

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
Cantaloupe	Yes	No	Athena or Sivan
Cucumbers	Yes	Plastic	Last of the season
Garlic	No	No	First of the season
Green Beans	Yes	Plastic	
Kale	Yes	Plastic	Lacinato
Onions	No	No	Red, Yellow and White
Peppers	Yes	Plastic	Green bell, cayenne, sweet red or eggplant
Tomatoes	No	No	Reds
Watermelon	Yes	No	
Zucchini	Yes	Plastic	Last of the season

The rainy season

It has been a moist week at the farm and the box this week reflects some limitations we have when the weather is like this. Since Saturday morning there hasn't been a moment when the plants have dried off, so basically everything has been stored in a bucket of water for five days. Everything in the box this week is moist, and some of the items shouldn't be.

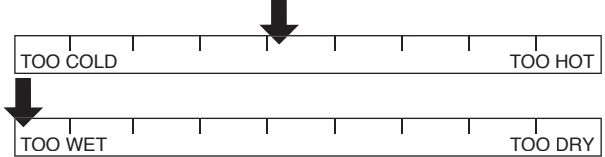
The onions, garlic and hot pepper are all combined in a plastic bag and should be removed from there as soon as you get home and put on the counter to dry out. Just because something comes in a plastic bag from the farm it doesn't necessarily mean it should be in there. We bag things sometimes to make packing go more efficiently.

The green beans got picked wet, washed because they were filthy, and laid out in the cooler to dry before being bagged. They didn't ever dry thoroughly so use them up within a day or two or they will get moldy.

Farm Report

Rainfall 5.50"
 High Temperature 84°
 Low Temperature 49°

Farmer Complaint Indicators™:



We were limited on which tomatoes we could pick. I was very leery of going into the field tomatoes when it's so wet and blight is already a problem on them. Therefore the only tomatoes in the box this week are the last of the hoop house tomatoes. There will be a large mound of tomatoes next week.

The cantaloupe also is a bit waterlogged so you may get one that's a little underripe.

O.k. enough gloomy news about what really is a fine bunch of produce.

The cukes and zukes this week are the last of the season. They've had a good run and will be missed. I am pretty sure that picking them will not be missed, and I can finally turn the cooler off for more than one day at a time when we aren't picking these.

Everyone has a green pepper as well as either a red sweet pepper or an eggplant. There's also a smaller red cayenne pepper which is hot. It doesn't look like the eggplant are going to amount to much this year.

There's a nice bunch of lacinato kale in the box. The leaves of these got a little beaten up in last week's storms. Lacinato is also called cavolo nero (black kale), dinosaur kale or Tuscan kale. I prefer lacinato myself, but call it whatever you want. We love this kale, an easy recipe follows. One of our favorite ways of eating this kale is for breakfast in creamed eggs on toast. That's right, kale's not just for supper anymore.

The last item in the box is another watermelon. Enjoy this one on what will hopefully be a little sunnier weekend. I thought they were juicy before all the rain but somehow I think they managed to cram more water in them.

Farm News

Rain, rain, go away. We've had over five inches of rain this week on top of the three inches we had last week

making for a very soggy farm. Thankfully we are on top of the hill and not in the valley. There are several other CSA farms which are in valleys around SE Minnesota and SW Wisconsin which are undoubtedly worse off than we are this week.

While flooding is not an issue for us, all this rain does cause some problems. This is peak time for blight in tomatoes to show up. The cool rainy, misty, foggy weather exacerbates the problem. We may see a shortened tomato season because of it. Secondly, this is also the time of year when I'm planting the fall salad greens. Some did get planted already but new seedlings which receive 5 inches of rain don't fare very well, and it'll be at least a week before I can get in the field to do more seeding. So we may see less arugula and spinach in September. Lastly is the problem with mildew in the onions and garlic which are already harvested. The more days in a row with 100% humidity the more problems we'll have with mildew. So you may see a little of it on the outer layers of garlic and onions, and hopefully it won't spread to the point of causing them to rot.

Moving on to sunnier topics...Last week's box was a back-breaker. I don't know what I was thinking cramming all that stuff in there. That was probably the heaviest summer share box I've ever packed. The one I weighed had a net weight of 37 lbs. Stupid melons. I was beat by the time I got back to the farm from deliveries. This week's isn't much better, but this will be the end of the melons.

Two weeks from today is the next chicken share delivery. The chickens have been fabulous—during the cool rainy weather over the weekend I jumped at the chance to make a chicken pot pie, yum. If you do not get a chicken share but would like to order one chicken or several please email me with a quantity by Tuesday, September 3rd and we'll have them for you to pick up that day, Thursday, September 6. The chickens are \$3.00/lb, and average from 5 to 6 pounds, with some smaller ones occasionally. Due to logistical constraints, I cannot accommodate requests for specific sizes. I will weigh yours and send you an invoice via email to pay from.

It's also time to put the first annual Hog's Back Farm Harvest Party on your calendar. Saturday, September 29 from 4 to 8pm. The pumpkin crop is looking good so we'll have jack o'lanterns for the kids and fancy decorating pumpkins for the adults. We'll have tours of the farm, a bonfire, a pot-luck supper and great photo

ops for the kids. Stop by early or stay 'til late, camping is available in the field.

Coming next week: Tomatoes, peppers, leeks, potatoes, garlic, chard?, basil.

Sesame Kale

- 1 bunch kale
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 3 tablespoons chicken stock or water
- 2 teaspoon soy sauce
- 1 teaspoon sherry
- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil
- 2 teaspoons black or white sesame seeds, toasted
- freshly ground black pepper to taste

Wash the kale. Cut off and discard the tough stems. Slice the leaves once down the middle, then cut them crosswise into 1 inch wide strips. In a bowl combine the soy, sherry, vinegar and sesame oil. In a wok, heat the olive oil. Add the garlic. Sauté for 10 seconds. Add the kale and the stock. Cover and steam for 3 minutes until the kale wilts, longer if you like your kale well cooked. If you're cooking it longer you'll need more stock or water. Add the soy/vinegar mixture to taste. Top the kale with sesame seeds and fresh ground pepper. Serve.

Pasta and Fresh Tomato Sauce with Garlic and Basil

- 3 tablespoons extra-virgin olive oil
- 2 medium cloves garlic, minced or pressed with garlic press
- 2 pounds tomatoes, cored, peeled, seeded, and cut into 1/2-inch pieces
- 2 tablespoons chopped fresh basil
- Table salt
- 1 pound penne or fusilli pasta

Heat 2 tablespoons oil and garlic in medium skillet over medium heat until garlic is fragrant but not browned, about 2 minutes. Stir in tomatoes; increase heat to medium-high and cook until liquid given off by tomatoes evaporates and tomato pieces lose their shape to form a chunky sauce, about 10 minutes. Stir in basil and salt to taste; cover to keep warm.

Meanwhile, bring 4 quarts water to boil in large pot or soup kettle. Add 1 tablespoon salt and pasta. Cook until pasta is al dente (refer to package directions; cooking times vary with different shapes). Reserve 1/4 cup cooking water; drain pasta and transfer back to cooking pot. Mix in reserved cooking water, sauce, and remaining tablespoon oil; toss well to combine. Serve immediately.