

# CSA Newsletter, Week 4 of 20

July 02, 2007

This is a Healthy Alternative 'B' week.

**Note: this week the Wednesday pick-up will be on Thursday so as not to conflict with any of your plans for the Fourth.**

## Farm Report

*by Farmer Tim*

Hello from Erewhon! Great news from our field at HPM! Yesterday we ate (actually, gobbled down!) our first tomatoes. Now granted our sun sugar cherry toms were really a bit short of full ripeness but it made us pretty happy because June 30 is the earliest ever by three weeks for the first tomato. Amazingly, we had planted sun sugars both in the field and three weeks earlier in the hoop house and we got ripe ones on the same day in both places. On a bit more somber note we discovered the first tomato hornworm. We were looking closely inside the foliage of a large tomato plant and were suddenly eyeball to eyeball with a truly fierce creature. Although quite harmless, two or three of these critters can chew off half the leaves of a tomato plant in about two days. If we have an infestation, we'll put out a call for some sharp-eyed and brave youngsters to help pick them off.

Tomato Hornworm picture (You have to scroll down a bit to come to the hornworm pictures):

<http://images.google.com/imgres?imgurl=http://www.duke.edu/~jspippen/naturephotos/tomato-hornworm-braconids050916-6227durhamz.jpg&imgrefurl=http://www.duke.edu/~jspippen/naturephotos/caterpillars.htm&h=323&w=600&sz=44&hl=en&start=1&um=1&tbnid=5-mkzJZlGhjMWM:&tbnh=73&tbnw=135&prev=/images%3Fq%3Dhornworm%26svnum%3D10%26um%3D1%26hl%3Den%26rls%3Dcom.microsoft:en-us:IE-SearchBox%26rlz%3D1I7ADBR>

On Monday we built the first raised bed, 4' by 150' , planted some komatsuna for one of our restaurant customers, and covered the bad with a spun fabric row cover which should keep out the flea beetles.

Komatsuna pictures:

<http://images.google.com/images?um=1&tab=wi&ie=UTF-8&oe=UTF-8&rls=com.microsoft%3Aen-us%3AIE-SearchBox&rlz=1I7ADBR&q=komatsuna>

Flea Beatle picture and information:

<http://images.google.com/imgres?imgurl=http://www.ag.ndsu.edu/pubs/plantsci/pests/e1234-34-1.jpg&imgrefurl=http://www.ag.ndsu.edu/pubs/plantsci/pests/e1234w.htm&h=330&w=4>

[50&sz=17&hl=en&start=3&um=1&tbnid=RM5QacQ3x0IU0M:&tbnh=93&tbnw=127&prev=/images%3Fq%3Dflea%2Bbeetle%26svnum%3D10%26um%3D1%26hl%3Den%26rls%3Dcom.microsoft:en-us:IE-SearchBox%26rlz%3D117ADBR](http://50&sz=17&hl=en&start=3&um=1&tbnid=RM5QacQ3x0IU0M:&tbnh=93&tbnw=127&prev=/images%3Fq%3Dflea%2Bbeetle%26svnum%3D10%26um%3D1%26hl%3Den%26rls%3Dcom.microsoft:en-us:IE-SearchBox%26rlz%3D117ADBR)

If our scheme works, we'll build more of these beds and the quality and look of our Asian greens, mustard, arugula, and some other crops should greatly improve.

Last Sunday Candy Crawford and her daughter Ellie came out to help at **Mongerson**. While we weeded, Ellie raced around the flower garden netting white moths that are laying eggs that hatch into cabbage worms. She then fired up the Dirt Devil and we believe her catch of 108 potato beetles is a record! Thanks! We also were helped by Robin Migalla and Jenny and Andrew Gresko last week.

More rain at the **Konen Farm** has stirred all his crops into action. This week we harvested broccoli, cabbage, cauliflower, and summer squash and there is a lot more to come. Mike Konen, ever humble, pointed out that my comment last week about his field being weed free was not truly correct as he pointed to a few button weeds in one of the rows. However, given that he uses no herbicides, the field looks great!

Thanks also to those who brought compostable materials to **HPM** last week – we had quite a pile by Saturday. While dumping the bags onto our field, we noticed that a few of our veggies had made a round trip back to the farm uneaten. While we're happy to get them back, we're concerned about why they're not being eaten. Are they wilted? People not sure how to process and cook them? Anyway, our CSA quality control manager has been dispatched to look into the matter and make a full report.

## **CSA Produce Forecast**

*by Farmer Tim*

### **This week's offerings:**

This week we should continue to have large amounts of broccoli, so everyone should get that in their share, along with cauliflower, cabbage, and summer squash. We should have small amounts of beans, peas, lettuce, new potatoes, kohlrabi, Swiss chard, kale and raspberries available for the Veggie Lovers.

### **Future offerings:**

Look for cherry tomatoes (probably just for Veggie Lovers at first), sweet corn (estimated first harvest date is July 10!), lettuce for all, basil, dried garlic. In a couple of weeks we will be opening our herb cutting garden. I think we'll try to cut one herb for the table/boxes each week and you will be welcome to trot, or meander, if so inclined, out to the herb garden near the peacock pen and to cut your own.

# Heritage Prairie Happenings

by Beth Propst

## Farm Camp

Wondering what to do to keep your kids entertained this summer? Have them come out and spend some time with our *kids* (pun intended!). We have a programs for Sprouts, ages 5-7 (4-year olds may attend if accompanied by a parent) and Junior Farmivores, ages 8-13. Farm Camp begins the week of July 9 and will continue for 6 weeks. You can sign up for one program or multiple weeks. I have included a copy of the Farm Camp flier at the very end of this newsletter.

## Farm Store

We've got fresh flavored pickles! We've got fresh Chicago Style Giardiniera! We've got New Orleans Style Muffalata. We've got lotsa other tasty stuff too! Why! Well.... Because we've got That Pickle Guy and That Pickle Guy only produces products that are made fresh from our nearly extinct "Old World" family recipes.

That's a quote from That Pickle Guy's web site, but it applies to our store as well. Why are That Pickle Guy's products so great? Here's another quote from his web site.

The "That Pickle Guy" portfolio consists of products that are handmade & hand packed fresh in our Chicago kitchen. Our products are made using nearly extinct "Old World" small batch techniques that come from generations of family recipes. By using small batches we insure our consistent flavor in every jar we sell. vegetable is selected based upon a careful "Survival of the Fittest" process. Once chosen, they are prepared separately in small batches to insure that each vegetable is never overcooked by never being overlooked!! These small batches are taste tested and if approved they are married with select choice ingredients. Harmonious flavor is concocted within each jar...

If you like pickles, these are the best!

## Geneva Green Market

We now have the first Geneva Green Market under our belts. It was rated quite a success by customers and vendors alike. The GGM features locally grown, minimally processed produce and products. It is held at 75 N. River Lane in Geneva, in the picturesque park along the west side of the mighty Fox River. They are a community supported Farmer's Market: all the farmers live in with a 200 mile radius of Geneva, IL. They plan to have a chef demo and a kid corner every week. The time is from 7 a.m. to 1 p.m. Opening day is June 28, 2007, on Thursdays. Stop by some morning and say hello to Sarah or Bron at the booth.

# Pages from Grandma Beth's Cookbook

by Beth Propst

## Broccoli

### Quick and easy Broccoli Stir Fry

Sauté onions and garlic in olive oil until onion is slightly tender. Add broccoli florets. Continue to stir-fry until broccoli is tender. (It helps to par-boil or nuke the broccoli before stir-frying.) Add a little balsamic vinegar. Serve over a bed of greens (very low cal and healthful), over pasta, or as a side dish.

**Variations:** add or substitute other veggies, like cauliflower, summer squash (doesn't need to cook nearly as long as the broccoli), beets, beans, sugar snap peas, carrots, parsnips, kohlrabi. Add fresh herbs. Omit the balsamic vinegar and add red pepper flakes, paprika, or cayenne pepper.

### Oriental broccoli Stir-Fry Variation

Stir fry onions and walnuts (or almonds) in hot sesame oil for about 1 minute. Add broccoli florets and toss for 3-4 minutes. Add red pepper (sweet bell, not hot) strips and a couple of TBS of soy sauce. Cook for another minute and serve immediately.

### Tangy Creamed Broccoli

½ c chicken broth  
½ tsp. dried thyme (or about 1 tsp. fresh thyme)  
3 c broccoli florets  
2 TBS sour cream  
2 tsp. flour  
2 tsp. Dijon mustard

Bring broth and thyme to boil. Add broccoli and return to boil. Simmer broccoli covered until tender crisp—about 5 minutes. Retain cooking liquid in saucepan, but remove broccoli. Keep broccoli warm.

Blend sour cream, flour and mustard. Stir into cooking liquid in saucepan. Cook over medium heat until thickened, stirring constantly. Continue to cook and stir for another minute after thickening, but do not allow to come to a boil. (If sauce gets too thick, add more broth a tablespoon at a time.)

Return broccoli to saucepan. Stir gently until coated. Serve at once.

**Grandma Beth's Notes:** This sauce would also be good on cauliflower, Brussels sprouts, or green beans.

### **Broccoli with herbs**

1 head of broccoli, cut into florets  
2 tbsp. butter  
2 tbsp. fresh herbs (dill, thyme, lemon basil, mint)  
1 tbsp. lemon juice

Steam broccoli about 6 minutes until just tender and bright green.

Melt butter. Stir in herbs and juice.  
Pour butter mixture over hot broccoli and serve at once.

Until next week ....

P.S. Please email us with questions, comments, suggestions, recipes, and we will include them in future newsletters. We really hope to get a lot of recipes so that in a year or two we can create the Heritage Prairie Market Cookbook.

All newsletters will be posted on the HPM web site in the Forums section by 8:00 Monday morning.

If you need to contact us during the week, please call the Heritage Prairie Market phone (630-715-5475), Beth's cell phone (630-485-9964) or Tim's cell phone (630-485-9963). E-mail works if you do not have an immediate need, but response may take 24-48 hours during busy times.  
Thanks.

## Farm Camp 2007

Heritage Prairie Market and Education Center

2N308 Brundige Road  
Elburn, IL 60119

Store Phone: 630-715-5475

Our Farm Camp is all about cultivating JUNIOR FARMIVORES! Farmivore is our name for anyone who loves being at the farm, digging in the dirt and eating delicious locally grown food. Beginning the week of July 9th, our Junior Farmivore program will introduce kids to life as an organic farmer. As our harvest season continues, the kids will witness the changes on the farm first hand. Each day will make the most of the weather and harvest conditions. The Heritage Prairie Farm Camp Program will last six weeks. Sign up for the days that suit your summer schedule best. Camper reservations must be made at the store by the Saturday before camp. There will be limited availability so please call now to sign up!

### Sprouts

Ages 5 through 7 (4 year-olds may attend if accompanied by an adult.)

This program will be offered on Tuesday and Thursday mornings from 10:30 to 12:30.

This program will include : a walk through the gardens giving the children a chance to experience the smells and tastes of the weekly harvesting. Children will enjoy lessons on the good bugs and the bad bugs of the garden. The bad bugs get fed to the chickens! There will be a farm art projects and games. A farm snack and bottled water will be provided. All children must wear hats and sunscreen.

Price: \$12.50 for subscriber/\$15.00 for non subscriber

### Junior Farmivores

Ages 8 through 13 (The program will vary for the 8 - 10 yrs. and for the 11- 13 yrs.)

This program offered:

Wednesdays from 1:30 to 4:30 in the afternoon, ending at the beginning of Wednesday subscriber pick-up. Campers need to have had lunch before coming to the farm.

Fridays from 10:30 to 2:30 in the afternoon, ending at the beginning of Friday subscriber pick-up. Campers must bring a lunch and beverage.

This program will include : a farm art project and time spent in the gardens picking, watering, weeding, or maybe even vacuuming bugs! The campers will also create their own bug or bird guides documenting what they see on the farm. They will also be learning about beneficial insects and organic solutions to pest control. A farm snack and bottled water will be provided. All children must wear hats and sunscreen.

Price: \$18.50 for subscriber/\$20.00 for non subscriber

