

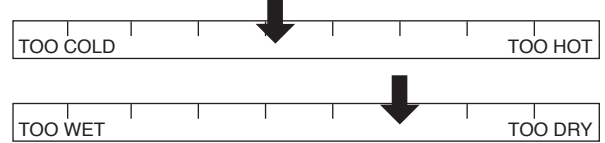


What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Basil	No	Plastic	
Beets	Yes	Plastic	Red with tops
Carrots	Yes	Plastic	
Cilantro	Yes	Plastic	
Cucumbers	Yes	Plastic	
Green Beans	Yes	Plastic	Benchmark
Leeks	Yes	Plastic	
Onions	Yes	Plastic	Sweet yellow and a few reds
Parsley	Yes	Plastic	
Peppers	Yes	Plastic	Green bell
Sweet Corn	Yes	Plastic	Local conventional
Tomatoes	No	No	
Zucchini	Yes	Plastic	

Farm Report 8/6/08

Rainfall0.5"
 High Temperature 84°
 Low Temperature 53°
 Farmer Complaint Indicators™:



They had already been an important foodstuff for over 6000 years by that time. They were worshipped by the Ancient Egyptians who believed that the globe shape and many layers represented eternal life. The mummy of Ramses IV was found with traces of onion in his eye sockets. Roman gladiators were rubbed down with onions to firm up their muscles. If you try that let me know how it works, it could open up all sorts of new marketing opportunities.

The white onions should be ready to harvest next week and will be followed shortly by the reds, yellows and shallots. The onions are a little weedier than I'd like, but they otherwise look excellent.

Allium overkill this week with the first leeks in the box too. It seems as though I planted an awful lot of leeks this year so I thought I'd start putting some in the box. These are early King Richard leeks which don't keep for very long and are best enjoyed in the summer.

Everyone should get a couple small tomatoes this time around. The cool weather has kept them sputtering ahead and not ripening like they should. A few of the main season ones were ready this week, and we should start to see an heirloom or two in the coming weeks.

The weather was warm enough to size up at least one green pepper for everyone. There's a nice crop of peppers on the plants just waiting for more heat.

Cilantro is in the box this week, also known as leaf coriander. The seed of cilantro is the same as the herb coriander. Whenever we need coriander for a recipe I have to go out and rummage through my seeds looking for some cilantro seed.

More beets and carrots are in the box as well. Some

Onions

The onions have started to reach maturity this week, finally. I checked my records from last year and they're running about 15 days behind because of the cooler weather this summer. The onions in the box this week are mostly fresh walla-walla-type onions, although we're not supposed to call them that since we're not growing them in Washington state. It's difficult to grow onions with the same amount of sweetness here since there and in Georgia the secret to sweet onions is planting them in the fall and overwintering them. There's also a few red onions mixed in because of some transplanting snafu. When you're transplanting about 10,000 onions in one day it's hard to keep them all straight.

Fresh onions are different from the regular grocery store onions, which have been cured. These were pulled out of the ground yesterday and won't keep for very long. Since they were pulled and not cured they will keep better in the fridge in the crisper drawer, but if you'll eat them up soon you can leave them on the counter.

Onions are the granddaddy of the Old World vegetables. They made their way to the New World aboard the Nina, the Pinta and the Santa Maria in 1492.

of the beets have gotten quite large. We may see one more bunch of beets next week or the week after.

Cukes and zukes are winding down considerably as they succumb to various wilts, viruses and disease. I'm guessing we have one more week of zucchini and a slow trickle of cukes for a week or two. It also doesn't look like we'll have any crop of cantaloupe this year. They are susceptible to the same diseases but take much longer to mature their fruit, so in a year like this they never get ripe fruit on them before dying. The watermelon look great but late.

There's just a small bag of beans this week since it started pouring yesterday during the middle of bean picking, and a wet bean is a (soon-to-be) moldy bean.

Farm News

Monday this week was set aside for dealing with many poultry issues that had piled up. The second batch of meat birds had to go out on pasture as did the turkeys. Some of you have asked about turkeys and yes, we do have some available this year. We moved 43 out to pasture so we should have about 40 to sell for your Thanksgiving eating. Email me if you'd like to reserve one and give me a couple of pound size range you'd prefer, this will help me know how long to raise them.

We also moved the laying hens to a new spot in the vegetable field where we're having some raccoon trouble. Chickens don't attack raccoons, but the fence I use around them does, so having them in there should keep the raccoons out.

And speaking of chickens, this is the first week of the chicken shares. If you purchased a chicken share then you should have had two chickens waiting for you at the pickup site, frozen that is. The chicken shares are delivered to the pickup sites on the first Thursday of each month now through December. We'll have individual chickens available for purchase next month.

If this is your first experience with our chickens you may want to treat them somewhat differently than the gold'n'plump. Their billboards make me want to drive off the road and knock them down, 100% natural, yea, so is bubonic plague. Anyway, I recommend brining the whole chicken before roasting or grilling. Because our chickens spend most of their time outdoors they have more flavor and texture than a bird which cannot ever turn itself around. I have a brining recipe in the Week 9 newsletter from last year. Cook's Illustrated also has lots of good brining info, and there's plenty of good videos of how to cut up a chicken online.

Other big projects this week were thinning the 1800 row feet of beets we have planted for next month's deliveries and for storage. They should yield about a ton of beets!

Coming next week: Yukon gold potatoes, carrots, corn, cilantro, tomatoes, beans, basil, cukes, zukes.

Here's a different zucchini recipe I made for the first time last weekend. It's from a book called *The Good Food of Szechwan* by Robert A. Delfs. I cook out of this book about once a week.

Hot and Sour Zucchini

- 1/2 pound zucchini, sliced into 1/4-inch rounds
- 2 teaspoons finely chopped fresh ginger
- 2 teaspoons finely chopped green onion
- 2 dried red peppers, stemmed, seeded and sliced into strips
- 1 teaspoon Szechwan peppercorns
- 1 teaspoon corn starch
- 1 tablespoon Chinese wine vinegar
- 1 teaspoon soy sauce
- 2 teaspoons sugar
- 4 tablespoons sesame oil

Sprinkle the zucchini with salt and allow to stand at least 10 minutes, then drain, wash and pat dry. Mix the cornstarch with the vinegar and soy sauce, then add the sugar. Heat the sesame oil in a wok or large frying pan until hot. Be careful not to burn it. Add the Szechwan peppercorns and red peppers and stir fry briefly. Add the zucchini, ginger and green onion. Toss for 20–30 seconds, then stir and add the vinegar/soy/sugar. Mix well and continue to stir fry a few more seconds, until the zucchini is tender. Serve hot.

Beet, Cucumber, and Sweet Onion Salad with Dijon-honey Dressing

- 6 medium beets, trimmed
- 1 large cucumber, peeled, cut into 1/4-inch-thick rounds
- 1/2 sweet onion halved lengthwise, thinly sliced (since our onions aren't super sweet you may want to use a little less or it may be a bit onion-y)
- 4 teaspoons honey
- 4 teaspoons apple cider vinegar
- 1 1/2 teaspoons Dijon mustard
- 1/3 cup corn oil

Preheat oven to 400°F. Wrap each beet in foil, enclosing completely. Place on rack in oven and bake until beets are tender when pierced with fork, about 1 hour 30 minutes. Cool in foil. Peel beets, then cut each into 6 slices. Arrange beets, slightly overlapping, on half of large platter. Arrange cucumber slices on other half. Scatter onion in center. (Can be made 4 hours ahead; chill.) Whisk honey, vinegar, and mustard in small bowl to blend. Gradually whisk in oil. Season with salt and pepper. Drizzle over vegetables.