and cover crops planted. Even with intermittent rain I managed to finish it up on Tuesday afternoon. I like to plant a winter-kill cover crop of oats and field peas on ground that will have next year's vegetables.

Winter-kill means that winter will kill the cover crop and leave it all ready to plant come next spring. I still need to take some soil samples and spread amendments and compost on it, but the spreading can wait until spring if need be. The amendments are typically various amounts of minerals which the soil needs to maintain healthy biological life. We tend to have soils high in magnesium around here so we'll probably be spreading some calcium sulfate (gypsum) to alleviate this somewhat.

For those of you who don't know, we are moving the location of the vegetables next year to the land adjacent to our house. It's about a nine mile drive from the other farm. A drive I'm very familiar with since I've been driving the big tractor back and forth. It takes me about an hour to drive the nine miles on the tractor. The move will allow us to have everything in one place, finally. It'll be a challenge to move all of the equipment as well as the coolers, but in the end it will make our life a little easier.

We had a nice day at the fair last Friday and even managed to get a few tomatoes canned over the weekend, between trips through the field on the tractor. We do have some extra tomatoes in the field if you're interested in canning projects. Send me an email and I can let you know about them.

The salsa I mentioned last week is available at the pickup sites this week. If you try some please let me know what you think of it, seriously.

## Creamy Broccoli and Carrot Slaw

- 3 tablespoons mayonnaise
- 1 1/2 tablespoons fresh lemon juice
- 1 1/2 teaspoons grated onion
- 1 1/4 teaspoons coarse-grained Dijon mustard
- 1 1/4 cups shredded peeled broccoli stems
- 3/4 cup shredded peeled carrots

Combine mayonnaise, fresh lemon juice, onion and mustard in medium bowl; whisk to blend. Add broccoli and carrots; toss to coat. Season slaw to taste with salt and pepper. Refrigerate to blend flavors, about 20 minutes.

## Carrot and Beet Salad with Ginger Vinaigrette

- 1/4 cup minced shallot
- 2 tablespoons minced peeled fresh ginger
- 1 garlic clove, minced
- 1/4 cup rice vinegar 1 tablespoon soy sauce
- 1/2 teaspoon Asian (toasted) sesame oil
- Tabasco to taste
- 1/2 cup olive oil
- 4 cups finely shredded carrots
- 4 cups finely shredded peeled raw beets (about 3/4 pound) beet tops, washed thoroughly, for garnish if desired

In a blender purée shallot, ginger, and garlic with rice vinegar, soy sauce, sesame oil, and Tabasco. With motor running add olive oil in a stream and blend until smooth.

In separate bowls toss carrots with half of the dressing and beets with remaining half. Divide carrot salad and beet salad among 6 plates and garnish with beet tops.

## Roasted Carrot and Tomato Soup with Basil

- Nonstick vegetable oil spray
- 1 large onion, thinly sliced
- 2 pounds tomatoes, quartered (3 medium tomatoes)
- 1 pound carrots, peeled, cut into 1/2-inch-thick rounds
- 2 garlic cloves, unpeeled
- 1 tablespoon olive oil
- 2 1/2 cups chicken stock
- 2 3/4 cups (about) low-fat (1%) milk
- 1/2 cup thinly sliced fresh basil

Preheat oven to 400°F. Spray large rimmed baking sheet with nonstick spray. Arrange onion, tomatoes, carrots and garlic cloves on prepared baking sheet. Drizzle with oil. Sprinkle with salt and pepper. Roast until vegetables are tender and brown, turning occasionally, about 55 minutes. Cool slightly. Peel garlic cloves. Transfer vegetables to large bowl (do not clean baking sheet).

Add 1 cup water to baking sheet, scraping up browned bits; add to blender, then add half of vegetables and puree until smooth. Transfer to large saucepan. Add remaining vegetables and 1 1/2 cups water to blender and puree. Transfer to same saucepan. Gradually add enough milk to soup to thin to desired consistency. Stir in 1/4 cup basil. Simmer 10 minutes to blend flavors. Season with salt and pepper. Ladle soup into bowls. Sprinkle with remaining 1/4 cup basil and serve.

**Coming next week:** Tomatoes, arugula, onions, garlic, shallots, squash, sage, peppers.