



July 28, 2008

Newsletter

Issue #26

BloomingNow!

Features Fresh from the Farm

Community

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Agriculture

From the field...

Since the last newsletter's irrigation woes, we've received 3 plus inches of rain at the farm. The majority of the crew's time these days is spent harvesting, for the CSA and Sunday farmer's market. To keep up with those cucumbers and summer squash, they need to be picked every other day!, and there's still all the other field work that needs to happen. It's mostly weeding, but also jobs like thinning beets and carrots, trellising late rotations of tomatoes and planting fall crops such as cabbage. All our garlic is out, hanging in our neighbor's barns (thank you!) and we move on to the onion harvest. They aren't quite as spectacular as last year's crop,

which was exceptional, but that's why we plant so many. Seems that the other farms we have talked to were also plagued this season by a disease called "botrytis" which causes the whitish-stems on the onion plants. If you join us for a work opportunity this week, we will be pulling all the onions, and getting them to the barns to dry. You may also have noticed the big black shade cloth on our greenhouse at the farm- which will enable us to use that as a drying area as well. The next big harvest after the onions will be the potatoes. You've been enjoying the "new potato" varieties in the share thus far- Red-gold and Dark Red Norland. But there are

still almost ten more varieties to look forward to! Our greenhouse heirloom tomatoes flushed early this year with all the hot weather, and we now wait for our field ones to ripen. This is the first year we have tried field heirlooms, so we will see how it turns out. Heirlooms are generally more susceptible to disease in the field- they are not bred to be hardy like hybrid tomatoes, the basic reds we grow. But since their flavor is so exceptional, it's worth a try! We will have more information on the different varieties of heirlooms we grow, like brandywine, striped german, and cherokee purple, in the next newsletter. Enjoy!

— Farmer Tricia

Vegetable profile: Swiss Chard

Swiss chard...by now you have eaten lots of it, and hopefully love it as much as we do. Unlike kale, arugula, or spinach, swiss chard is a leafy green that can withstand our hot Pennsylvania summers. By planting a few rotations, we can provide this green all season long. Chard is one of the healthiest vegetables on earth. A single cup of cooked chard contains 388.9 % of your daily dose of vitamin K (important for maintaining bone health), 137.3% of your allotment of

vitamin A, 47% of magnesium, and 10.2% of your daily dose of calcium, yet contains only 35 calories. Its fortifying combination of nutrients and fiber also seems particularly effective in preventing digestive-tract cancers. Despite its name Swiss chard hails not from Switzerland, but most likely the Mediterranean region, as its culinary and medicinal virtues were lauded by Aristotle himself as early as the 4th century B.C. A member of the Beta vulgaris family, chard is a cousin of

the beet. Chard is cultivated not for its root but for its colorful, succulent midribs and leaves. "Bright Light", the colorful chard we grow that contains brilliant reds, oranges, yellows and pinks, is a refined strain of Five Color Silverbeet. It is actually a collection of chards cultivated for their coloration by amateur grower John Eaton in New Zealand in the mid-1990s. Excerpted from the book *75 Exciting Vegetables for Your Garden*, by Jake Staub

News and Notes:

- ♦ **Next potluck: Saturday, August 16th at 6pm. Celebrate the Full Moon with a Full Belly!**
- ♦ **Coming up new in the share:** tomatillos, hot peppers, bell peppers, plum tomatoes, p-y-o string beans and cherry tomatoes, sweet corn, melons and italian eggplant!
- ♦ **We would like to hold our Harvest Celebration this October, as we did two years ago. If you are interested in being involved this season please let us know, so we can create a Festival Planning Committee. It can be lots of fun, with kids crafts (scarecrow making and pumpkin decorating), games like potato sac races, a wagon ride, live music, CSA member craft vendors, and a raffle, ending with a potluck and bonfire. Email the farm to get involved!**
- ♦ **Have some favorite recipes using farm fresh ingredients? Send them our way- so we can share them in future newsletters!**

Squash Soup with Basil

3 tablespoons olive oil
 1 onion, cut into 1/2-inch dice
 2 cloves garlic, thinly sliced
 2 green zucchini (about 3/4 pound), cut into 1/2-inch dice
 2 golden zucchini or yellow summer squash (about 1/2 pound), cut into 1/2-inch dice
 3 pattypan squash (about 1/2 pound), cut into 1/2-inch dice (or substitute other summer squash)
 5 cups chicken or vegetable broth
 1 cup water
 1/4 cup slivered fresh basil
 1 teaspoon chopped fresh oregano
 Salt and freshly ground pepper
 3/4 cup grated Parmigiano-Reggiano cheese

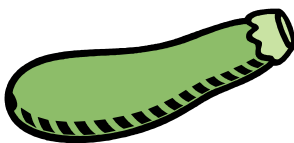
Warm the olive oil in a large soup pot over medium heat. Add the onions and cook, stirring occasionally, until soft, about 7 minutes. Add the garlic and stir constantly for 30 seconds.

Add the zucchini/summer squash, stock and water. Increase the heat to high and bring to a boil. Immediately reduce the heat to low and simmer until the squash is tender, about 5 minutes. Add the basil and oregano, and simmer for 1 minute. Season with salt and pepper.

Ladle the hot soup into bowls, sprinkle with the Parmigiano, and serve.

Serves 6.

Excerpted from *The Intelligencer*, 7/16/08. Originally from *Joanne Weir's More Cooking in the Wine Country*.



Tilapia with Tomatillos

1 1/4 to 1 1/2 pounds tilapia, 4 fillets
 Coarse salt
 Ground pepper
 1 teaspoon ground cumin, eyeball it
 1/2 teaspoon sweet paprika, eyeball it
 2 tablespoons extra-virgin olive oil
 1 lime, halved
 1/2 medium onion, chopped
 1 jalapeno or serrano pepper, seeded and finely chopped, optional, adjust to taste
 2 or 3 large cloves garlic, finely chopped
 8 to 10 tomatillos, husks peeled and diced
 1/2 bottle pale beer
 2 tablespoons chopped cilantro leaves, a palmful, plus a few sprigs for garnish

Season fish with salt, pepper, cumin, and paprika (enough to lightly color the fillet sides). Heat a nonstick skillet over medium high heat. Add 1 tablespoon oil. Heat an ovenproof serving plate in a warm oven.

Sauté fish 3 minutes on each side or until opaque. Squeeze the juice of 1/2 lime over the fish and carefully slide the fillets onto warm platter. Cover the fish to keep it warm.

Return pan to heat and add remaining tablespoon of oil. Over medium high heat, quickly sauté the onion, jalapeno and the garlic. Sauté a minute or so, add the diced tomatillos with seeds and juices. Season mixture with coarse salt and sauté the mixture of vegetables 5 minutes.

Add the beer and the juice of 1/2 lime and cilantro to the pan. Simmer sauce 5 minutes longer, then spoon hot sauce down over the fish filets. Garnish platter with a few extra sprigs of the cilantro.

Serves 4. Time to table is 30 minutes.

Courtesy RachaelRay.com.

Asian Eggplant in Black Bean Sauce

2 tablespoons vegetable oil
 1 onion, peeled and sliced
 3 Asian eggplants, about 2 lb
 1 green pepper, chopped
 2 cloves garlic, minced
 2 teaspoons grated gingerroot
 1/3 cup black bean sauce
 2 tablespoons honey
 1 tablespoons (approx.) lime juice
 2 tablespoons chopped fresh coriander or green onions

Heat oil in a skillet or wok set over medium heat. Add onion and cook, stirring often, for 5 minutes. Remove stem ends and chop eggplant into 3/4-inch chunks. Add to on-

ions. Stir in chopped peppers. Stir in garlic, ginger, black bean sauce, honey and lime juice.

Cover and simmer, stirring often, for 5 minutes. Cook until eggplant is tender, about 7 to 10 minutes. Stir in coriander and sprinkle with sesame seeds.

Taste and add more lime juice, if necessary.

Makes 4 servings.

Serve this boldly flavored stir-fry with rice or rice flavored noodles.

Excerpted from *homemakers.com*

Narrow Bridge Farm Refrigerator Pickles

2 quart jars
 1 tablespoon chopped dill
 1 tablespoon salt
 5 medium or 10 pickling cucumbers
 1 teaspoon mustard seed
 4 garlic cloves, crushed
 6 peppercorns
 1 cup vinegar
 2 1/2 cups water

Cut cucumbers into long spears. Put in a large bowl, sprinkle with salt and dill. Mix until coated. Let sit 1/2 hour. Divide salted cucumbers into jars. Divide pepper, mustard and garlic and add to each jar. Combine vinegar and water. Add vinegar mixture to jars. Screw on lids and shake to mix. Put in fridge, eat next day! These last up to a week but you'll eat them up in a few days.

* We ran a refrigerator pickle recipe in the newsletter last year. Here's another version. Since we're swimming in cucumbers at the farm, give this fast, easy, delicious recipe a try! For the serious canners, we also have 1/2 bushels of cucumbers for sale for \$16.

Grilled Salsa Verde

1 pound tomatillos, husked and washed
 3-4 hungarian hot wax peppers or jalapenos (more if you like it hotter-fewer for a milder version)
 1 onion, sliced into thick rounds
 6 garlic cloves
 1/3 cup chopped cilantro
 1 1/2 tablespoons lime juice
 1 teaspoon rice vinegar (or other vinegar)
 1 teaspoon molasses

Grill tomatillos until soft and skins are slightly blackened. Grill peppers until evenly charred. Place peppers in a plastic bag and seal for about 10 minutes then peel off skins. Grill onion until soft and slightly blackened. Place all ingredients in a food processor and pulse until smooth but still a bit chunky.

Adapted from the book *Asparagus to Zucchini*, copied from Anchor Run Farm website, www.anchorrunfarm.com