



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	
Chard	Yes	Plastic	Rainbow
Garlic	No	No	
Green Beans	Yes	Plastic	
Herbs	Yes	Plastic	Thyme
Leeks	Yes	Plastic	
Peppers	Yes	Plastic	Green bell, red sweet, red hot cherry
Potatoes	No	Paper	Red norland
Tomatoes	No	No	Big Beef, Pruden's Purple or Striped German

Leeks

The leek is a member of the allium family which brings us garlic, onions and shallots to name a few. Leeks have perhaps the most history of the family. They were cultivated widely in ancient Egypt, and selected carefully for their thicker stalks. They are a frequent motif on Egyptian tomb paintings. A little later the Roman emperor Nero ate vast quantities of leeks to improve his singing voice, which led to his nickname of Porrophagus which means leek eater. Other Romans also saw leeks as a superior vegetable, while onions and garlic were despised as coarse food for the poor. The leek not only has a mild, sweet flavor but also its texture helps to thicken soups and stews.

These are an early summer leek which is much lighter green and looser than the later fall leeks. The fall leeks can withstand temperatures well below freezing and still be harvested once the ground thaws out. I had a few in the field from last year that overwintered and began to grow this spring. If I had let them grow they

Farm Report

Rainfall 2.30"
 High Temperature 86°
 Low Temperature 53°

Farmer Complaint Indicators™:



would have flowered and set seed, since they are a biennial.

We'll have some of these early summer ones for a week or two and then some more in late September.

There's a nice bunch of chard in the box this week. It's gotten a bit beat up in the storms so we tried to get out all the bad leaves but you still may find one.

There's just a little bit of the end of the basil this week. The plants are getting a little overgrown and the flavor has started to go downhill so enjoy this last taste.

There's finally enough of the sweet red peppers that everyone will get at least one this week. I really like them on pizza. They are the large, long red pepper, and are sweet just like a red bell pepper. A green bell and a few red hot cherry peppers are also in the box.

The green beans are also looking a little haggard from the weather but it's nice to have them. I finally got around to making the szechuan green bean recipe from the other week and it was excellent. We also just had green bean pesto, just pretend you're making scape pesto and use blanched green beans instead.

We managed to get the potato digger into the wet fields and it actually worked fairly well, I don't think we missed many of them. The red potatoes have been very nice this year.

Some red tomatoes and at least one heirloom in the box this week. The pruden's are the big pink ones and the striped german are the huge multi-colored ones. The heirlooms have been hit hard by all the wet weather and we lost quite a few of the pruden's, it looks like the striped german faired quite a bit better.

Farm News

I'm starting to write this part of the newsletter at around 2pm on Tuesday afternoon because it is raining

yet again. The rain is becoming a big problem around the farm. It looks like we'll miss at least two plantings of fall greens, if it dries out we can get some in next week but after that is getting too late. I'm guessing we've lost about 50% of the main season crop of tomatoes. The storm that blew all the cages over knocked off a lot of green tomatoes, and the ones that have been ripening have been rotting since they were so wet for so long. The other big problem is that I can't get cover crops planted while it stays wet. This is the week when I should be planting the cover crops on the ground where next year's vegetables will be, they have to get enough growth on before winter so they can hold the soil in place. We're approaching a foot of rain for the month of August, normal is about 4 inches. It looks like we've finally entered a dry spell and I don't see any rain in the forecast, lets hope it stays that way. Just wait, in two weeks I'll be complaining that it's too dry.

The one bonus about the rainy weather is that there's been some time to do some other things which wait for the proverbial rainy day. One of which was cleaning up my workshop which had basically just become a pile of miscellaneous tools and crap as I'd run in and out of there doing this and that. I spent the rest of the day Tuesday organizing in there and actually unpacked a few of the things from the move that I haven't touched in 18 months. It's also given me time to get my desk cleaned off a little bit, pay the bills and balance the checkbook. Usually I don't get the checkbook balanced until November.

A quick reminder about chickens: Next week is a chicken week so those of you who have chicken shares be prepared to take your two (2) chickens per share. If you don't have a chicken share or would like to order additional chickens let me know via email by next Tuesday, September 2nd. Those of you getting additional chickens should try to get to the pickup site as early as possible, your frozen chickens will be in paper bags with your names on since there isn't enough cooler space for all of them. They should be fine and won't start to thaw for a couple of hours. I will send you an invoice via email a day or two after I've delivered them.

The other big piece of news around the farm is that Iris starts full-day 5-day-a-week kindergarten next week. She's excited and we're nervous. She'll be riding the school bus and will basically be gone from 7am until 4pm every day. Out in a rural area like this there is just

one school bus for all of the schools, high schoolers ride with kindergarteners, so all the schools have to start at the same time.

Coming next week: Tomatoes, peppers, leeks, onions, garlic, carrots, broccoli?, green beans, parsley

Linguine with Spicy Leek and Tomato Sauce

- 1/4 cup extra-virgin olive oil
- 2 garlic cloves, chopped
- 1/2 teaspoon dried crushed red pepper
- 1/2 teaspoon fennel seeds
- 2 medium leeks (white and pale green parts only), split lengthwise, sliced crosswise
- 1 1/4 pounds tomatoes, diced
- 1/2 cup dry white wine
- 1 tablespoon white wine vinegar
- 12 ounces linguine
- 1 3/4 cups freshly grated Parmesan cheese, divided

Heat oil in large skillet over medium-high heat. Add next 3 ingredients; sauté 1 minute. Add leeks; sauté until beginning to soften, about 4 minutes. Add diced tomatoes; stir 1 minute. Add wine and vinegar; bring to boil. Cover and cook until tomatoes break down, stirring often, about 5 minutes.

Meanwhile, cook pasta in large pot of boiling salted water until tender but still firm to bite. Drain, reserving 1 1/4 cups pasta cooking liquid.

Add pasta, 1/2 cup reserved pasta liquid, and 3/4 cup cheese to sauce in skillet. Toss over medium-high heat until sauce coats pasta, adding more liquid by 1/4 cupfuls if dry. Season with salt and pepper. Serve, passing 1 cup cheese separately.

Seared Rainbow Chard with Leeks

- 1 large bunch rainbow chard
- 2 tablespoons unsalted butter
- 2 tablespoons extra-virgin olive oil
- 2 medium leeks (white and pale green parts only), halved lengthwise and cut crosswise into 1/4-inch-thick slices
- 1/2 teaspoon fine sea salt

Cut stems from chard (if leaves are large, cut out coarse portions of rib), then cut stems crosswise into 1/4-inch-thick slices. Stack chard leaves and roll into cylinders. Cut cylinders crosswise to make 1-inch-thick strips of leaves. Heat butter and oil in a 12-inch heavy skillet over moderately high heat until foam subsides, then sauté chard stems and leeks with sea salt and pepper to taste, stirring occasionally, until slightly soft, 3 to 5 minutes. Add chard leaves and continue to sauté, stirring frequently, until wilted. (If greens begin to brown before they wilt, sprinkle with a few drops of water.)