



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

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Broccoli	Yes	Plastic	
Chard	Yes	Plastic	Rainbow
Green Beans	Yes	Plastic	Last for the year
Leeks	Yes	Plastic	
Parsley	Yes	Plastic	Italian
Peppers	Yes	Plastic	Carmens, Hot Cherry and Green Bell
Potatoes	No	Paper	Yukons
Spinach	Yes	Plastic	
Tomatoes	No	No	Reds and Heirlooms

Chard!

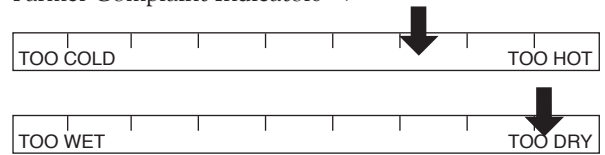
We finally have a bunch of lovely rainbow chard in the box this week. It has taken a while this year with all of the various pest problems we have had with it. You still will find some holes in some of the leaves, but there's plenty of good chard eatin' still to be had. This is the first year that we've ever really had any pest problems in the chard, I actually think it has mostly to do with the overwhelming leafhopper populations this year since we were seeing a lot of them while picking it.

We always enjoy picking chard since it is such a beautiful crop, heck it's even enjoyable to wash it. Chard is rich in vitamins A, K and C, with a 175g serving providing 7 times the recommended daily value of Vitamin K. Vitamin K (aka phyloquinone) is typically found in high amounts in green leafy vegetables since it is synthesized by plants and directly involved in photosynthesis.

Another healthful leafy green vegetable is back in the box this week, spinach. The hot weather had really kicked this spinach into gear and it got a little too big. We did our best to handle it gently but it was very brittle. You will have some leaves that are banged around a bit but the bunches are giant, so there again is plenty of goodness to go around. We need some cooler nights to toughen up the spinach and make it not quite so brittle. This is the first planting of the fall spinach and

Farm Report 9/6/12

Rainfall0.15"
 High Temperature 95°
 Low Temperature 58°
 Farmer Complaint Indicators™:



the remaining plantings are looking excellent, so we should have a good run of it here for the foreseeable future.

The first of the fall broccoli is also in the box this week. We're just starting to get a few of the smaller heads of the earlier variety. There will be plenty more to come as broccoli harvesting returns as one of the daily chores around the farm. This also means that we're back to running the walk-in cooler all of the time. We had a bit of a break for the cooler after the melons finished up, but now we're back to using those kWh's. Between irrigating and cooling it's been a lousy year for the electric bill.

The last of the green beans are in the box. We didn't quite get through the last planting last week so we finished them off this week. They are more mature and there's just a handful, but use them up and we'll see them again next year.

Another nice bunch of arugula is in the box. As the day length shortens, quick-growing crops like arugula take longer to mature, so we'll skip arugula next week while we wait for the next plantings to size up.

The peppers have been coming on strong in the heat wave that we had over the last week. Usually I don't expect to see this volume of the sweet red Carmens until mid-to-late September. Everyone should have half a dozen at least. Roast them on the grill, put them on a plate and put the plate in a plastic bag. Leave them to cool for 15 minutes or so and then peel and seed the peppers, delicious. The small reds in the box are the hot cherries. And one last green bell pepper is in there. This may be the last of these since they have not set much in the way of later fruit.

The tomatoes keep coming in a deluge. Sorry if you've become overwhelmed by them. Obviously the hot July was a good thing as far as the tomato crops were concerned. With improved production in the high tunnel this year and a bumper tomato crop we've shattered any tomato quantity records we had. The larger heirlooms have run their course for the most part, too many of them have deep cracks that turn to rot once picked. There's still a good helping of some of the smaller heirlooms though. I've got to believe that this is the last week with this volume of tomatoes.

Tomatoes freeze great by themselves, just dip in boiling water for 15-20 seconds to loosen the skins, core them and quarter them into zip-loc bags and toss them in the freezer. Tomato sauces also freeze great and it sounds like a great weekend ahead to make a big batch and freeze it, just be sure you use good air-tight containers so that you don't get a bunch of freezer burn. There's a recipe for red pepper tomato sauce on the website that can be easily doubled or quadrupled.

Leeks and parsley round out the box for the week. We're taking a week off of garlic this week to let you catch up on your consumption.

Farm News

It just wouldn't be the end of August without a heat wave of some sort. Thursday through the weekend remained hot at the farm. The heat finally broke Tuesday night, but unfortunately it didn't result in much in the way of rain, most of the heavier showers were south or east of us. We, therefore, remain very dry around the farm. Irrigation has been a top priority when weather conditions permit, but sometimes it just seems like crops that are grown under only irrigation water just aren't quite as nice as those that get rain.

At the end of the hot windy Thursday last week I managed to get all of our minerals spread on the fields that the veggies will be grown on in 2013. It's very nice to get this done now instead of in the spring when everything is more difficult. It also helps because in order to get a truck here with our 10,000 pounds of minerals the roads have to be done with their freeze/thaw cycle. Sometimes this doesn't happen until May 1st, so next spring we should be one step ahead. The downside is I have to buy 2012 and 2013 minerals in the 2012 calendar year which makes it a pretty good sized chunk of change, but if I keep to this new schedule next year we'll just have to buy 2014.

The other big project around the farm in the last week is we finally got our excavator guy out to bury the

water line that runs from the well down to the greenhouse. We've been mowing around this line for years and sometimes mowing on it. So it had some breaks all over it. Going back to when we took the silos down in 2009 and one of them fell right on top of it and made a huge hole in it. Of course all does not go perfectly smooth when your digging an 8-foot deep trench for 300-feet through an old farm yard. You hit all kinds of questionable items, wires that lead to nowhere, old sewer tanks, new sewer lines, etc. It also turned out that the kind of hydrant I wanted on the end of the line isn't available locally so we had to get it 90% done and then we'll finish it up at the end of next week. When done we'll have an 1 1/4" freezeless hydrant down in front of the greenhouse from which we can run irrigation, water the greenhouse, and run water to the packing shed. The other scary thing about digging down that far was to see how dry it was eight feet down. We are going to need a winter with a ton of snow to make up any of the deficit in moisture we have right now.

Coming next week: Broccoli, spinach, salad mix, peppers, tomatoes, kale, squash, garlic, onions.

Leek and Swiss Chard Tart *epicurious.com*

- 1 sheet frozen puff pastry (half of 17.3-ounce pkg), thawed
- 2 tablespoons (1/4 stick) butter
- 3 leeks (white and pale green parts), coarsely chopped
- 1 teaspoon dried thyme
- 1/2 bunch Swiss chard, ribs removed, chopped (2 1/2 c.)
- 1 1/4 cups whipping cream
- 3 large eggs
- 2 large egg yolks
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- Pinch of ground nutmeg

Roll out pastry on floured work surface to 12-inch square. Transfer to 9-inch-diameter glass pie dish. Trim overhang to 1 inch. Fold under; crimp edges. Cover; chill.

Melt butter in large nonstick skillet over medium-low heat. Add leeks and thyme. Sprinkle with salt and pepper. Cover; cook until leeks are very tender but not brown, stirring often, about 10 minutes. Add chard; sauté until wilted, about 2 minutes. Remove from heat; cool. Position rack in bottom third of oven; preheat to 425°F. Whisk cream and next 5 ingredients in large bowl. Mix in cooled leek mixture. Pour filling into crust. Bake tart 15 minutes. Reduce heat to 350°F and bake until filling is puffed and just set in center, about 15 minutes longer. Transfer to rack; cool 10 minutes.