



BLOOMING GLEN FARM

June 26
Newsletter
Issue #4

BloomingNow!

Features Fresh from the Farm

Community
Supported
Agriculture

From the field...

When it rains it pours, and it has certainly been a soggy three days at the farm. Since the last newsletter, it was hot, humid and dry and we were once again wishing for rain. Just not so much, so fast. Saturday morning a major downpour brought 3" to the farm in one hour! The distribution center had 2" of water on the floor and a river flowed through our fields, finding all the low spots, one of which, unfortunately, was straight through our sweet peppers. We frantically dug a trench and put down a wall of straw bales to divert it past our tomatoes as best we could, but we will most likely lose quite a few pepper plants. Hopefully any more storms in the next few days will pass us by. Next year

we will put in a diversion to keep the top field from draining into the lower fields, and the low spot that is the pepper bed will become a greenway. We are quickly learning the nuances and contours of this land. Okay, enough about the weather. We farmers do occasionally think about other things. The work we do often brings to mind a Buddhist saying I once heard, to be present in every task, especially when doing things like washing the dishes, or in our case, weeding onions. Our work as farmers can be filled with repetitive jobs, such as a few hours spent thinning carrots. This can be an occasion for communing with others when you have a group working together, but when alone it can

afford lots of time to think.

There is something calming about work that keeps your hands moving while freeing your mind. With a background of bird songs, you can meditate, be in the moment, or mull over an issue. The latest hot topic in the world of organic farming that I was thinking about this week is Wall Mart's decision to carry organic products and produce. The NY Times magazine had a very well written piece on the subject. Check it out, I will photocopy a few and put it in the distribution center. It touches on the issue of the real cost of food, and who and what really pays the cost for cheap prices. Have a great week! We're hoping the sun comes out soon! -Tricia and Tom

News and Notes:

- Coming up in the share: new red potatoes, cabbage
- If you will be on vacation you have a few options:
 - 1) Arrange for a friend, neighbor, or family member to pick-up your share. This is a great way to introduce people to what CSA is all about.
 - 2) Call us or email by 7pm Sunday to switch your pickup day for that week.
 - 3) Call or email by 7pm Sunday to tell us you won't be able to pick-up that week. If you don't do any of these three things, and no one picks up your share, we will be donating it to a local food pantry.
- Please do not show up on a different pick-up day for your share of the harvest unless you have made prior arrangements.
- You can do the pick-your-own crops any day of the week, within a span of one week
- Volunteer work days on Wed pm and Sat am are cancelled if it is raining, or if it's been raining profusely and the farm is most likely a mud pit best left to birds and boats. Call if you're unsure. Thanks!

Why the Potato?

"In just 400 years, the potato has replaced grain as a basic source of nutrition in many nations around the world, because the potato is the best all around bundle of nutrition known to mankind. Its ratio of carbohydrate to protein is ideal- eat enough potatoes to satisfy your energy needs and you will automatically get much of the protein you need. Furthermore, you get protein of the type that you can read-

ily use for body growth and maintenance. 73% of a potato's protein is easily utilized by humans. Only eggs rank higher, at 96%. Soybeans are rated at 72%, corn at 54% and wheat at 53%. The potato also provides significant amounts of vitamins and minerals, especially Vitamin C, iron, thiamin, phosphorus and niacin. Another virtue of the potato is excellent productivity. No other crop pro-

duces more energy per acre than potatoes. The potato grows well at elevations from sea level to 14,000 feet. It thrives in a wider variety of soils and under a wider range of climatic conditions than any other staple food. Overall, the potato is the world's most efficient means of converting plant, land, water and labor into a palatable and nutritious food." Ronnigers Potato Farm, Seed Catalog 2005

Fennel and White Bean Salad

In literature and legend Fennel is a symbol of flattery, a remedy for failing eyesight and an aphrodisiac. The stalks are great in soups and braised dishes, while the bulb can be eaten raw in salads, or sautéed, roasted, steamed or braised. The fronds can be used as a seasoning like dill. Raw fennel is crunchy and slightly sweet and has just a hint of licorice; however, when cooked, the licorice flavor becomes less noticeable. Try thinly slicing the bulb, adding it to boiling water, cook 10 min, drain and toss with butter and lemon, or olive oil, and sea salt. Arrange in a pan around fish, sprinkle with cheese (optional) and bake with your seasonings of choice.

- 1 1/2 C dry white beans
- 2 bay leaves
- 2 cloves garlic, peeled and left whole
- 1 tsp salt
- 2 small or 1 large bulb fennel, cut into thin strips
- 1 small red onion, or scallions, sliced
- Juice of 1 lemon
- 1/4 C red wine vinegar
- 1 T prepared mustard
- 1/2 tsp. garlic powder
- 1/4 C extra virgin olive oil
- chopped leaves from 1 bunch of basil

Soak the beans for 4 hours, replace with fresh water and bring to a boil. Pour off the boiling water. Replace with fresh water and add bay leaves and garlic. Simmer until tender but not mushy, 40-50 min, stirring occasionally. Remove from heat, stir in salt. Drain beans and cool. Trim the stalks and rough outside layers of the fennel. Cut the stalks into quarters and remove the cores. Thinly slice the pieces and add to the beans. Add the onion. Combine the lemon juice, vinegar, mustard and garlic powder and mix well. Whisk in the olive oil and salt and pepper to taste. Toss the dressing with the salad and add the basil.

Cabbage Slaw

- 1 small head red cabbage, chopped
- 1 bunch green onions, chopped
- 1 C toasted slivered almonds
- 1 C unsalted sunflower seeds
- 2 pkgs. Ramen noodles, uncooked, crumbled (Oriental seasoning)
- 1/3 C rice wine vinegar
- 1/2 C canola oil
- 1/3 C sugar

Mix together cabbage, green onions, almonds, sunflower seeds and noodles. In a separate bowl, make a dressing out of the vinegar, oil, sugar and seasoning packet from the noodles. One hour before serving, toss together dressing and other ingredients.

Recipe from Carolyn Kulp



Beautiful Beet Slaw

- 6 firm beets, scrubbed or peeled
- 4 carrots, scrubbed
- 1 Cup sliced cabbage
- 1 onion, thinly sliced (or scallions)
- Parsley, minced
- 3 T balsamic vinegar
- 2 T red wine vinegar
- 1 T grainy mustard
- Salt and pepper to taste
- 3 T olive oil, extra virgin

In a food processor or with a vegetable grater, grate the beets, carrots, cabbage and onion. Mix with parsley and set aside.

In a small bowl, combine the vinegars, mustard, salt and pepper and mix well with a whisk. As you whisk, slowly pour in the olive oil until it is well emulsified.

Toss the dressing with the salad and adjust the seasonings as needed. Chill or serve at room temperature.

From the Genesis Farm Cookbook

Cucumber Salad

- 3 C Cucumber, thinly sliced
- 1/2 C onion, or scallions, thinly sliced

Place cucumbers and onion in a large bowl and sprinkle with 1 tsp. salt. Let stand one hour and drain.

- 1/3 C sugar
- 1/4 C vinegar
- 1/2 tsp. celery seed
- Mix together in a saucepan. Bring

to a boil, cook and stir until sugar is dissolved. Pour over cucumbers. Cover and marinate in fridge for several hours or overnight.

Alternative:

Add 3/4 C yogurt and 1 T dill weed to the cucumbers and onion.

Or:

Add 1/4 C vinegar or lemon juice, 2 T oil, 1/2 tsp salt, 1 T sugar to the cucumbers and onions.

From Simply in Season