

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
Cabbage	Yes	Plastic	Small green
Carrots	Yes	Plastic	Yay!
Chard	Yes	Plastic	Rainbow
Cucumbers	Yes	Plastic	
Eggplant	Yes	Plastic	Japanese
Lettuce	Yes	Plastic	Leaf/Romaine cross
Onions	Yes	Plastic	Young
Zucchini	Yes	Plastic	

Carrots

It's so nice to have a beautiful bunch of carrots in the box. The hot weather has made them a little less sweet but they still have that wonderful fresh flavor that you only get from carrots which were in the ground yesterday.

The carrot crop is always one of the tricky ones. They're very susceptible to the weeds because they grow so slowly. And last year we had a real problem with the deer eating the tops when they were nice and young. Maybe that's why I'm always glad to finally get them into the box, so I can stop worrying about them.

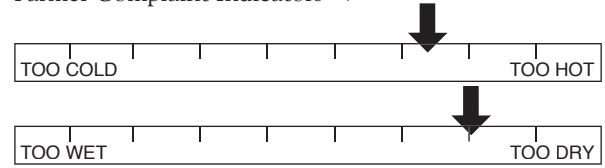
The carrot tops are pretty much useless, other than being pleasant to look at. I usually snip them off when I get them home and throw them in the compost bucket. A nice bunch of carrots with the tops is so much nicer to look at than a plastic bag with some loose carrots in, and I think things taste even better when they look great.

There's a small head of green cabbage in the box this week. These remained small after the onslaught of the flea beetles earlier this year. I'm really looking forward to mowing down these and forgetting about them.

Farm Report

Rainfall0.50"
 High Temperature 95°
 Low Temperature 58°

Farmer Complaint Indicators™ :



This will be the last bunch of the chard. The summer heat doesn't favor chard. As the temperature increases so does the bug pressure and the leaves are showing a few holes. There may be more chard in the fall, or we may just stick with kale for the fall.

We finally have enough cucumbers so that everyone gets a couple. This will not be one of those years where everyone gets 10 cukes in their box. We'll have a slow trickle of them off and on for the next few weeks. The damage on the ends of the cukes is nibbling marks from the cucumber beetle, which likes to chomp on them when their small. The cuke beetle is also a vector (meaning a bug which spreads a disease or virus) for bacterial wilt in cucumbers and I'm losing a few plants a week to wilt.

While we're on the doom and gloom topics there are a smattering of zucchini this week. Don't call me if you don't get one. We're replanting them next week to get a more ample supply by mid-August.

There should be enough eggplant that everyone gets one this week, we had to get out of the field ahead of the thunderstorms on Wednesday so I'm not sure we had enough for everyone.

The lettuce is a cross between a green leaf type and a romaine type. You can use it as either. The heat has overmatured it a bit so you may want to use a dressing which complements bitter greens. This is the end of the lettuce until we have some young lettuce in September.

The onions are young 'spring' onions. These are regular yellow onions that are harvested before the bulbs have finished sizing up and before the tops have fallen over. You can use the bulbs as well as some of the fresh greens.

Farm News

We finally got a nice little rain on Wednesday, and it even held off until we had most of the vegetables harvested for today's shares. The lightning chased us from the field right when we were at a good stopping point. Since I'm the tallest member of the crew I don't like working in lightning. Thankfully the thunderstorm had lost it's 'severe' status by the time it reached us and we got a nice shower from it. Not only do I miss the water when it never rains, but I also miss the down-time. When it never rains I can pretty much end up working all of the time.

Keeping things alive during the heat last week was a real challenge. Irrigating never seems to move water too deeply into the soil, because you are constantly just replenishing the surface moisture. I have never irrigated as much as I have this year. Our electricity bill is going to be ugly. We have a 5HP motor on the pump in the well so it can really make the meter spin. Especially when it is running all day, every day. And no matter how much you irrigate you never seem to really get the soil good and wet. When we get a really good rain it wets it down nice and deep. That's what we've really been lacking this year. Digging the carrots illustrated that because I've been watering them weekly, but when I was digging I would get down through about 6 inches of soil and then it would get very hard and dry.

The dry ground in the carrots was made more noticeable because we spent the better part of Tuesday digging this year's garlic crop and my digging arm was a little sore. We ended up with a nice harvest of a little over 1600 bulbs. About 400 of them will go back into the ground this fall as seed for next year's crop. The rest will go into the summer and winter shares. I like to let them cure a couple of weeks before we'll start to see them in the boxes. It also looks like we'll have to start harvesting the onions next week since the tops on some of the white onions and shallots have started to fall over. Usually you start to harvest the onions when at least half of the tops have fallen over. The onion crop looks very good this year.

Let's go back to the zucchini for another moment. The squash bugs have started hatching in force in the zucchini and the nymphs are chowing on the fruit. I've been thinking it's like a Lemony Snicket book in the cucumber and zucchini patch this year, *The Crappy Cucurbits*, or maybe it's *The Zero Zucchini*. Oh well, we've certainly had some bumper crop years of these

veggies so I guess we were due for a down year. I'm going to transplant a second round of zucchini next week which should keep us busy into September.

On the brighter side the tomatoes are looking like they will be another bumper crop. The plants are at least 4 feet tall now, with lots of green tomatoes. They'll begin to ripen in the next few weeks. It also looks like we'll have some real nice green beans next week but they weren't quite ready for the boxes this week.

Cole Slaw

- 1 Granny Smith apple
- 1 medium green cabbage, halved lengthwise and sliced very thin (about 6 cups)
- 2 carrots, shredded fine

Dressing

- 1/2 cup mayonnaise
- 1 tablespoon honey
- 2 teaspoons cider vinegar
- 1/2 teaspoon salt
- celery seed and pepper to taste

In a large bowl, whisk together dressing ingredients.

Shred apple coarse and add to dressing with cabbage and carrots. Toss cole slaw well.

Soba Salad with Carrot and Zucchini

- 3 to 4 tablespoons fresh lime juice
- 6 tablespoons soy sauce
- 1 1/2 tablespoons finely minced peeled fresh ginger
- 1 1/2 teaspoons sugar
- 1/4 cup vegetable oil
- 1/2 lb soba noodles, freshly cooked to tender, rinsed under cold water, and drained
- 3 carrots, cut into 1/8-inch matchsticks
- 2 medium zucchini, cut into 1/8-inch matchsticks
- 1 bunch scallions, thinly sliced crosswise

Whisk together lime juice, soy sauce, ginger, sugar, and oil in a large bowl. Add remaining ingredients and toss to combine. Season with salt and pepper. Serve at room temperature.

Coming next week: Carrots, Beets, Fennel, Green Beans, Sweet Corn, Potatoes.