



BLOOMING GLEN FARM

September 25

Newsletter

Issue #10

BloomingNow!

Features Fresh from the Farm

Community

Supported

Agriculture

From the field...

September 22 was the Autumn Equinox, and the official end of summer. The temperature has certainly felt like fall this past week. One of our farm members forwarded the farmer's almanac predictions for October and November of this year- "early frost and torrential rains." Hmm. More rain. Wouldn't be a big surprise considering how soggy this season has been. We have started pulling our heirloom tomatoes out of the greenhouse to make room for late greens. This is prime real estate on the farm, since the fields outside have been so wet, making it difficult to plant. We have already lost a rotation of raab, arugula and spinach seedlings from too much water. The tomatoes have stopped ripening, so you'll be getting green tomatoes this week- I've included my grandmother's green tomato

relish recipe- my mom and I make it every year around this time, the smell of onions, peppers, vinegar and cinnamon mingling in the kitchen signal the coming of cooler



temps. We had a successful sweet potato harvest- thank you to everyone who took time out of their busy schedules to lend a hand with the digging. We harvested 1200 pounds from three beds. The largest potato weighed in at 4lbs! The littlest ones taste just as good as the biggest, so enjoy. We grew two varieties: Georgia Jet and Beauregard. Georgia Jets have a very red to hot pink outside

color and Beauregard has a more orange outside skin. Just a little tidbit on the question of yams versus sweet potatoes: The Dept of Ag. designates sweet potatoes as dry flesh and moist flesh according to the feel sensation in the mouth during the eating of cooked or baked sweet potatoes. These terms do not refer to the moisture content of the potato. Yam is a trade name that refers to the moist flesh type of sweet potato. Pretty confusing! I guess that means our sweet potatoes are yams too. We are starting to mow and prep our fields for planting cover crops. We will plant a winter hardy rye grass and hairy vetch, a nitrogen producing legume. These will serve as erosion control, as well as generate organic matter and soil fertility. Enjoy the change of seasons. -Tricia and Tom

News and Notes:

- ♦ Volunteer work hours have changed- we will no longer have them Wed evening, instead we will have them Wed am from 9-12. This seems to work for more of you now that school is back in session. We will continue to have Sat., but from 9-12 am. Our last big project will be garlic planting, stay tuned for more info. Things are winding down, so work opportunities will also be winding down in the next month.
- ♦ Harvest Festival, Oct 14, 2-6pm (Rain date Oct.21) We will be making child size scarecrows. If you have old children's clothing, or hats, to donate, we have a box in the distribution center, or you can bring your own to the festival to personalize your scarecrow. If you're interested in helping out with any of the crafts or activities on the day of the event, let us know.

Creative Development...

Here is an interesting example of thinking creatively when it comes to suburban development, excerpted from Growing for Market, a publication we get regularly.

"A huge new housing development in St. Charles, Missouri, is hoping to add an organic farm to its list of amenities. The development called New Town is being pegged as an example of New Urbanism, in which houses are put closer together and mixed with

shops, stores, and offices so that residents don't have to drive as much as in a conventional suburban development. The development will eventually have 5,700 houses. Four acres have been set aside for the farm, which is expected to help supply a farmer's market that will also be in the development."

Of course, from a farmer's point of view, 4 acres for 5,700 houses is a bit of a joke, but the idea is a good one. Interesting to think

about the possibility in pairing a CSA (with more land than 4 acres) with every large new housing development or at the very least realizing that growth must go hand in hand with land and farm preservation.

"In Our Every Deliberation,
We Must Consider the
Impact of Our Decisions
on the Next Seven
Generations"

-From the Great Law
of the Iroquois Nation

Fall Lentil Soup

Leeks: white and light green parts only, about 2 Cups.
 1 Bunch Kale
 1 T olive oil
 1 28-ounce can whole tomatoes, drained
 6 C Water or Broth
 2 sweet potatoes, peeled and cut into 1/2 inch dice
 1/2 C brown lentils
 1 T fresh thyme leaves
 2 tsp salt
 1/4 tsp black pepper
 12 fresh basil leaves (optional)
 1/4 C grated Parmesan (optional)

Make a slice into each leek lengthwise to reveal layers, and rinse under running water to remove grit. Then finish the slice through, and cut each half into 1/4-inch-thick half moons. Remove the stems from the

Nanny's Green Tomato Relish

* This makes a huge batch for canning. We got over 10 pint jars. You could easily cut in half, or in third for eating fresh.

1 peck green tomatoes (roughly 20 apple size)
 6 large onions
 6 green peppers
 6 red peppers

Put through chopper and drain.

Syrup:

3 pints sugar
 3 pints vinegar
 1 T whole cloves, in cloth or tea ball
 1 stick cinnamon
 Boil quite awhile (20 min.?), remove cinnamon stick and cloves. Pour over relish. Add:
 1 T Salt
 1 T celery seed
 1 T mustard seed

Boil 20 mins.

Process in boiling water canner for 15 min.

kale. Stack the leaves on top of one another and slice them crosswise into 1/2-inch-wide strips; you'll need 3 Cups. Heat the oil in a saucepan over med. Heat. Add the leeks and cook for 3 min. Add the tomatoes and cook, breaking them up with a spoon, for 5 min. Add the water and bring to a boil. Stir in the kale, sweet potatoes, lentils, thyme, salt, pepper, and basil (if using). Simmer until the lentils are tender, about 30 min. Spoon into individual bowls. Sprinkle with Parmesan (if using).

Hands on time-20 min.

Total time: 1 hr.

Makes 6 servings.

From Real Simple Magazine

Fried Green Tomatoes

2 large green tomatoes, sliced 1/4-inch-thick
 1 large egg
 1/4 C milk
 1 T honey (if desired)
 1/2 C whole wheat flour
 1/2 C toasted wheat germ
 1/2 tsp dried thyme
 1/4 tsp paprika
 1/4 tsp salt
 Black pepper to taste
 1/2 C canola or vegetable oil

Mix the egg, milk, and honey in a shallow bowl. Mix the flour, wheat germ, salt and spices together in another shallow bowl. Dip the tomato slices in the egg mixture and then in the flour mixture. Heat 1/4 C of the oil in a med-sized skillet. When oil is hot fry over med-heat. Turn until lightly browned on both sides. Remove to paper towels to drain. Add the rest of the oil and cook remaining slices. Drain and serve.

* Fried green tomatoes can also be used as a substitute for eggplant in Eggplant Parmesan.

From The Genesis Farm Cookbook

Spicy Sweet Potato and Coconut Soup

1 1/2 lbs. sweet potatoes, rinsed
 1 T vegetable oil
 1 onion, roughly chopped
 1 2-inch piece ginger root, peeled and thinly sliced
 1 T red curry paste
 1 15-ounce can unsweetened coconut milk
 3 C chicken or vegetable broth
 3 1/2 T lemon juice
 1 tsp salt
 1 T toasted sesame oil
 1/2 C fresh cilantro sprigs

Preheat oven to 400°F. Put the sweet potatoes on an oven rack and bake for 50 min. or until tender. Remove from the oven and let cool. Heat the vegetable oil in a large saucepan over medium heat. Sauté the onion and ginger until the onion softens, about 5 min. Stir in the curry paste and cook for 1 min. Add the coconut milk and broth and gently bring to a boil. Reduce heat to a simmer, partially cover, and cook for 5 min. Skin the potatoes (if preferred) and cut into 1-inch chunks. Add the potatoes to the soup and simmer for 5 min. Stir in the lemon juice and salt. Ladle the soup into serving bowls. Drizzle the sesame oil evenly over the servings. Garnish with the cilantro.

Hands on time: 15 min

Total time: 1 hour

Makes 4 servings

From Real Simple Magazine

