



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
Broccoli	Yes	Plastic	
Carrots	Yes	Plastic	Fresh and tasty
Garlic	No	No	
Green Beans	Yes	Plastic	
Kale	Yes	Plastic	Lacinato
Leeks	Yes	Plastic	
Onions	No	No	Red, Yellow and White
Parsley	Yes	Plastic	Italian
Peppers	Yes	Plastic	Sweet red peppers and hot Serranos
Tomatoes	No	No	Red slicers and green zebras

Tomato Time

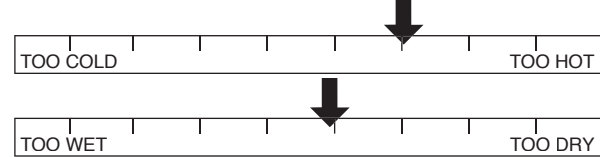
This week's box signals the peak of the tomatoes this year. They kicked into gear with the warm weather and everyone should get a good pile of them. The red ones are all the standard red slicing hybrid that I grow in the field, big beef. It's a great all-around tomato with excellent flavor. You also should have a little heirloom called a green zebra, it's the striped green one. These are fully ripe when the background color turns from green to yellow and they are no longer firm. Most of the ones in the boxes are ready to eat right now. They're a tasty little tomato, fairly acidic with a little smokiness.

I started to pick the striped germans for today but the warm weather has left them in pretty rough shape. If you sometimes wonder why I don't grow more heirloom tomatoes for the shares, imagine your box without the red tomatoes. If all we grew was heirlooms than you'd just have the little frumpy green zebra in the box this week.

Farm Report

Rainfall0.00"
 High Temperature 89°
 Low Temperature 56°

Farmer Complaint Indicators™ :



The tomatoes will start to decline now as we head downhill towards frost. It's hard to believe that there's only four more weeks of the shares left.

The tomatoes weren't the only thing propelled forward by a few warm days. The broccoli is going crazy. I'm going to be up to my elbows in it by this time next week. It sounds like there's some cooler weather in the forecast so that should slow it back down a bit. We'll have broccoli for several weeks now.

Carrots are back this week with the first of the fall carrot plantings. These are a little young but have very nice flavor. I cut the tops down to size because they were ridiculously large, and I'm guessing no one will miss them much. We'll have sweet carrots in the boxes now until the bitter end.

The green beans are quite nice this week. They have been a tasty treat this year. We've made the Szechuan green bean recipe from a few newsletters ago several times.

Another bunch of lacinato kale is in the box. The cabbage worms are still bothering it quite a bit. I started the plants a month or so earlier this year so we'd be able to pick it a few times, but it does seem to favor the pests that way.

The alliums are well represented this week with onions, garlic and leeks.

Everyone should also get a few of the long sweet red peppers this week. These are also sometimes referred to as Italian frying peppers or *corni di toro* type peppers. They are nice and sweet, try roasting and peeling them and using them on sandwiches. The little ones in the bag with the onions are the hot serranos.

Rounding out a nice peak summer box is a bunch of Italian parsley.



Farm News

The ground dried out in a big way this week and there was a lot of backlogged work to get done, some of which actually did get done.

After the deliveries last week we had to pen up all the remaining chickens, and early Friday morning they went to the processor. I didn't shed a single tear. Especially since I conned my father into taking them down to the processor for me. He likes to drive and get up at 3am so he was the perfect candidate. Above is a picture of them in their pasture a couple of days before their timely demise.

By late Friday it had dried out enough that I could get into the field with the tractor and get some ground worked up to plant some late fall spinach and greens. They got planted on Saturday and, as ridiculous as it sounds, I had to irrigate them after planting. I need them to germinate as fast as possible or they won't have a prayer of making it before winter sets in.

Sunday is usually my day off, but not when there's cover crops to plant. I spent a good chunk of the day getting next year's fields worked up so they could continue drying out. On Tuesday I worked them again and seeded them down to oats and peas, which will grow up for a month or two and then winter kill to hold the soil in place over the winter. I finished seeding in the dark and used the lights on my tractor for probably the first time in five years.

Monday and Tuesday were also spent harvesting for this week's shares. I'm very short on help right now so it's taking several days to get everything harvested for the shares each week. When there's over a thousand tomatoes to pick it takes a little time. If anyone's interested in coming out and helping out for a day let me know, we'll provide lunch and send you home with a bunch of veggies, seriously.

In other chicken news this is the second delivery for the chicken shares. Please remember to take two chickens for each chicken share. And if you ordered chickens they should be in a paper bag with your name on them. The unbagged ones are for the chicken shares. Let me know what you think. I've still got about 100 left to sell, so we'll have extras available next time also.

Iris had a fairly uneventful first day of kindergarten. She told me today they played a game of their own invention at recess called 'zombies and babies'. I'm just tired enough that I find the combination of zombies and babies way too funny.

Coming next week: Potatoes, tomatoes, carrots, beets, acorn squash, peppers, broccoli, beans, sage, salad mix?

Green Beans Braised in Tomatoes

You may want to halve this recipe since there's only a little over a half a pound of beans in the box.

- 2 tablespoons olive oil
- 1 small onion, diced
- 2 small cloves garlic, minced
- 1 cup chopped tomatoes
- 1 pound green beans, stem ends snapped off
- Table salt and ground black pepper
- 2 tablespoons fresh parsley leaves, minced

Heat oil in large sauté pan over medium heat. Add onion; cook until softened, about 5 minutes. Add garlic and continue cooking another minute. Add tomatoes; simmer until juices thicken slightly, about 5 minutes.

Add green beans, 1/4 teaspoon salt, and a few grindings of pepper to pan. Stir well, cover, and cook, stirring occasionally, until beans are tender but still offer some resistance to the bite, about 20 minutes. Stir in parsley and adjust seasonings. Serve immediately.

Green Beans with Sweet and Sour Red Onions

- 1 pound slender green beans, trimmed
- 3 tablespoons butter
- 1 very large (14- to 16-ounce) red onion, peeled, halved lengthwise, sliced lengthwise
- 1 tablespoon chopped fresh marjoram
- 1/2 teaspoon dried crushed red pepper
- 1/3 cup red wine vinegar
- 2 tablespoons (packed) dark brown sugar

Steam beans until crisp-tender, about 5 minutes. Transfer to plate. Melt butter in heavy large skillet over high heat. Add next 3 ingredients. sauté until onion begins to soften, about 2 minutes. Add vinegar and sugar. Stir until sauce thickens, about 1 1/2 minutes. Add beans; toss to coat and heat through, about 1 minute. Season with salt and pepper. Mound in shallow bowl and serve.