



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

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	It's back
Basil	No	Plastic	Last of the year
Broccoli	Yes	Plastic	
Chard	Yes	Plastic	Rainbow
Cilantro	Yes	Plastic	
Garlic	No	No	
Leeks	Yes	Plastic	
Onions	No	No	Red and yellow
Peppers	Yes	Plastic	Green, red and serranos
Tomatoes	No	No	Reds and heirlooms

Tomatoes, Tomatoes, Tomatoes

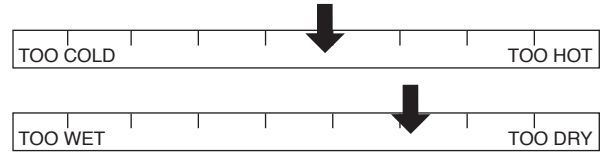
Historically this has been the week with the most tomatoes, and this year is no exception. Everyone should get about a dozen tomatoes in their box this week with almost as many next week before it starts to slow down.

We picked a little more than two thousand tomatoes on Tuesday and could've picked more if there was the time. I hope you're all enjoying the productive smaller heirlooms. We've tried growing some of the larger heirlooms, like the pink ones this year, but I really like the smaller ones. They seem to be more productive and have less waste than the larger heirlooms. I hope you all appreciate the heirlooms, they take probably three times as much time to pick as the red ones. Mostly because they have a lot more blemishes and cracks. Jesse and Tricia spent about 6 hours each picking tomatoes on Tuesday, while I helped when I could. Even so, I don't really think they're worth the price they are in stores.

We've been lucky to have a pretty decent season of tomatoes so far, with the late blight that plagued farms down around Madison and the cool weather that kept some folks crop from ripening until the last week or so. Store these in a bowl on the counter and eat the softest ones first. There should be a couple of reds which will be better early next week.

Farm Report 9/10/09

Rainfall0.00"
 High Temperature 79°
 Low Temperature 54°
 Farmer Complaint Indicators™:



Arugula is back in the box this week. This is the first of the crops that made it through the big rains that seem so long ago now. We had to make the bunches a little small since some of the row had been washed away.

We've also got the first fall broccoli in the box this week. Hopefully there's enough for everyone, but we were waiting to pick it until Thursday morning. If you don't get any, then we came up short and will have plenty next week.

Leeks are also new to the box this week. They're still a bit on the small side so we're just starting out with a couple to add to dishes you're making. We may let them size up another couple of weeks.

The green bell peppers are about at their peak and the red Carmen peppers are just starting to come in. The red ones are a large, long, skinny pepper which is very sweet like a red bell pepper. Also in the box are a couple of serranos, small green or red ones which are smooth, shiny and hot.

More yellow onions are in the box this week, as well as the first of the red onions. The reds ended up averaging about the same size as the yellows, which means there are some big ones. All in all it's been an excellent year for onions.

This week we say goodbye to basil, chard and cilantro. The basil goes downhill rapidly at the end of the season, but there's a few sprigs in the box this week to enjoy with your tomatoes. The cilantro is here for your peak tomato salsa making, and the chard is a great companion to leeks and tomatoes.

Farm News

It's hard to believe that we're already at week 14. That means there's just four more deliveries for the regular season shares. The last delivery for the regular season this year is on Thursday, October 8, but there's still plenty of good eating to come in the next few weeks.

We've had quite the run of mild, sunny, dry weather this last week. Things have actually gotten quite dry now. It seems ridiculous, but I had to pull the irrigation back out last week to get the last planting of spinach to germinate. If I waited for the rain to germinate it, it'd come up too late to mature before winter sets in. There's also a late planting of arugula and salad mix that's waiting to germinate, but no such luck yet. This week is also the week to get in the last seedings of the year, with a couple of rows of late arugula for the winter shares.

Harvesting continues in full swing around the farm. Monday continued dry, so it was time to harvest the dry beans and flour corn which will hopefully find their way into the winter shares. Why don't we put these in the summer shares? Because they'll take another 6-8 weeks to dry out enough in the greenhouse before they're ready to be threshed, shelled or ground.

Tuesday was mainly spent picking tomatoes, with a little broccoli and flour corn thrown in early. While the crew was working on this I was doing field work getting next year's fields ready, as well as turning in a cover crop of buckwheat which was flowering everywhere we had the spring vegetables.

Even with the nicer dry weather the storage crops are taking their sweet time to size up. We should be picking some fall carrots by now but I think the storms in early August knocked them back a couple weeks, it may be time to get some irrigation back on them as well.

I walked through the squash and pumpkin patch this weekend to survey things, and they are looking good. The plants are going downhill fast, but they have a lot of nice looking squash on them. I increased the number of delicata squash this year since so many of you seem to like them. I've also got a new variety of acorn and one similar to the 'hearts of gold' variety I used to grow. I think we'll be able to start with some of the early ones next week.

Speaking of pumpkins, I also had a chance to take inventory of them for the upcoming field day. We've got about 30 large pumpkins and probably 100 smaller

ones. We also have heaps of the flattened red decorative one. The field day is two weeks from this Saturday on September 26th. Please RSVP and let us know how many of you are coming, it really makes it easier for us to plan the event and make sure we've got enough pumpkins. And the pumpkins aren't just for the kids, we've got some lovely decorative ones that cost an arm and a leg at the store. The pumpkins are all free for the cost of coming out to the farm.

Coming next week: Squash, tomatoes, peppers, potatoes, dill, arugula, broccoli, cabbage.

Swiss Chard and Wild Rice Salad

- 1 cup wild rice
- 1 bunch Swiss chard, sliced thin or chopped Swiss Chard stems, sliced
- 1 cup shiitake or other mushrooms- diced
- 2 green onions, sliced
- 1/4 cup chopped walnuts, toasted
- 1/4 cup dried cranberries
- Salt and pepper
- (Vinaigrette)
- 1/4 cup olive oil
- 2 tablespoon raspberry vinegar
- 1 teaspoon honey
- 1/4 cup chopped basil, thyme, or oregano

In med saucepan, cover w/ 3 c water and simmer, covered until soft but still has a bite- about 45 min.

Heat a large skillet on medium high heat. Add 2 Tbls olive oil, add chard stems and shiitake mushrooms, cook just until lightly browned. Add chard leaves and cook just until wilted. Add walnuts and cranberries- Cook, stirring frequently, another minute and remove from heat and cool.

In large bowl, combine rice, chard mixture, green onions. Whisk together the olive oil, raspberry vinegar, honey, and herbs in a separate bowl. Combine, toss and serve.

One-Minute Salsa

- 1/2 small serrano chile, minced
- 1/4 small red onion, peeled and root end removed
- 1 small clove garlic, minced or pressed
- 2 tablespoons minced fresh cilantro leaves
- 1/4 teaspoon table salt
- pinch ground black pepper
- 2 teaspoons lime juice from 1 lime
- 2 small tomatoes (about 3/4 pound), ripe, each cored and cut into eighths, or one (14-ounce) can diced tomatoes, drained

Pulse all ingredients except tomatoes in food processor until minced, about five 1-second pulses, scraping sides of bowl as necessary. Add tomatoes and pulse until roughly chopped, about two 1-second pulses.