

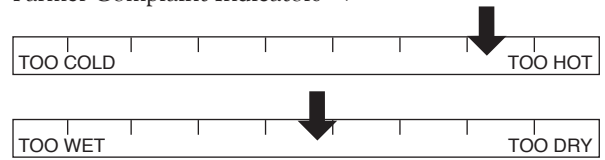


What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Basil	No	Plastic	Nice
Carrots	Yes	Plastic	
Celery	Yes	Plastic	
Cucumbers	Yes	Plastic	Finally some from the field
Eggplant	Yes	Plastic	
Garlic	No	No	
Green Beans	Yes	Plastic	
Kale	Yes	Plastic	Green curly
Onions	Yes	Plastic	Walla wallas
Peppers	Yes	Plastic	Green bell and Jalapeños
Sweet Corn	Yes	Plastic	
Tomatoes	No	No	
Watermelon	Yes	No	or Cantaloupe
Yellow Squash	Yes	Plastic	
Zucchini	Yes	Plastic	

Farm Report 8/4/16

Rainfall0.35"
 High Temperature 88°
 Low Temperature 62°
 Farmer Complaint Indicators™:



This will be the only week everyone gets a melon of some sort, and some are almost ridiculously small. A big bummer when I think about how much time and effort have gone into them.

I don't have a good example of The Ugly right now, maybe the garlic since some of it has some problems. Instead, I have a couple thoughts on the movement to have 'ugly' vegetables for sale in stores (or what we would call #2's). I am all for reducing food waste, but food that's left in the field is not 'waste'. It's plant material that goes back into the soil to feed the billions of bacteria and other microbes that are in each table-spoon of soil. Wringing every edible morsel out of the ground just starves those microbes that have so much to do with our ecosystem. It's counter intuitive to fight human hunger by starving the life in the soil.

It costs just as much to pick, pack, wash and ship ugly produce as it does to do the same with pretty produce, it also uses the same amount of resources for packaging, refrigeration and trucking. I don't think we are saving the planet by moving around difficult to sell produce. Let's feed the soil biology instead. And then there's the whole problem that if we're selling ugly produce, people are going to buy less pretty produce, which is, in turn, going to go to waste. The stores that do this right are the ones that sell the pretty produce that has gone by at a reduced price. I'm sure there are some good examples of marketing ugly produce, like an entire orchard of apples that has hail damage or something, but, as with so many things, it's much more complicated than a Wal-Mart marketing campaign.

A decent sized bag of basil in the box this week, it's nice and clean too, since we've had a dry run of several days now.

The Good, The Bad and The Ugly

That's a fitting title to just about any farm season, with different characters playing different parts each year. Playing The Good this year so far are the high tunnel tomatoes. They are hitting peak production now, with over a thousand tomatoes coming out of there each week. Time will tell which of the six varieties we have in there this year will be the favorite, but personally the black ones and the small paste tomatoes have the best flavor so far. The reds are more firm, and I'm finding that you really need to let them get dead ripe to get the best flavor. Not a problem last week, since they were really ripe by Thursday.

The Bad at this point in the season are the melons. We have almost a complete failure of the melon crop, it is a challenge growing melons in these wet years. This was exacerbated by a tremendous population of cucumber beetles this spring. While they don't do a terrific amount of damage, what they do is spread any infections around the field from plant to plant, what's known as a vector in the veggie biz.

Beans are back this week and looking good. Thanks to the crew for picking them in the heat of the afternoon yesterday while I was writing this. It was pretty bad out there.

It looks like we'll have enough eggplant for everyone to get one this week. It should be a little more productive with all of this heat, but they're just kind of puttering along.

The kale this week is the green curly kind. This is the first picking from the fall kale plantings, it's hard to keep up with it when it's growing quickly this time of year. There's also a proliferation of cabbage worms out there this year, so you may see a hole or two in some of the leaves. We need this heat to relent to get them under control.

The second round of corn comes from Dan again this week. So nice to have corn, cukes and tomatoes, the fleeting signs of summer. As Jesse is fond of reminding me, first frost could be six weeks away.

Peppers, summer squash, celery, carrots, onions, garlic and basil round out a typical first box of August.

Farm News

Head down, trying to get caught up is the feeling on the farm right now. Lots of heat and lots of moisture has made weeds seemingly explode over night. By Friday it was dry enough to start getting some cultivating done, but it was also time to harvest the shallots, so the cultivating waited until Saturday.

Saturday's cultivating continued into Sunday and the fall brassicas and leeks are now looking pretty good.

The fall beets and carrots have come around too, after a rocky start with some hard rains in July.

Monday there was no choice but to get all of the rest of the garlic harvested. We're a little short-staffed this year, and big projects like that are a challenge. Made even more difficult by the fact that underneath the mulch, the soil was very wet, which means that with every bulb you bring up twelve pounds of mud. Getting all of that mud off of the bulb is a long hard slog, but Brandon, Lysie and I powered through it and got all 3,700 bulbs out, cleaned and in the greenhouse to cure.

On Tuesday we got them spread out on their racks, where they'll stay for a few weeks to dry out and get ready for long-term storage. Then it was on to the tomatoes in the high tunnel. This is part of the problem this time of year, we're so busy harvesting that if we

get behind on weeding we may never get back there to take care of it. We did get some weeding done Tuesday afternoon, but there is still plenty more to do. I don't like it when the farm is weedy, it makes me crabby. When they get the upper hand, my last resort is to mow them, and I've managed to break two different mowers in the last week, grrrrr.

Coming next week: Tomatoes, corn, basil, cukes, summer squash, garlic, peppers, celery, green beans.

Kale Tabbouleh

- 2/3 cup fine bulgur
- 3 tablespoons lemon juice
- 1 shallot, finely chopped
- 2 teaspoons ground cumin
- 1 1/4 teaspoons fine sea salt, more as needed
- 1/2 cup extra-virgin olive oil, more as needed
- 1 bunch kale, stems removed, leaves finely chopped (5 cups)
- 2 large ripe tomatoes, diced (about 2 cups)
- 1/2 cup torn mint leaves
- 1/2 cup diced radish
- Black pepper, as needed

Cook bulgur according to package instructions. Cool.

In a small bowl, whisk together lemon juice, shallot, cumin and salt. Whisk in olive oil.

In a large bowl, toss together bulgur, kale, tomatoes, mint and radish. Toss in dressing. Season with black pepper and more salt if you like, and drizzle with additional oil if desired.

Good Old French Bean Salad from Jamie's Dinners by Jamie Oliver

This is one of my favorite uses for green beans, and I had forgotten about it until Melinda made it Tuesday night.

- 4 Handfuls beans, stalk ends removed
- 2 heaping teaspoons good French mustard
- 2 tablespoons good-quality white wine vinegar
- 7 tablespoons extra-virgin olive oil
- sea salt and freshly ground black pepper
- 1 medium shallot, finely chopped
- 1/2 clove garlic, finely chopped

Bring a pan of water to a fast boil, add beans and cook with lid on at least 4 to 5 minutes. Meanwhile put the mustard and vinegar into a bowl and, while stirring, drizzle in the olive oil to make the dressing. Season the dressing with salt and pepper and then add the shallot and garlic.

Remove one of the beans to check if it's cooked. If it holds its shape but is also soft to the bite, it's perfect. Drain the beans and transfer them to a bowl. Dress them while still piping hot, toss them well to coat and serve immediately.