



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

	Fridge?	Bag?	Notes & Varieties
Basil	No	Plastic	
Carrots	Yes	Plastic	
Chard	Yes	Plastic	Rainbow
Cucumbers	Yes	Plastic	
Fennel	Yes	Plastic	
Green Beans	Yes	Plastic	
Scallions	Yes	Plastic	
Potatoes	No	Paper	Yukon gold
Zucchini	Yes	Plastic	

Cukes and Zukes Galore

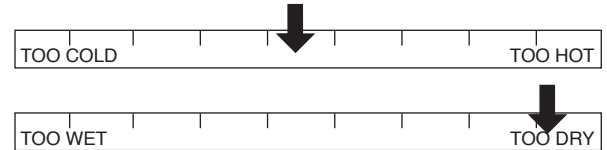
Be careful what you ask for, you just might get it. So it goes with the cucumbers and zucchini this week, with around 9 cukes and 5 zukes in every box. It's one of the fun things about belonging to a CSA. Sometimes folks wonder how we figure out how much of something you get. It's not rocket science, by the time we get ready to pack the shares we look at how many cukes we've picked and divide that number by the number of shares. We have 163 shares this year and in the last 7 days picked 1,489 cucumbers. $1489/163=9$ cukes per share. Likewise if we pick 213 lbs. of beans like last week, everyone gets 1.3 lbs. When it comes to stuff that will hold in storage we schedule it so that we're giving it out over time rather than all at once. Cukes and zukes have to be picked every two days or they get too large to use, so we can't just leave them on the plant until we're ready for them. This week we picked them Saturday, Monday and Wednesday.

So what do you do when you get piled up with cukes and zukes? We eat a lot of cucumber salads, which sometimes just consists of peeled cukes, a nice vinegar and salt. Yogurt and herbs are also good additions. Although I eat most of my cucumbers raw like a carrot, but that comes with being around them all the time this time of year. The smooth shinier ones have delicate skins and don't really need to be peeled, but the darker green ones should be peeled.

The smooth longer cukes in the box this week are a new open-pollinated variety bred by Cornell University. Cornell is one of the few land-grant institutions

Farm Report 8/6/09

Rainfall0.52"
 High Temperature 79°
 Low Temperature 54°
 Farmer Complaint Indicators™:



which is doing a fair amount of innovative breeding for the organic and conventional vegetable community, as well as doing breeding and selection for open-pollinated crops. I've got at least two or three things planted this year which originated there.

Another eye-popping bunch of rainbow chard is in the box this week. It's one of the few reliable greens we can grow during the summer months. A couple of you have sent me kale recipes in the last week, which also work very well with chard, you can find these on the blog, just go to the website and click on 'blossback'.

The potatoes in the box this week are the Yukon gold variety. We've been having more trouble than usual this year with the potato digger damaging the potatoes. This is partly because the plants are still very alive and healthy. The skin on the potato doesn't toughen up until the plant has died and dried up. We try and weed out the worst of them but if you get some with a brown spot or two just cut it out when you go to use the potato. I should also point out that although we deliver these in plastic bags for convenience, they really shouldn't be stored in the bag. They'll keep best in a bowl in the cupboard, so they have both air circulation and darkness. If we get a little hot weather that should accelerate the maturity of the potatoes. It's a strange position to be in, you spend a couple of months wanting the crop to grow, and then another one wanting it to die. Conventional farms that grow 'new' potatoes spray an herbicide to kill the vines so the skins toughen up. Best to not try and keep these too long.

Dan Sam called me to say that he wouldn't have any corn for us this week so I added the carrots to the box at the last minute. They really needed another week

or so but I thought I'd include them while we wait for him to have more corn ready.

This will be the last of the fennel. We enjoyed some shaved thin at lunch today in a vinegar dressing with some cucumbers. What could be better on a summer day?

It's looking like a good year for green beans on the farm. Another nice bag this week and for weeks to come when you look at the fields. We'll make way for some bean recipes next week, send us yours!

Basil and scallions round out the box this week. This will be the last of the scallions for the year.

Farm News

We had a few shots of rain over the last week, the largest of which was the one last Thursday morning. That gave us a rousing total of 0.59 inches of precipitation for the month of July, or almost 3 1/2 inches below normal. It looks like going into this weekend there's some warmer humid weather on the way which may bring a better chance of some actual rain. Let's hope August fares a little better in terms of heat and rain.

We had a nice visit with folks for the field day last Saturday. We got about 1/4 of the garlic crop harvested which lightened the load for us the rest of the week. It was great to see everyone and to enjoy our veggies cooked by someone else!

The garlic harvest that started with the field day continued for a large portion of Monday and Tuesday. By lunchtime on Tuesday we had it all harvested, sorted and hung in the hay mow of the barn to cure. We'll let it cure for a week before we start putting it in the shares again. The average size is down this year due to several factors. But that also means you might not have to use just half a clove in your recipes. Each garlic bulb is grown from a single clove, so the single largest use of the garlic is to go back into the ground for next year's crop. We'll use up almost a thousand bulbs that way.

The rest of Monday and Tuesday were given up to harvesting cukes, zukes and potatoes. All of the time which we spent transplanting and weeding earlier in the year gets replaced by harvesting the further we head into August.

Coming next week: cukes, zukes, corn, onions, beets, basil, cilantro, beans.

Zucchini bread and butter pickles

- 3 T. salt
- 1 c. cider vinegar
- 1 c. sugar (2 1/2 lbs.)
- 1 tsp. mustard seeds
- 1/2 tsp. tumeric
- 5 ea cloves
- 1/4 tsp. celery seed
- 1 lbs. zucchini- thin 1/8
- 1 med. Onion- thin sliced

Toss salt with zucchini and onions in a colander, let stand 1 hours and then rinse with water. Combine sugar, vinegar and spices in a large pan- bring to a boil. Add sliced vegetables and remove from heat immediately. Put into sterilized jars and enjoy in the refrigerator for 2-3 weeks.

Zucchini Bread

Makes one 9-inch loaf

- 1# zucchini- shredded on large box grater, toss with 1/2 tsp salt, place in colander and allow to drain 20 minutes. Then, place in clean dishtowel and squeeze excess moisture out.
- 2 cups all-purpose flour
- 1/2 c pecan pieces
- 1 tsp baking powder
- 1 tsp baking soda
- 1/4 tsp nutmeg
- 1/2 tsp cinnamon
- 3/4 c sugar
- 1/4 c plain yogurt (or sour cream)
- 2 large eggs, beaten lightly
- 1 Tbls lemon juice
- 6 Tbsp. (3/4 stick) butter, melted and cooled

Preheat oven to 375 degrees F Grease the bottom and sides of a 9x5 loaf pan. In a large bowl, combine flour, nuts, baking soda, baking powder, salt, nutmeg, and cinnamon. In a separate bowl, whisk together sugar, yogurt, eggs, butter, zucchini and lemon juice. Mix wet ingredients into dry, add nuts and fold in. Pour into loaf pan and bake for 50-60 minutes hour, or until a tester comes out clean.

Raita

I love this sauce, and put it on everything- burgers, chicken wraps, salad dressing, the list is endless. You can puree it as a sauce or leave chunky.

- 1 c yogurt
- 2 Tbls extra virgin olive oil
- 1/4 c mint leaves, chopped fine
- 2 cloves garlic, minced (I use a garlic press)
- 1/2 tsp paprika (use fresh spices if poss.)
- 3 med cucumbers

Seed the cucumbers, slice thin, and toss w/ 1/4 tsp salt- drain 10-15 minutes in a colander. Whisk yogurt, oil, mint, garlic and paprika, whisk in cukes and serve chilled.