



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

	Fridge?	Bag?	Notes & Varieties
Basil	No	Plastic	
Beets	Yes	Plastic	Red with tops
Carrots	Yes	Plastic	
Dill	Yes	Plastic	
Garlic	No	No	
Shell Beans	Yes	No	Tongue of Fire
Onions	No	No	Red, white and yellow
Parsley	Yes	Plastic	
Peppers	Yes	Plastic	Green bell, sweet red and hot cherry
Tomatoes	No	No	Reds and heirlooms
Watermelon	Yes	No	Natchez pickup site only

Shell Beans

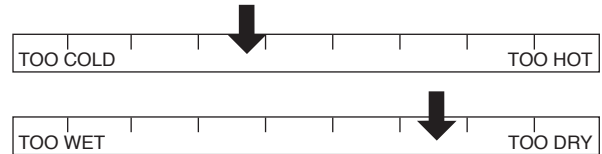
Shell beans are beans which are shelled from their pods and cooked fresh, not dried. Do not eat the pods here. In fact some of these have gone a bit past the shelling stage and are looking more like dried beans, but they are only a few days past the shelling stage and are still very tender and delicious. These are in a plastic bag, but really should be removed from there as soon as you get them home. Eat them tonight or dump the bag into a bowl and leave them on the counter until you get to them. Kids love shelling the beans out of them, it's very easy.

These cook much quicker than dried beans, and should be handled gentler. To get them ready to add to a recipe bring them to a boil with a tablespoon butter or olive oil and water just to cover. Cover and reduce heat and to very low, keep it below a simmer so that they don't fall apart. Cook until tender, about 15 minutes.

Once cooked they can simply be tossed with olive oil and lemon juice and a little basil or parsley for a very simple bean salad. They can be tossed with beet greens and pasta, or used in a pureed soup.

Farm Report 8/4/08

Rainfall0.15"
 High Temperature 88°
 Low Temperature 49°
 Farmer Complaint Indicators™:



I tried to hold off picking more beets, but they were simply too amazing to leave in the field any longer. The roots are large, young and tender and the tops are gorgeous. These are picked from the nine rows I put in for the fall and they are the nicest rows of beets I've ever grown.

Speaking of fall plantings the carrots are back again this week. We'll have carrots in the box every week from here on out. These are from the first large fall planting, which looks like about the nicest planting of carrots I've ever had too. They're sizing up nicely but are still a little immature and will continue to fill out for a couple of weeks. We've truncated the tops since they'd pretty much take up the whole box.

Let's hear it for tomatoes! A little warm weather kicked up the ripening a notch. Everyone should have 8 tomatoes or so this week. A run down of the heirlooms again: Valencia is the orange tomato, Nyagous is the small round black tomato, Pink Beauty is the pink one and Japanese Black Trifele is the obovate obtuse pyriform (like a bartlett pear) shaped one. Let me know your favorite.

The peppers in the box this week are the green bell, one of the sweet red Italian corni di toro types, hereafter referred to as Carmen, it's variety. Carmen is a tasty sweet red pepper, use it just like you would a red bell pepper. There's also a couple more hot cherry peppers.

There's a few more sprigs of basil this week but we're very near the end of it.

Garlic, dill, parsley and another round of onions round out this week's offerings.

Farm News

We had a nice little rain last Wednesday night which let us take a break from irrigating, but as of this writing we're back at it. The hot wind this weekend erased any evidence of the rain. The weather also took a turn for the cooler in the last few days but at least we had some heat prior to it to kick the tomatoes into gear.

The last large seeding of late spinach went in this week along with some more lettuce and arugula. Next week is typically the last week that we do any seeding for this year in the field. It's hard to believe that we've gotten to that time of year already.

We spent part of Monday weeding some of the fall root crops and greens. We'll start to see some of the fruits of these labors in the box next week.

Tuesday was spent harvesting tomatoes and peppers in between light rain showers that passed through. In the evening it was time to crate up the last round of chickens for their journey to the processor. They made the trip early Wednesday morning. The turkeys still have a month before their date with destiny. Tuesday was also the day to get Iris back on the school bus to start 1st grade.

Speaking of chickens, next week we will have individual chickens available for sale. Email me by the end of the day Monday, Sept. 8, and we'll have them for you at the pickup site on Thursday, Sept. 11. Individual chickens are priced at \$3.50/lb. and run between 4 and 5 pounds. If you order some they will be in a cooler at your pickup site in a paper grocery bag with your name on it. In the bag with the chickens will be an invoice to pay from.

It's not too early to start planning your afternoon outing to our annual pumpkin day and harvest party. The date is Saturday, September 27th. We'll have pumpkins for the kids and some decorative pumpkins for the adults. We had such a strong kid work crew last year that I'm coming up with some fun farm projects for the kids to do. We'll also have a nice pot-luck and a hay wagon ride around the farm. Let us know if you're coming and how many in your group, so we make sure we've got enough pumpkins.

Coming next week: Arugula, broccoli, tomatoes, carrots, garlic, potatoes, spinach, cilantro, dill.

Beet And Carrot Pancakes

- 1 1/3 cups (packed) coarsely shredded peeled beets (from 2 medium)
- 1 cup coarsely shredded peeled carrots (from 2 medium)
- 1 cup thinly sliced onion
- 1 large egg
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup all purpose flour
- 3 tablespoons olive oil
- Sour cream

Preheat oven to 300°F. Place baking sheet in oven. Combine beets, carrots and onion in large bowl. Mix in egg, salt and pepper. Add flour; stir to blend well.

Heat 1 1/2 tablespoons oil in heavy large skillet over medium heat. Using 1/3 cup beet mixture for each pancake, drop 4 pancakes into skillet. Flatten each into 3-inch round. Cook until brown and cooked through, about 4 minutes per side. Transfer pancakes to baking sheet in oven; keep warm. Repeat with remaining beet mixture, making 4 more pancakes. Serve pancakes with sour cream.

Tuscan Farro And Bean Soup

- 1 cup fresh borlotti or cranberry beans
- 3 tablespoons extra-virgin olive oil plus additional for drizzling
- 1 large onion, coarsely chopped
- 2 carrots, coarsely chopped
- 1 celery rib, coarsely chopped
- 2 garlic cloves, smashed and peeled
- 8 cups water
- 1 large tomato (1/2 lb), coarsely chopped
- 1/4 cup loosely packed fresh flat-leaf parsley leaves
- 10 fresh sage leaves
- 3 sprigs fresh thyme
- 1 cup whole-grain farro, or spelt
- 2 1/2 teaspoons salt
- 1/2 teaspoon black pepper

Shell beans and pick over. Heat oil in a 5- to 6-quart heavy pot over moderate heat until hot but not smoking, then cook onion, carrots, celery, and garlic, stirring occasionally, until onion is softened, about 10 minutes. Stir in water, beans, tomato, parsley, sage, and thyme and bring to a boil, then reduce heat and cook at a bare simmer, partially covered, stirring occasionally until beans are tender, about 1/2 hour.

Discard thyme sprigs, then blend mixture in batches in a blender until smooth (use caution when blending hot liquids), transferring to a large bowl. Return soup to pot and bring to a boil. Add farro and salt, then reduce heat and simmer, stirring frequently, until farro is tender (it will be chewy like barley), about 30 minutes. Stir in pepper and serve drizzled with additional oil.