



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

	Fridge?	Bag?	Notes & Varieties
Basil	No	Plastic	
Cantaloupe	Yes	No	
Carrots	Yes	Plastic	
Chard	Yes	Plastic	Rainbow
Cucumbers	Yes	Plastic	
Eggplant	Yes	Plastic	
Garlic	No	No	
Leeks	Yes	Plastic	Nice!
Onions	No	No	Walla and yellows
Peppers	Yes	Plastic	Green bell, red Carmen and green Anaheim
Shell Beans	Yes	Yes	
Sweet Corn	Yes	Plastic	
Tomatoes	No	No	Reds and a couple heirlooms
Zucchini	Yes	Plastic	Maybe a yellow squash

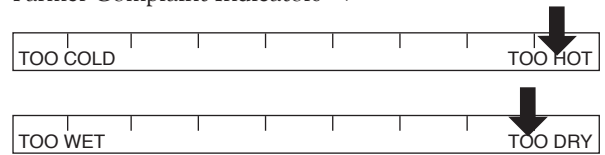
Leeks

I think it's the gardener in me that still enjoys growing leeks and is why we grow this somewhat obscure member of the onion family. It takes quite a bit of time to grow and harvest lovely leeks. They spend as much or more time in the ground than the other onions we grow. These were seeded in the greenhouse 25 weeks ago, about the second week of March. Once they reach a size that's easy to handle we transplant them into larger boxes in the greenhouse so that they can grow about to the size of a pencil before being transplanted in the field. Since we space them a close 6-inches apart in the rows we have to transplant them by hand because we don't have a way of mechanically transplanting that close together.

Once in the field they get weeded by hand a time or two, and then hilled up with soil in order to blanch a longer portion of the stem. When it's harvest time we fork them out of the ground by hand and then peel off the older leaves and trim the tops and roots, leaving a nice clean leek that just needs a quick wash in the packing shed to be ready for your boxes.

Farm Report 8/29/13

Rainfall zilch
 High Temperature 97°
 Low Temperature 64°
 Farmer Complaint Indicators™:



The University of Pennsylvania has shriveled up leeks in it's collection from Egyptian burial sites that are over 3,000 years old. They were much closer to a wild plant at that point and not the robust hybrid that we grow today.

Leeks are not just for potato leek soup! We enjoy them as a substitute to onions in many dishes, but used more as a vegetable, rather than just a seasoning. We enjoy them on pizzas, in the morning with eggs and cooked slowly with a braised roast.

After last week's sad cantaloupe announcement we've moved on to our late larger cantaloupe. This is a melon called Tirenno, it's what's called a Tuscan-style muskmelon, rather than the very round, netted ones you see mostly in the grocery store. Some are quite large, I picked one that weighed in at 10 pounds! Most are in the 5-6 pound range. It's currently my favorite melon, and is a rare high-quality hybrid that's available as organic seed. The ripeness of these will vary somewhat, from ripe to slightly underripe. The underripe ones are still sweet and delicious, just firmer and less juicy. The heat was so bad that they were ripening in a matter of hours. I was picking twice a day and still had to pick some a little under so that they weren't over when I picked again in 10 hours. Consequently, keep these babies refrigerated, or eat them soon. When I bring one in the house I cut into cubes right away and put it in tupperware in the fridge. If it's all ready to go the kids can help themselves and the only difficulty is keeping it stocked.

More shell beans are in the box this week. This will be the last of these guys. I was looking at them on Friday last week and thinking that they wouldn't be ready for today and then it became mid-July for a few days and

they rapidly matured. Some of the pods are approaching dry-bean stage, but have only been that way for a day or two, so the beans will still be a quick-cook.

Chard is back in the box this week. This is our second chard planting for later in the season. We were getting some damage on the leaves and I kept looking for the insect or worm that was doing the damage but never could find it. Then, last week, I happened to drive by the chard in the golf cart and stopped to look at the pretty bright goldfinches that were hanging around the brightly colored chard. Then I noticed that they were perching on the top of the plants and pecking at them. I watched them for a minute and then chased them off so I could look at the spot they were and what do you know, that's the damage I've been seeing on them. So, if you have a hole in a leaf, think of the lovely goldfinch that you provided a little bit of water and nutrition for.

Big tomato week this week, maybe the peak? More than half are still coming from the high tunnel, but I think this is the last week that will be the case, which is good since I need to get them out of the high tunnel soon if we hope to have any spinach in there for the winter shares.

This is the last week for sweet corn from Dan and Tammy. Last week's corn was awesome.

The peppers start to get a little confusing this week with both an Anaheim and Carmens in the box. The Carmens are red and sweet. The Anaheim is green and mildly hot. There's a green bell as well.

We're getting down to the end on cukes and zukes, this may be the last week for them.

We've continued to have some nice eggplant this year. I know even small amounts of eggplant can put people in a culinary quandry. Here's what we do in our household: cube it into 1/2-inch cubes, toss it in a little olive oil, salt and pepper. Roast it on a cookie sheet at 350° stirring a couple of times until brown and soft. Add to just about anything you're eating.

Farm News

This week has been particularly cruddy. Unseasonably hot temperatures combined with continued dry conditions has made an already strange season stranger. Things that were behind in their growth have caught up if the heat didn't kill them first. When it hasn't rained much it's hard to have enough reserve in the soil for the plants to handle a furnace blast like we've had for the past few days.

The humans who work on our farm have survived pretty well. We knocked off work early on Monday and Tuesday to keep from getting overheated. We started in the dark on Wednesday morning to get the harvest out of the field before things heated up.

Though we've been dodging the heat we still managed to get quite a bit done. The main yellow onion crop was harvested on Monday and it wasn't too odious of a task. We brought in 4,000 or so onions weighing in at well over a ton. The hot weather has actually been kind of a bonus for helping to cure the onions in the packing shed. They like some heat to get the skins to seal up for storage.

The other big project this week was getting our custom mineral blend spread on next year's fields. The good news is it's done, the bad news is it all came together Tuesday afternoon and evening, which wasn't very pleasant weather to work in, but thankfully the tractor does most of the heavy lifting.

Coming next week: Arugula, spinach, lettuce mix, peppers, tomatoes, potatoes, broccoli, acorn squash.

Cranberry Beans with Garlic and Leeks

- 2 cups shelled, fresh Cranberry Beans
- 1 Tbsp extra-virgin olive oil
- 1 large leek, minced
- 3 garlic cloves, minced
- 2 cups, 99% fat-free chicken broth
- 1 Tbsp butter
- 1 tsp salt
- 1 bay leaf
- 1/2 tsp lemon zest
- 1 Tbsp chives, chopped finely
- 1 clove garlic, minced
- pepper to taste

Bring 6 cups of salted water to boil. Add beans and simmer for 20 minutes. Remove from heat, drain, and rinse with cold water to stop the cooking. Set aside.

Heat olive oil in heavy-bottom medium sauce pan. Add leeks and sauté gently until starting to soften, about 2 minutes. Add garlic and sauté for 1 minute. Add cooked beans and stir to coat. Add broth, butter and salt and bring to a gentle simmer. Add bay leaf and let cook uncovered for 20 minutes, stirring as needed. Add additional chicken stock to keep beans moist, if necessary.

While beans are cooking, mix grated lemon zest, chives and minced garlic in a small bowl. Add this mixture to the beans near the very end of the cooking time. Remove bay leaf, add fresh ground pepper to taste and enjoy.