



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	
Cucumbers	Yes	Plastic	
Fennel	Yes	Plastic	
Garlic	No	No	Fresh
Green Beans	Yes	Plastic	Benchmark
Herbs	Yes	Plastic	Thyme
Potatoes	No	Paper	New reds
Sweet Corn	Yes	Plastic	
Zucchini	Yes	Plastic	

## Potatoes

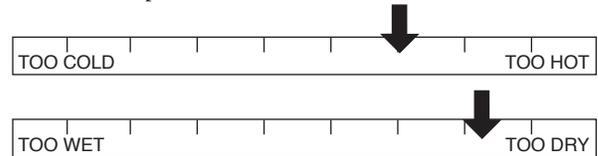
We harvested the first of the new red potatoes this week for the boxes. Typically the only difference between a new potato and an 'old' one is the new ones are freshly dug and not stored. Some folks also classify a new potato as one that comes from a plant that is still green and alive. If you use that designation then none of the potatoes you buy in the store would be new potatoes, because potatoes from living plants lose their skin very easily, like the ones in the box today. We handle these as gently as possible but still end up with some missing skin. The spots where the skin is missing will darken slightly but can be easily trimmed away.

It is such a treat to have our own potatoes again. We love potatoes and eagerly await the new ones once we've used up all ours from storage. We usually end up buying a few to get us by and are always disappointed with the quality. My recommendation would be a new potato salad with some green beans in it, or roast them with some of the thyme, there are even those around here who enjoy the new ones raw.

These are the dark red norland potato, a classic early potato that is also good for organic production. Usually I plant a lot more of these but the folks I get my seed potatoes from, down by Madison, got hit hard by last summer's storms and didn't have very much seed stock for them this year. There will probably only be another delivery or two of this variety but the other varieties

## Farm Report 7/31/08

Rainfall . . . . .0.1"  
 High Temperature . . . . . 89°  
 Low Temperature . . . . . 61°  
 Farmer Complaint Indicators™:



are looking pretty good. They're a bit weedy in places but it looks like we'll have a bumper crop of yukon golds.

The first corn of the year is also in the box this week. The corn comes to us from Sam's Produce, just down the hill from us, out in the prairie. It's not organically grown but it's local and picked fresh the morning you get it. We've been eating their corn for years and always enjoy it. Growing sweet corn organically is a big challenge that we've decided not to take on so that we can concentrate on other crops at our place. We should have corn for the next few weeks.

Let's hear it for fresh garlic! We started digging the garlic this week and have one fresh out of the ground for you in the box. The garlic looks great this year, with some massive cloves. It can be a little tricky getting a clove out of all those thick wrapper leaves when they're fresh. Either carefully slice through the skins with a knife to get to the cloves, or peel away several layers so that you can pop one out with your fingers.

The beans this week are the variety I prefer, I did have enough seed to get two rows of them in. We had to pick them on Monday because with the warm weather they were going to get to big if we left them until Wednesday. They are excellent.

Carrots, beets and the last fennel are also crammed into this mid-summer riot of a box. The carrots are sizing up nicely, as are the beets. The fennel is done for the year, it was a good year for it.

Zucchini and cukes are at their peak by now, but it's not going to be a strong one this year. Whenever we have a year where the cucumber beetles are very bad

very early we have a disappointing year for these two crops. They'll still be coming in at a trickle, but there's not going to be any boxes with 8 cukes in them like there are some years.

Basil and thyme are the finishing touches for your herb needs this week.

Most of you got an early small tomato last week, but we're going to let them ripen up more this week so we can have a better selection to choose from for next week.

### Farm News

It's turned hot and dry around here this week, with irrigation taking place whenever the wind calms down enough to allow it. This generally means between 8pm and 5am. Other than the lack of decent rainfall it's nice to finally have some warm temperatures, especially since we've already lost about an hour of daylight since the summer solstice. If we don't have the daylight then we really need the heat to get things to maturity before the cooler weather of September.

This week marked the final transplanting week of the 2008 season, with the last of the late broccoli and some savoy cabbage going in a little late. In a warm fall these crops will have time to mature yet, but if it turns cold they won't. We've put well over 30,000 plants in the ground this year and it's nice to not have any more to water, while they wait on the hay wagon.

Next week is the first week of the chicken shares. Chickens will be at the pickup sites the first Thursday of every month now through December. If you purchased a chicken share you will have chickens at your pickup site next week. Each chicken share gets two chickens per delivery, remember to take both your chickens and mark your name off on the chicken share pickup sheet. The chickens will be frozen in coolers at the pickup sites. They should stay frozen just fine until you get home, but if you're not going directly home you may want to bring your own cooler to put yours in. If you can't remember whether or not you purchased a chicken share email me and I'll look it up. We will have a few chickens available to sell individually but won't be offering them until the September 4th pickup.

**Coming next week:** Carrots, onions, cukes, zukes, corn, leeks, cilantro, green pepper, tomatoes.

### Balsamic Potato and Green Bean Salad *from Rachel Ray*

- 1 1/2 pounds small new potatoes
- Salt
- 10 ounces green beans, trimmed and halved crosswise
- 2 tablespoons balsamic vinegar
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon sugar
- 1/4 teaspoon Dijon mustard
- 1/4 teaspoon pepper
- 1/2 cup extra-virgin olive oil
- 4 scallions, thinly sliced
- 2 teaspoons chopped fresh thyme, plus whole sprigs for garnish

In a large saucepan, place the potatoes, 2 teaspoons salt and enough water to cover by 1 inch. Bring to a simmer and cook until the potatoes are tender, 12 to 15 minutes. Add the green beans and cook for 3 minutes. Drain and let stand.

Meanwhile, in a large bowl, combine the vinegar, lemon juice, sugar, mustard, pepper and 1 teaspoon salt. Whisk in the olive oil until combined.

Toss the potatoes and beans with the dressing to coat. Using a fork, mash several potatoes. Toss in the scallions and thyme. Season with more salt and pepper to taste and top with thyme sprigs. Serve warm or at room temperature.

### Roasted Beet and Carrot Salad with Watercress

- 1 pound beets, peeled and cut into 1/2-inch thick wedges, wedges cut in half crosswise if beets are large
- 1 pound carrots, peeled and cut on bias into 1/4-inch-thick slices
- 3 tablespoons extra virgin olive oil
- Table salt and ground black pepper
- 1/4 teaspoon sugar
- 2 tablespoons white wine vinegar
- 1 teaspoon honey
- 1 medium shallot, minced (about 3 tablespoons)
- 6 ounces watercress, washed and trimmed (about 4 cups)

Adjust oven rack to lowest position, place large rimmed baking sheet on rack, and heat oven to 500 degrees. Toss beets and carrots with 2 tablespoons oil, 1/2 teaspoon salt, 1/4 teaspoon pepper, and sugar in large bowl. Remove baking sheet from oven and, working quickly, carefully transfer beets and carrots to sheet and spread in even layer. (Do not wash bowl.) Roast until vegetables are tender and well-browned on one side, 20 to 25 minutes (do not stir during roasting).

Meanwhile, whisk remaining tablespoon oil, vinegar, honey, shallots, 1/4 teaspoon salt, and 1/8 teaspoon pepper in now-empty bowl. Toss hot vegetables with vinaigrette and cool to room temperature, about 30 minutes. Stir in watercress, and serve.