



BLOOMING GLEN FARM

July 24
Newsletter
Issue #6

BloomingNow!

Features Fresh from the Farm

Community
Supported
Agriculture

From the field...

Summer's bounty, despite the crazy weather, is upon us. It is a delight to harvest all these beautiful crops. Our stir fry's have taken on a rainbow colored hue, as well as the vase of flowers that adorns our table. We know things are booming as our harvest takes longer and longer... we just barely got things in to the distribution center by 2:00 last week. Though we did have to move a bit slower

in the 100° heat. Even if we don't like the heat, the crops sure do, especially the gorgeous flowers. Speaking of which keep an eye out for the bright yellow goldfinches who perch on top of the sunflowers, munching on the seed heads. We will be making the strawberries and cherry tomatoes pick-your-own to help alleviate some of our harvest burden. There is a rainbow of cherry tomatoes to

pick- so if you're not sure what color is ripe we will have some samples in the distribution center, or you can ask one of the farmers. Check out our big greenhouse as we trellis and baby our heirloom tomatoes, varieties I will describe in more detail in the next newsletter, as they begin to ripen and appear in the share, full of flavor, color and history.

-Tricia and Tom

News and Notes:

- We now have a **restroom** in the distribution center for your use. Thanks to volunteer member extraordinaire, **Jeff Kash**, for all his wonderful carpentry work.
- We would like to form a **Fall Festival Planning Committee**. If you're interested, please let us know.
- We will be **harvesting** all our storage **onions** this week to dry down and give out for the rest of the season... this is a great job to do with your kids. We will start this Tuesday the 25th (if it's not raining), during pickup. If you can lend a hand for a bit, we'd love the help. We will lay the onions out to dry in the Rosenberger's beautiful warm, barn.
- Keep an ear out if you're interested in helping with the upcoming **potato harvest**. Their skins are cured and they're ready to be dug. This requires some muscle for the digging with pitchforks, as well as hands to find and gather the potatoes. A great group activity! Hopefully a Wed. pm or Sat. am work crew will be able to help with one of these harvests. Both the potato and onion harvest are weather dependent, requiring some dry days, so we'll send out emails as soon as we know.

Sumptuous Summer Strawberries... out of Season?!

There are two kinds of strawberries (all of them delicious, and being of the rose family, a true delight to the senses). First, the commonly known June bearers, which as the name implies typically bear fruit over a four week period in June. Because of this short season, the fruits are more susceptible to the extremes of nature. A Spring downpour can wash away flavor, rot fruit and decrease yields. You plant June bearers in the fall to yield the following year. The other type of strawberry is the "day neutral", or everbearing, a hybrid recently developed by researchers at the U of Calif., which fruits irrespective of day length. They have a mild, sweet, low-acid wild berry flavor, and are planted in the

Spring. In order to encourage the plants to get established the flowers are pinched off until July. Then they supposedly bear fruit into the fall, and potentially the following Spring. This is the variety we are experimenting with here on the Farm, though we will also plant June bearers this Fall. The day neutral is very popular on the West Coast. With approximately 23,000 acres planted, Calif. produces 80% of the nation's strawberry crop, with Mexico being the number one foreign producer. A typical conventional grower will use methyl bromide, chloropicrin, Captan, malathion, Diprom, Vendex, Kelthane and Avermectin to bring a crop of berries to market. Ugh! That's 300 lbs of pesticide

active ingredients per acre per year. This puts conventional strawberries in the USDA's top ten list of fruits and veggies with the highest levels of pesticide residues. Personally, I'll take a few bug holes in my berries to all those chemicals. We became familiar, and impressed, with the everbearing variety, Seascape, during our experience farming in Oregon. We are excited to explore its potential here on the East Coast. It's pretty special to have fresh, local, chemical-free, strawberries this time of year. So if you've been wondering how we have them, now you know. Since our experiment seems to be a success so far, enjoy the bonus to your share this season! And we'll see how long they keep producing.

Curried Chickpea with Chard and Zucchini

1 bunch chard (10-ounces), leaves rinsed, stems reserved
 2- 3 T olive oil
 1 large onion, chopped
 2 large garlic cloves, chopped
 1 tsp ground coriander
 1 tsp ground cumin
 1/2 tsp turmeric
 3 C cooked chickpeas (garbanzo beans), or 2 cans drained
 1/3 C veg. broth or water (optional)
 1/2 pound zucchini, halved and sliced 1/2 inch thick
 Salt and freshly ground pepper
 Pinch of cayenne pepper

Rinse chard well. Cut stems in 1/2 inch slices. Coarsely chop leaves. In a medium saucepan of boiling water, cook chard stems over medium heat 2 min. Drain chard, reserving 1/3 C of the cooking liquid. Heat 1 to 2 T oil in a large saucepan. Add onion and sauté over medium heat for 7 min. or until golden. Add garlic, coriander, cumin and turmeric, and sauté for 30 sec. Stir in chickpeas and 1/3 C chickpea cooking liquid, or vege-

table broth or water. Add zucchini and bring to a boil. With pan on low heat, add chard leaves in 3 batches, covering briefly after each addition so chard wilts. After adding all the chard, simmer uncovered for 3 min. or until zucchini is tender. Add chard stems and heat through. Season to taste with salt and pepper. Serves 4 to 6. This is delicious with fish or chicken, or as a vegetarian dish with rice.

Gazpacho

1 whole glove garlic
 1/2 small onion
 1 small green pepper, seeded and sliced
 3 ripe tomatoes, seeded if necessary and quartered
 2 large cucumbers, peeled and sliced
 1/2 tsp freshly ground pepper
 1 T fresh basil
 1 tsp salt
 2 T olive oil
 3 T wine vinegar
 1/2 C chicken or vegetable broth

Put all in a blender until mixed but not smooth. Chill and serve.

Katie's Beet Dip

One big beet, or a few small beets
 One small potato
 Garlic cloves (amount depends on how much you love garlic)
 6 tsp. olive oil
 2 T red wine vinegar
 Boil beet and potato until soft. Puree all ingredients in blender, add extra garlic as desired. If you use more beets, add extra oil and vinegar. Simple, yet super tasty.

Roasted Eggplant

1/2 C packed fresh cilantro
 1/4 C olive oil
 2 T lemon juice
 2 tsp ground cumin
 1 tsp ground coriander
 Pinch of ground cinnamon
 Stir together.

1 large eggplant, or 2 small, cut into 1/4 inch slices

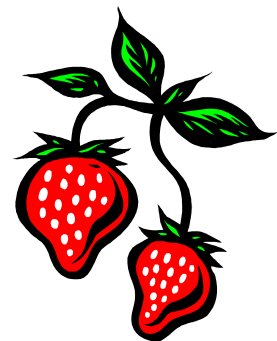
Brush cilantro mixture on both sides of eggplant slices and transfer to greased baking pan. Broil eggplant 5-6 inches from heat until golden and cooked through, about 10 min. Salt and pepper to taste.

Strawberry Tabouli

1 1/2 C bulgar wheat
 1 to 2 tsp salt
 2 C boiling water
 1/4 C extra virgin olive oil
 1/3 C lemon juice
 2 C finely chopped flat leaf parsley
 3/4 C finely chopped mint
 4 C chopped strawberries
 1 C toasted pecan pieces

In a large bowl, combine bulgar and salt. Add boiling water, cover and let sit for 30 min. Remove cover and fluff with fork.

Stir in oil and lemon juice. Add parsley, mint and strawberries. Cover and refrigerate.



This is often best left overnight to let the flavors blend.

When ready to serve, add toasted pecans and toss to mix or serve with the pecans sprinkled over the top.

This looks like a good recipe, if you can hold off from eating your berries on the ride home, that is if they actually make it to the car.