

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
Beets	Yes	Plastic	Red w/tops
Carrots	Yes	Plastic	Vitana
Cucumbers	Yes	Plastic	
Fennel	Yes	Plastic	
Green Beans	Yes	Plastic	
Potatoes	No	Paper	Purple-skinned white-fleshed
Sweet Corn	Yes	Plastic	Not organic, picked today
Zucchini	Yes	Plastic	or Japanese eggplant

Green Beans

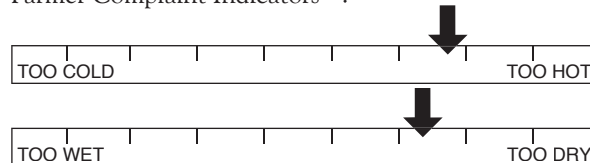
The first onslaught of green beans is in the box this week. This is the nicest planting of them I've ever had. God bless irrigation. I try to plant green beans in succession, i.e. I plant three or four varieties at the same time with staggered maturity dates so that I get a constant harvest of them over multiple weeks. Intense weather has a way of condensing those maturity dates into a narrow band. Consequently all four rows of the early beans are ready to pick this week. And while it is nice to have them, finding the time to pick 250# of green beans is a little tricky. Farmers can always find something to complain about, can't we? If anyone would like to come out this weekend and pick green beans for your freezer please give me a call.

Green beans, aka snap beans, are native to the New World. They come in many colors and forms but I stick mostly to the classic green bean. We'll have some of the flat romano-type bean also, which is a meatier variety. Preparation with the beans is quite simple, most recipes call for snapping off the tips and tails which is easily done by hand when they are fresh. There are no

Farm Report

Rainfall0.65"
 High Temperature..... 92°
 Low Temperature 61°

Farmer Complaint Indicators™:



strings in these like there are in the snap peas. String beans is a misnomer reference to older varieties which did have strings in, or perhaps it's a reference to climbing varieties which need to be trellised with string. I grow only 'bush' type varieties which are less labor intensive and lend themselves better to hand-picking.

The first sweet corn of the year is also in the box this week. We purchase this from a neighbor, Dan Sam. He grows corn down in the sandy prairie which runs from the western edge of the Chippewa River up to the base of our hill. He is a conventional grower so we bag up the corn to avoid any cross-contamination with the items from our farm. He does a good job and can produce it much more effectively than I can. It's picked the morning we deliver the shares so it's as fresh as can be. Perhaps in a year or two I may go back to growing my own corn.

Another bunch of beets this week. This will be the last of these until September, when we should have a good harvest of them. The carrots will continue for the next few weeks.

We're still getting enough cukes for everyone to have a few. But we are losing plants at an ever-increasing rate to bacterial wilt, enjoy 'em while they last.

This will also be it on the fennel. We tried some on the grill last weekend, they're great but do take a while to get tender.

The potatoes this week are an experimental purple variety. By now I can say that the experiment has been a failure. They're pretty, but the plants have been unhealthy since day one, thus resulting in yields about 70% lower than a row of reds. The potato digger also broke down while digging them so there's only a little over a pound in the box.

The zucchini continue to crank out a few so you may see one of these or a japanese eggplant in your box.

Farm News

It's hard to believe that it's going to be August next week. Each season goes by faster than the one before. We've been busy this week harvesting the white onions, red onions and shallots. All of these look very good. The big crop of yellow onions will probably be ready by the end of next week. This is a little early for the onions to be ready, usually they're ready the first week of August. Hot, dry conditions have accelerated their maturity.

We had a nice shower on Monday night with a little wind but no problems. It was enough for me to take the week off of irrigating for the most part. A few special things needed water, but it looks like we'll have to get back on it this weekend judging from the forecast.

Other big tasks on the list this week were picking green beans and beginning to hand weed the fall carrots and beets. We've got ten rows of carrots and eight rows of beets to get weeded in the next week or so. Carrots are very susceptible to weeds when they are young, so we have to really go through and get out every little weed to encourage them. The rain also helps with the weeding tasks because you can actually pull the weeds out instead of just breaking them off at ground level. When they break off they grow right back. The rain helps but the heat makes the weeds grow like there's no tomorrow. If we don't get ahead of them now they're out of control in a week.

I also found time to get another electric fence around the corn meal corn. It's getting to a point where the raccoons will start to tear the ears off if I don't keep them out. Fencing out raccoons is a tricky business, they are much smarter than deer. Next year I may have to invest in some electric net-type fencing, which would be much easier to set up and more effective.

This is also an off week when there aren't any crops to seed. In another week or two I'll start seeding greens and lettuces for the shares in September. There's such a small window of time to stop thinking about spring and not be thinking about fall, I think they call it summer.

Thanks to everyone who contacted me about winter shares. We didn't have any problem selling the few I still had available. Thanks also to those of you who sent in your payments.

A member sent in the following recipe with rave reviews. It serves two so you may want to double it, but don't double the marinade.

Grilled Pork Tenderloin Salad

- 1 large orange
- Chipotle-Marinated Pork Tenderloin, grilled (see recipe below), thinly sliced and cut into strips
- 1 small head fennel (about 8 oz), trimmed, cored and sliced paper-thin
- 2 Tbsp finely diced red onion
- 1 Tbsp walnut or canola oil
- 1 Tbsp red-wine vinegar
- 1/4 tsp salt
- 1/4 tsp freshly ground pepper
- 2 Tbsp pepitas (olive-green hulled pumpkin seeds), toasted

With a sharp knife, remove the peel and skin from the orange. Working over a large bowl to catch the juice, cut the segments from their surrounding membranes. (Discard membranes, pith and skin.) Add pork, fennel, onion, oil, vinegar, salt and pepper to the bowl; toss to combine. Sprinkle with pepitas. Serve room temperature or chilled.

Chipotle-Marinated Pork Tenderloin

- 1 canned chipotle chile in adobo plus 1 tsp adobo sauce
- 1 clove garlic, minced
- 1/2 cup orange juice
- 3 Tbsp lime juice
- 1 Tbsp red-wine vinegar
- 1 tsp dried oregano
- 1/2 tsp ground cumin
- 1/4 tsp salt
- 1/4 tsp freshly ground pepper
- 8 oz pork tenderloin, trimmed of fat

Combine chipotle and sauce, garlic, orange juice, lime juice, oregano, cumin, salt and pepper in a blender or mini food processor; blend until the chipotle is chopped and the mixture is relatively smooth. Pour into a sealable plastic bag, add pork and seal, squeezing out any excess air from the bag. Turn to coat with the marinade. Refrigerate at least 1 hour.

Preheat grill to high or heat a large indoor grill pan over high heat. Remove the pork from the marinade (discard marinade). Grill the pork, turning occasionally, until an instant-read thermometer inserted diagonally into the center of the meat registers 145 degrees, 12-15 minutes. Transfer the pork to a cutting board and let rest for 5 minutes before slicing.

Coming next week: Green beans, corn, carrots, cukes, onions, green peppers.