



What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Carrots	Yes	Plastic	
Chard	Yes	Plastic	Rainbow
Cilantro	Yes	Plastic	
Garlic	No	No	
Green Beans	Yes	Plastic	Strike
Herbs	Yes	Plastic	Thyme
Leeks	Yes	Plastic	
Potatoes	No	Paper	Yukon Gold
Sweet Corn	Yes	Plastic	
Tomatoes	No	No	
Zucchini	Yes	Plastic	Maybe

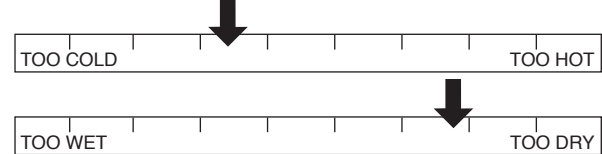
Tomatoes

Well I wish there were more tomatoes showing up in the boxes by now and I bet you do to. The continued cool weather has kept them to just a trickle and we're struggling to find enough ripe ones to get them into the shares. You may get one in your share that's a little under ripe because of this. The best way to judge the ripeness of any tomato is by the feel rather than how it looks. A nice ripe tomato should give a little under a little pressure from your fingertips. Don't squeeze it too hard since it's fairly easy to leave little finger shaped bruises on it. Firm ones can be left on the counter a day or two to ripen up.

You may get one of the heirlooms this week as they start to ripen. Generally I try and pick these a little firmer so that they can make the journey to your house without becoming tomato juice. They are best judged by firmness, rather than color. The heirlooms we have this year are Nyagous, Japanese Black Trifele, Valencia and Pink Beauty. Nyagous and Japanese Black are both in the 'black' category of tomatoes which are a dark maroon with a little dark green on the shoulder and a deep color inside. The first ripe Nyagous I found I ate right in the field (where I do most of my tomato eating). I had taken two or three bites out of it when I saw a little white worm wriggling where I had just taken a bite. The tomato was so good that I just tossed the worm aside and kept eating.

Farm Report 8/14/08

Rainfall0.30"
 High Temperature 81°
 Low Temperature 51°
 Farmer Complaint Indicators™:



Valencia is a yellow to orange tomato and Pink Beauty is not technically an heirloom but is so similar to Rose de Berne that I think of it as one.

Remember that tomatoes belong on the counter, never in the refrigerator, it ruins their flavor. It's also always best to store them upside down because the shoulder is the strongest part of the tomato and can handle the weight of it much better than the bottom.

A nice midsummer bunch of chard is in the box this week. It's really the only green that doesn't mind the heat. We enjoyed some last Sunday in creamed eggs on biscuits.

The potatoes this week are the Yukon Golds. They are a larger, rounder potato that can grow some enormous ones. I dug one on Wednesday that was over 20 ounces. Sometimes the larger Yukons can be a little hollow on the inside from growing too rapidly. If you find one like this it is fine. These also have very tender skins like the reds from Week 8. Keep them in a cool dark place, generally the lighter the color of the potato, the more it has to be kept away from sun and light. I think these make the best home fries.

The green beans are nice this week. A recipe we enjoyed last weekend follows.

More sweet corn is in the box this week. We have been enjoying having a meal of mostly sweet corn on Thursday evenings lately.

More leeks, carrots and cilantro are in the box as well as a nice little bunch of thyme. We'll continue to have the early leeks for a week or two. I think we've got one more week of carrots before a break and we'll have more cilantro in a few weeks. Garlic returns after

drying out for a week and there may be one zucchini in the box and it will be the last of it as the plants succumb to their ailments.

Farm News

It's seemed more like the second week of September with the weather this week. There were a couple of nights last weekend where temperatures dipped into the upper 40s down in the valleys. We stayed in the low 50s but it still slows things down significantly when they have to spend most of the day warming back up before they do any growing. It's continued to be dry, despite a nice slow shower on Tuesday which brought us over a quarter-inch of rain. It would've been great if that rain had just kept up for 8 more hours.

Even though it is still August things start to switch gears now with more harvesting of storage crops and planning for next year. I'm a little behind on getting the fields worked up for where the veggies will go next year, but it's been so dry that some of the field work is almost impossible.

Friday was time to get the first round of spinach planted for the fall. It was just starting to poke through the ground by Wednesday. I spent some time on the weekend trying to keep things watered as much as possible. Monday we started harvesting onions with the white onions. It looks like we'll harvest all of the other varieties next week. We also spent a lot of time on Monday and Tuesday hand weeding the big weeds out of the fall crops, from carrots to cabbage.

We also got our small field of oats combined on Monday evening, ending up with about 200 bushels or about 3 tons of oats. We won't be seeing these in the shares, they'd have to undergo a significant amount of processing to become food for humans. Instead they'll mostly be used to combine with the feed for the chickens and turkeys and also as cover crop seed.

Tuesday brought the nice shower and some welcome time to work on indoor projects in the barn. When we never get any rain the rainy day projects never seem to get done.

Coming next week: Carrots, beets, leeks, beans, tomatoes, peppers, corn, onions, basil.

Good Old French Bean Salad

from Jamie's Dinners by Jamie Oliver

- 4 Handfuls beans, stalk ends removed
- 2 heaping teaspoons good French mustard
- 2 tablespoons good-quality white wine vinegar
- 7 tablespoons extra-virgin olive oil
- sea salt and freshly ground black pepper
- 1 medium shallot, finely chopped
- 1/2 clove garlic, finely chopped

Bring a pan of water to a fast boil, add beans and cook with lid on at least 4 to 5 minutes. Meanwhile put the mustard and vinegar into a bowl and, while stirring, drizzle in the olive oil to make the dressing. Season the dressing with salt and pepper and then add the shallot and garlic.

Remove one of the beans to check if it's cooked. If it holds its shape but is also soft to the bite, it's perfect. Drain the beans and transfer them to a bowl. Dress them while still piping hot, toss them well to coat and serve immediately.

Kale Quinoa Salad

We had some requests for reprinting this recipe, which Melinda had made for the field day last month with some of the chard. We generally make all kinds of substitutions in this, notably chard instead of kale in this instance. We also use sherry more than rice wine, and sometimes use wild rice instead of quinoa. When we do use quinoa we always use the red quinoa. We also don't put in the red onion and apple, it's just not our deal. We've also adapted this to make an excellent warm potato salad with wild rice and raisins.

For the dressing:

- 1 clove garlic
- 1 small shallot
- 3 tablespoons soy
- 1 tablespoon brown miso
- 1 tablespoon tahini
- 1/4 cup rice wine
- 1/2 lemon (if you have it)
- 3/4 cup olive oil

For the salad:

- 4 cups shredded kale
- 1/4 cup sliced red onion
- 1/2 cup sliced apple
- 1/2 cup tomato chunks
- 1/4 cup dried cranberries
- 1/2 cup cooked quinoa (cooled)

Combine all of the dressing ingredients in a blender and purée. In a large bowl assemble the salad ingredients and toss with the dressing. Let it stand for at least 15 minutes for the kale to tenderize. Serve. Keeps well for the next day as well.