



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

	Fridge?	Bag?	Notes & Varieties
Basil	No	Plastic	
Cantaloupe	Yes	No	
Carrots	Yes	Plastic	
Cucumbers	Yes	Plastic	
Garlic	No	No	
Green Beans	Yes	Plastic	Masai
Kale	Yes	Plastic	Lacinato
Onions	No	No	Yellow
Peppers	Yes	Plastic	Green
Tomatoes	No	No	Reds and Heirlooms
Zucchini	Yes	Plastic	

Last of the green beans

Thanks to everyone who wrote in last week with feedback about green beans. The overwhelming response was that everyone loves them. It's good to know since we do spend a lot of time picking them, one by one.

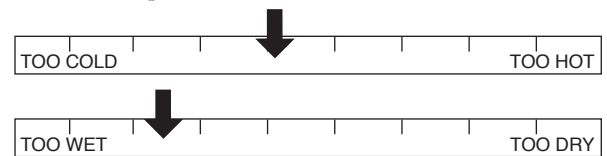
Unfortunately all the positive feedback about them can't help to extend their season. We've come to the end of them this week. We're ending with a bit of a bang in terms of the variety however. These are a trial variety of a smaller 'haricots verts' type bean. They obviously take longer to pick, so you won't get quite as many of them, but I really like them. We had a great salad of them last weekend, just boiled and tossed with a mustard/shallot vinaigrette. Let me know what you think of these, already I think you'll see more of them next year.

And even though the green beans are ending you can look forward to a lone week of shell beans next week if the ground dries out a bit and they don't get mildewy.

There's enough cantaloupe for everyone this week, and should be next week as well. In fact next week we'll probably run in to the dreaded cantaloupe and watermelon combo in the box, which we dread because of our backs. It was looking like we were going to have an awesome melon crop this year before all the rain. Now it looks like we're having just a decent crop, they just have absorbed too much water. It's easy for us to

Farm Report 8/26/09

Rainfall0.84"
 High Temperature 76°
 Low Temperature 52°
 Farmer Complaint Indicators™:



add water if it's too dry. It's much harder to take the water away when there's been too much. They're not as sweet as they could be but they're still pretty darned good.

The carrots are also the other crop that have absorbed way too much water. They've gotten large, brittle and less flavorful. I was eating one yesterday and was horrified to realize that I'd grown something that tasted like a supermarket carrot. But, being a farmer, I can always blame the weather.

The first of the yellow onions are in the box this week. We've cured them a couple weeks and cleaned them up. You may get one sweet walla walla type. We finally finished up harvesting a bumper crop of onions with the red onions this week, bringing us to a total of just over 3 tons of onions!

Also new this week is the first of the green peppers. The peppers are a heat loving crop, so in a cool year they do take their time. They'll start to show up pretty regular now and we'll start picking some hot ones in the next week or two. It also looks like we're going to have another great year of the pointed sweet red peppers like last year, but they're still about two weeks from being ready.

The basil, cukes and zukes are all starting to wind down, with probably just another week or two of these to look forward to.

Another nice bunch of lacinato kale is in the box. We've moved on to picking the first of the fall kale for this week. In the next five weeks we'll move back into the kale, cabbage, broccoli family, since these crops thrive under the cooler temperatures of fall.

The tomatoes, on the other hand, are ramping up. We could still use some heat, but they'll ripen nicely in just about any weather now that they've reached maturity. If you get one that seems under ripe, just leave it upside down on the counter for a few days.

I wanted to take the time to mention a tomato issue that's been on my mind. There's a very nasty tomato disease in southeastern Wisconsin this year called late blight. It's the same disease that was responsible for the Irish potato famine. It hasn't been in Wisconsin since 2002. Right now I know we don't have it, but that could change. It's in 13 Wisconsin counties this week and was only in 6 or so last week. It's probably just a matter of time until it shows up here, but it may take a few weeks. When, and if, it shows up here our tomato season will probably come to an abrupt end. It's already wiped out the tomatoes on some large CSA farms down in the Madison area. There isn't much we can do from an organic perspective to prevent it. Some sunny, warm, dry weather would help since it can't survive UV rays. Enjoy the tomatoes while we have them because they could end quickly if it shows up.

In order to make sure we didn't have any late blight I did some reading up on tomato diseases last weekend. Organic tomato plants suffer from a staggering array of diseases, which is one of the reasons they're so expensive in the stores. Our plants typically show some disease this time of year, but it's not usually a big concern to us since by the time the disease is affecting the fruit, not just the leaves, it's almost time for frost. I looked for the late blight symptoms and couldn't find any, but did try and diagnose what sort of diseases we have on ours. I finally decided we have some 'bacterial speck' on ours, which is not to be confused with 'bacterial spot' which is a different disease, it also could be 'bacterial canker'. In any case it just yellows and browns some leaves and they fall off, but doesn't really affect the fruit until the whole plant is mostly dead.

Farm News

The rain didn't completely stay away this week, but we made due with the weather we had. Tuesday was kind of a rain day around here but gave us time to clean the onions and garlic for this week, as well as to get some trees planted around the farm.

The exciting news on Tuesday was that our vegetables magically became 'certified organic' since we received our organic certificate from our certifying agency. It was a lot of paperwork and planning but it's nice to finally have it done with.

With September right around the corner it's time I mentioned the fall harvest party and pumpkin picking. It'll be on Saturday, September 26th. It looks like we'll have plenty of pumpkins, jack-o'-lanterns for the kids and some fancy decorator pumpkins for the adults. It's an afternoon thing, so come by 3pm and we'll take the hay wagon out to the pumpkin patch. Then we'll come back to the barn for an early pot-luck supper. Back by popular demand will be the hay pile for the kids to jump in.

Coming next week: Cantaloupe, watermelon, tomatoes, cucumbers, zucchini, garlic, potatoes, beets, shell beans.

Classic Gazpacho

- 3-4 large tomatoes, halved
- 1 slice country-style bread, crust removed, cut into 1/2-inch pieces (about 1/2 c)
- 1 red or green bell pepper, seeded, diced
- 1 cup chopped peeled cucumber (seeds removed)
- 1/4 cup chopped red onion
- 2 tsp Sherry wine vinegar (or red wine vinegar)
- 2 tsp cup extra-virgin olive oil
- 1 small garlic clove, minced
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1 avocado- sliced

In a food processor, add all ingredients and process until smooth- adjust seasoning and serve with sliced avocado.

Good Old French Bean Salad

from Jamie's Dinners by Jamie Oliver

- 4 handfuls beans, stem ends removed
- 2 heaping teaspoons good French mustard
- 2 tablespoons good-quality white wine vinegar
- 5 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.