

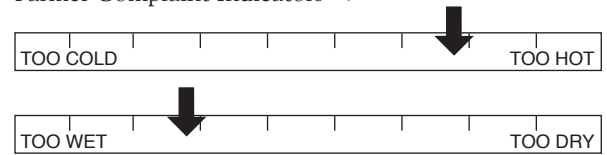


What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Basil	No	Plastic	
Beets	Yes	Plastic	Red w/tops
Cilantro	Yes	Plastic	
Cucumbers	Yes	Plastic	
Eggplant	Yes	Plastic	or 3 peppers
Garlic	No	No	
Green Beans	Yes	Plastic	
Onions	No	No	Yellow and red
Peppers	Yes	Plastic	Sweet Carmen and Jalapeño
Potatoes	No	Paper	Yukon gold
Sweet Corn	Yes	Plastic	Last week
Tomatoes	No	No	
Yellow Squash	Yes	Plastic	
Zucchini	Yes	Plastic	

Farm Report 8/18/16

Rainfall 3.18"
 High Temperature 88°
 Low Temperature 63°
 Farmer Complaint Indicators™:



this problem to develop. It's not a pest or disease or anything, just a genetic problem for this variety. If you find one like that, it's still just fine to use. The problem on our end is there's no way for us to sort the hollow ones out, they look exactly like the rest. I guess we could slice them all in half, but that would be a little silly. I've got a new gold variety that I'm trying from the UW breeding program this year called Oneida Gold. The plants are still vigorously growing, so we probably won't see what we've got there until September.

The tomatoes are keeping up their pace this week, although their size is a little smaller on average. When we're thinking about potatoes I'm always thinking about how many pounds of potatoes we harvested compared to the pound of seed potatoes we planted. If we plant 100 pounds of seed potatoes, I like to get at least 1,000 pounds harvested, so about a 10:1 ratio. It's amazing to think what that ratio is for a tomato, since the seed weighs about 3mg. Some of the high tunnel tomato varieties have yielded over 3,000,000:1 (20 pounds of tomatoes from one 3mg seed). I can't think of anything else that approaches that level of productivity, maybe the cukes in a good year.

Red beets are back in the box this week. This is from a mid-season planting that doesn't always make the schedule in late June. It also weathered the big storm in July in pretty good shape so that we've got them for you this week. The ground squirrels are enjoying them as well and have just about moved in to the patch to eat as many as they can the little buggers.

We're transitioning into the storage-type onions this week with a couple of yellows and a red. All these are harvested and curing in the packing shed now, which

Last Week for Corn

This will be the last of our standard four weeks of corn. Our family has enjoyed it and hope yours has too. Dan and Tammy do a great job growing it for us. When I picked up the corn last week, it was just after we'd had heavy rains all night and Dan had been out picking since daylight in sopping wet conditions. It's a rare thing in this day and age to find someone so good at their job, who doesn't complain and just gets it done. I have zero interest in growing sweet corn, and am so grateful that we have such a good grower just across town. It's just not August without sweet corn. If you happen to find yourself at the Eau Claire farmer's market on a Saturday morning you can get some more corn from Dan and say hello.

The potatoes this week are the first Yukon Golds of the year. The potato crop generally looks very good this year, but I was a little disappointed in the yield on the Yukons. Too many huge potatoes, I would prefer a lot of medium potatoes instead of a few giant ones. The giant Yukons also are known for having a problem called hollow heart. Rapid growth and lots of water causes them to have a hollow center of the potato. We certainly have had the weather conditions this year for

is one of the reasons why things are kind of crowded in the packing shed. They're also taking up almost all of our harvest crates, so it's a good thing that we don't have too much leafy stuff to harvest right now or we'd have nothing to put it in.

We eked out another small bunch of cilantro this week. I've got some more seeded, but it may or may not make it due to the pounding rain we got a week ago.

The green beans are looking a little better again this week, but barely. The plants have quite a bit of rust on them, but the beans are pretty nice. This may be our last week of green beans, I'm skeptical of the ones that are earmarked for next week.

Out in the pepper patch, we finally have some color besides green starting to show up. Everyone will get a couple of the tasty red Carmens this week. I'm also trialing a yellow version, so if you get one that's yellow instead of red, just treat it the same. They're both sweet, not hot. There is one hot Jalapeño in the box this week as well, but it's green, not red or yellow.

This is going to be about the end of the summer squash, maybe we'll have one next week, but we've had them for 8 weeks now so it's about time for them to be done.

Field cukes are slowing down from their initial burst of productivity, I think we'll get another week out of them but wind up by the end of the month.

We've also had the first detection of downy mildew on the basil patch, so this is probably our penultimate week on that front also.

There wasn't quite enough eggplant, so if you don't get one you'll get an extra pepper.

Farm News

Last Wednesday night and Thursday morning brought yet another deluge to the farm, bringing our total since June 1st to almost seventeen inches of rain. This is just shy of the 18 inches we had in 2010 up to this point. Thankfully we aren't seeing some of the fungal disease that we saw that year, the dreaded purple blotch on all of the onions and leeks. I wrote a haiku about it that year:

All alliums blotch
Tomato falling, leaf spot
Brassicas black, rot

I still remember the haiku, so the year obviously had an effect on me, either that or it was just a good haiku.

I took some time to go back and read some of the 2010 newsletters, which is always interesting. I've never been very disciplined about keeping a journal, but the newsletter acts as a similar resource when I want to read how things were going in another wet year. We didn't have the high tunnel yet in 2010, so the tomatoes were a big topic of discussion. If we didn't have the high tunnel this year we'd have been without tomatoes for the most part.

Coming next week: Green beans, carrots, chard, onions, potatoes, garlic, kale, tomatoes, cucumbers, peppers, parsley.

Green Bean Thoran

- 1 tablespoon canola, vegetable, or coconut oil
- 1 teaspoon black mustard seeds
- 1/2 teaspoon cumin seeds
- 2 Indian green chilies, slit lengthwise
- 6-8 whole curry leaves (or basil)
- 1/4 teaspoon turmeric
- 2 shallots, sliced
- 4 cups chopped green beans (aim for 1/4-inch pieces)
- 1 cup shredded coconut Salt and pepper to taste
- White sugar to taste
- 1/2 cup cilantro, roughly chopped

Heat the oil over medium heat in a wok, allowing it to pool at the bottom. Once the oil is hot but not smoking, add mustard seeds and cumin seeds. As they begin to sizzle, add the chilies, and once the seeds have begun spluttering, add curry leaves. These will spit like crazy, so you may want to take a step back. When the curry leaves are crisp, stir in the turmeric. This process is called 'tempering' the oil.

Add shallots, stirring constantly until they begin to caramelize (you want these to get nice and sweet but not burn). Once they're caramelized, throw in the beans and toss them to coat in the tempered oil. Cook time will depend on how done you want the beans, but continue tossing them as they become glossy and bright green.

As the beans near completion, stir in the coconut to distribute evenly, then sprinkle in salt, pepper, and, if you like, a touch of sugar to bring out the sweetness in the coconut. Finally, stir in the cilantro and remove the thoran from the heat. Serve at whatever temperature you like. It's good hot, but, as part of a mixed thali-type meal, a thoran will often be served at room temperature. It's good that way, too.