



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

	Fridge?	Bag?	Notes & Varieties
Basil	No	Plastic	
Beets	Yes	Plastic	Gold w/tops
Carrots	Yes	Plastic	
Cucumbers	Yes	Plastic	
Eggplant	Yes	Plastic	or 2 green peppers
Fennel	Yes	Plastic	
Garlic	No	No	
Green Beans	Yes	Plastic	
Peppers	Yes	Plastic	Green bell and serrano
Potatoes	No	Paper	Yukon gold
Sweet Corn	Yes	Plastic	Local conventional
Tomatoes	No	No	Reds from the high tunnel
Zucchini	Yes	Plastic	and a pattypan

Potatoes

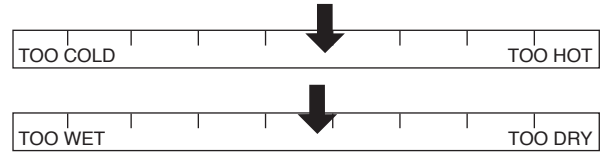
We dusted off the potato digger on Tuesday and dug the first two rows of Yukon Golds in the field. The plants were still very much alive so the digging was a little tricky, but after weed whacking the tops down it went pretty smoothly. The yield on them was good, and they cleaned up very nice.

Yukons are a nice multi-purpose potato. Since these are fresh and new they are not meant for storing but for eating now. We deliver these in plastic bags for convenience, but they should be taken out of the bag when you get home and kept in a bowl in a dark place like a cupboard. They need some air flow around them and plastic tends to make new potatoes rot if left in it too long. New potatoes with light skins like this are also very susceptible to light turning their skins green.

Potatoes are sort of a boring crop, so I never really talk about them that much. 2011 is shaping up to be the year of the potato. The plants are still looking great, and the potatoes we've harvested so far have been beautiful. Usually we see some black scab on the skin of most of our potatoes, but some of our soil balancing has paid off in that these are pretty much scab-free.

Farm Report 8/4/11

Rainfall 1.45"
 High Temperature 91°
 Low Temperature 64°
 Farmer Complaint Indicators™:



Fennel makes an appearance in the box this week. These lovely, sweet bulbs show up for a couple of weeks in August. Shave them thinly and combine with sliced cucumbers to make a refreshing summer salad. Brush the bulbs with olive oil and grill until tender. The fronds can be used as an herb to add flavor to a marinade, and is a particularly good complement to fish. Fennel has one of the highest degrees of difficulty of the crops we grow, many folks just don't know what to do with it. There's a couple of good recipes at the end of the newsletter.

I don't usually send beets two weeks in a row, but these gold beets were getting a bit big for their britches. I think these are second only to rainbow chard for their beauty. The flavor is a little milder and not quite as sweet as a red beet. The tops are delicious, cook the tops as you would chard, but they're quite a bit more delicate. The roots can be cooked just like regular beets, whether roasted or boiled, the main difference being that they won't bleed color onto everything else you put them with.

After a multi-year hiatus we planted some eggplant again this year. The reason it's been on extended leave is that we have a pest problem which causes us to get very few fruits on our plants. I was thinking that maybe our crop rotation had reduced this pest enough to grow it finally but, alas, it hasn't. Most shares will have a small eggplant, and if not there will be two green peppers. Next year we'll try some of the Japanese-type eggplants and see if we can get some better results.

Speaking of green peppers, they're sizing up nicely in the field. The plants look amazing, but the peppers are a little slow to come. It seems like a lot of the crops

took a couple of weeks off during the very hot weather and focused all of their energy on plant growth rather than reproduction. The hot peppers don't mind the heat, though, so there was not problem getting a couple of hot serranos for the shares this week.

More cukes, zukes and pattypan this week. I think we're about at the peak of the cukes. The cuke row is being crowded out by some acorn squash on either side of it so that in order to pick cukes effectively you have to stomp all over the vines, which kind of limits their production. Basically anything with a vine this year is kind of out of control. It sure has kept the weeds down in the vine crops though! The zucchini are slowly producing here and there, having never really recovered from whatever sort of weird heat ailment they succumbed to.

Nice dry weather gave us time to pick a little bigger bag of beans this week.

The tomatoes in the high tunnel are doing nicely. It's a treat to have such healthy tomato plants. Most everything we're picking is good and ripe, but there are still a few orange ones or red ones that are firm. A nice ripe tomato should have some give to it when you gently squeeze it. When in doubt, leave them out on the counter a few days. We're still a couple of weeks away from field tomatoes.

We've got more corn from Dan Sam this week. My apologies to those of you last week who got 4 ears instead of the usual 6. That's the first time in the six years that we've been buying corn from Dan that he miscounted how many ears he picked for us, and we didn't realize it until late in the share pack last week. It's easy for us to understand because we do so much counting ourselves at the farm, but try accurately counting 1,000 pennies or something a couple of times if you don't believe me. I'm sure there'll be six this week because he felt really bad.

Garlic and carrots round out a lovely early August box.

Farm News

There's so much nice stuff in the box that there's not any room for farm news. That's o.k., there isn't too much of it. We're all kind of on autopilot this time of year. Weeding, picking, weeding and picking. The last of the late broccoli transplants are finally in the ground so we can officially kiss transplant season goodbye. It's time to start seeding some fall spinach, hard to believe it's August. I can't tell you how nice

it is to have a change in the weather again this week. We've all about had it with the humidity this year. The plants need a break too. A couple of weeks of sunny, 80° and dry would be perfect.

We dodged most of the strong storms during the last week, only having some strong winds at times. Some of the overgrown tomatoes leaned over in the wind, but I think we can get them straightened out again. The tomatoes are so tall this year that nothing is going to keep them from falling over, short of some elaborate superstructure.

Coming next week: Basil, cukes, zukes, tomatoes, beans, fennel, onions, garlic, corn, carrots, parsley.

Cucumber Fennel Salad

- 3 large cucumbers, sliced
- 1 medium Sweet Onion, thinly sliced
- 1 small fennel bulb, thinly sliced
- 3 tablespoons lemon juice
- 3 tablespoons olive or canola oil
- 3/4 teaspoon dill weed
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon grated lemon peel

In a large bowl, combine the cucumber, onion and fennel. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Pour over cucumber mixture and toss to coat. Refrigerate until chilled.

Roasted Beet and Fennel Salad

- 3 beets, peeled and cut into 1/2-inch wedges (1 1/2 pounds)
- 2 thyme sprigs
- 2 tablespoons water
- 2 tablespoons extra-virgin olive oil
- Salt and freshly ground pepper
- 2 fennel bulbs with fronds—bulbs cut into 1/2-inch wedges,
- 1 tablespoon chopped fronds
- 1 teaspoon sherry vinegar

Preheat the oven to 400°. In a medium baking dish, toss the beets with the thyme, the water and 1 tablespoon of the olive oil. Season with salt and pepper. Cover with foil and cook for about 40 minutes, or until tender. Let cool slightly. Discard the thyme.

In a small baking dish, drizzle the fennel wedges with the remaining 1 tablespoon of olive oil and season with salt and pepper. Cover with foil and bake for 15 minutes. Uncover and bake for 15 minutes longer, or until tender and lightly browned. Pour the beet juices into a bowl and whisk in the vinegar. Add the beets, fennel wedges and fronds and season with salt and pepper. Serve warm or at room temperature.