

# CSA Newsletter, Week 5 of 20

July 09, 2007

This is a Healthy Alternative 'A' week.

## Farm Report

*by Farmer Tim*

Greetings from Erehwon! We have finished planting our new raised bed and everything is covered with Agribon row covers to keep the critters out. We peeked under the cover this week and didn't see any evidence of flea beetles eating little holes in the leaves so either our solution worked or the flea beetles have moved on for the moment. About ten days ago we saw a large moth flapping around the HPM hoophouse and it appears she laid some hornworm eggs on green tomatoes. The babies hatched, ate large holes in the tomatoes and proceeded to climb up the plant and feasted on the leaves. About twenty plants now have little sticks where the leaves used to be. Last evening we looked closely at each plant but since our tired eyes don't focus well at close range, none of the critters were visible. Call to action! We need some sharp-eyed tomato hornworm spotters! If you can find them, we'll pick them off to save you the bother of cleaning the hornworm spew off your clothes. (*Rumor has it that the peacock love tomato hornworms!* Beth)

Last week Steve Trisko came out to help us harvest for our Tuesday deliveries. He arrived bearing a large, sharp knife akin to one carried by Rambo. We began harvesting kohlrabi. "Thwick, thwick, thwick," sounded as the leaves were lopped off. "Shunk," and off came the root ball. "Thwick, thwick, thwick, shunk. Thwick thwick, thwick, shunk. Thwick, thwick, thwick, ouch!" A quick trip to the Mongerson infirmary repaired his nicked finger and all was well for the remainder of the day.

Last Friday we were pleased to hear from Mike Konen that he was about to harvest his first batch of sweet corn. Andy Hansing, who is helping us this summer, was dispatched to the Konen Farm to bring back about 25 dozen ears for subscriber pickup and the weekend markets. After a bit Andy rolled in, opened the back seat door of his car revealing a sea of green ears, completely filling the rear compartment! After taking a photo we quickly transferred the loot into produce boxes which were immediately delivered into our new walk-in cooler. Say Mike, the corn is delicious but could you find some of those nice burlap bags you used for corn last year? At last glance we saw Andy looking for our Dirt Devil so he could vacuum up the bugs and corn silk from his car. (*So Saturday's pickup for the markets and the store went into our car and there was no Dirt Devil in operation there. And I had that car immaculate just one month ago so I could use it to go to my daughter's wedding!* Beth)

Izabel Kowalski, who is responsible for managing our seed-starting operation, brought her friend Melody to the farm on Thursday to help process vegetables for the midweek pick up. After setting up the tables they drove across the street to weed one of Beth's flower patches. Thanks for the help! On Sunday, after ignoring Beth's (*excellent*) advice that it was way too hot to work

*(Don't blame me if you're too sick to work on Monday. Beth), we continued weeding in the same area. The pigweed and lamb's quarters were as much as three feet high and many resisted the "three-fingered lift" so we were forced to use the "two-handed jerk" to get them out of the ground. It was rather warm out so we employed our "water weeding" technique by holding the hose into the wind with left hand and pulling weeds with the right. This method keeps you cool but covers you with so much mud and grit that you are usually met by Beth at the door and ordered to strip before you are allowed into the house. (Farmer Tim strong like limburger. Go straight to the shower, do not pass go, do not lie down on the couch, do not sit in the chairs. Beth)*

On Friday Victor, a neighbor of Jenny Gresko in Wheaton, came out to help on the farm. After toting forty-pound tubs of squash, cabbage, and cauliflower down the long rows at the Konen Farm he was sent to water the plants in the hoophouse. After a few minutes we cruised by to check on him and he was dutifully dousing the tomatoes. However, his face was a bit red and sweat was pouring down his face. We checked the thermometer and it read 111 degrees – no breeze was blowing in the house because the wind was from the South. We said, "Victor come outside and take a break, it's over 110 degrees in here!" "It's okay," he replied, "It was 116 when I came in!" We're hoping he will come back to help us. *(Tim, it is not okay to kill the hired help. Beth)*

## **Garlic harvesting**

We are planning on harvesting our garlic on Wednesday and we could use a lot of volunteers to do that. We will pull it up, cut off any remaining scapes, separate out the seed garlic for next year, tie it into bunches, label it as to variety, and hang it to dry. This is probably an all day operation, and helping with the harvest may be a farm camp activity for any junior farmivores registered for Wednesday. If you can come out and help us Wednesday, please e-mail Tim at [timf7@yahoo.com](mailto:timf7@yahoo.com) or call him at 630-485-9963. If you can't make it on Wednesday, we may still be harvesting on Thursday (we have *lots* of garlic!) so call Tim and see if he still needs help.

## **CSA Produce Forecast**

*by Farmer Tim*

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

Well, obviously, corn! Last week the Friday subscribers got some. This week and subsequent weeks everyone will get some. We continue to have cabbage, cauliflower (this week we may have some Cheddar (the orange variety)), broccoli, and kohlrabi. We may have lettuce if it survived Sunday's heat—about a 50-50 chance. Also, our potatoes are starting to come in—probably not enough for everyone this week, but enough to be a choice for pick-up subscribers. Friday's Veggie Lovers may get some tomatoes. (Note: There has been some confusion because we have named our large share the Veggie Lovers. Now, we know you are all veggie lovers or you wouldn't be subscribers. But we thought that Veggie Lover was a more tactful name for the large share than Veggie Piggie or Veggie Glutton. However, we now have this confusion over

what we mean when we say Veggie Lover. So we are looking for a new name for the Veggie Lover share. Any ideas?)

### **Future offerings:**

We are also close to harvesting some yellow beans and possibly some cucumbers. Garlic for sure next week and pretty soon potatoes for everyone in a rainbow of colors—red, blue, yellow, and white..

## **Heritage Prairie Happenings**

*by Beth Propst*

### **Farm Camp**

It's still not too late to sign up your little sprouts or junior farmivores for one or more sessions fo farm camp. This week we will hold the first sessions, but there are five more to go. The chickens are eagerly anticipating another bountiful bug feast—hopefully the sprouts will catch a lot! And the goats are positively drooling, thinking about those lovely weeds and veggie trimmings. So sign up for a session or two. Moms can drop off their kids and have an couple of hours free for shopping, getting their hair done, or whatever. If you prefer, you can just bring a book, get a cup of our own mint iced tea in the store, sit in one of our rocking chairs in the shade, and catch up on your summer reading. More information about farm camp is included at the end of this newsletter.

### **Farm Store**

**Chocolates**, wonderful chocolates—our newest line of products in the store are sweets by Two Sisters and The Other One. They have developed a line of candies called Buddha Bites using Organic and Rain Forest Alliance Certified Chocolate. The truffles have wonderful things like lavender, cassis, coffee, rosemary, and lemon in them. Each truffle flavor has a name—Harmony, Bliss, and Tranquility are just a few. They have also developed a line of vegan cupcakes just to sell at our store—and let me tell you, they are gourmet treats, even if you are not vegan! We sampled them at the store during subscriber pickup on Friday and they were very well received. For more information, check out their web site: <http://www.twosisterstoo.com>

Another new item last week was our **fruit**. Every Thursday morning we will be getting in a shipment of fruit from Hilltop Orchard in southwestern Michigan. Last week we received a small shipment of cherries, blueberries, and green transparent apples. (Transparent apples, for those of you (including me!) who don't know are an heirloom variety of apple imported from Russia in 1870. The tree is very hardy and bears clear yellow apples. Its tender, melting flesh is a favorite for pies and sauces, and good for early summer eating.) Actually, most of the cherries and berries are already gone, but we should be receiving a larger shipment this Thursday.

## **Campton Hills Farmers' Market**

The newly formed village of Campton Hills has started a Farmers' Market on Saturday mornings, starting last Saturday. All last week we were receiving phone calls and visits from various organizers pleading with us to come. We were resisting--it was a staffing problem: both Sarah and Bron were gone and Beth was doing the Batavia Market. Bob finally stepped up to the plate and said he would do it. So now, between Erehwon and Heritage Prairie we are doing five markets. The Campton Hills Market is in Campton Corners, behind Michael Angelos Pizza shop. Every week, Frank, the owner and pizza chef at Michael Angelos will use veggies from the vendors to make a veggie pizza for sampling during the market. If you live in the area, come see this market. It is starting small, but has a lot of potential.

## **Pages from Grandma Beth's Cookbook**

*by Beth Propst*

### **Recipes on the web**

During subscriber pick-up I keep hearing two diametrically opposed conversations. The first begins "How do I cook \_\_\_\_\_?" The second is "Last week I made the most wonderful recipe for \_\_\_\_\_ and everyone loved it!" My dilemma is how to get these two groups of people together. I try to publish enough recipes in the newsletter, but, quite frankly, this is seriously taxing my ingenuity—especially since I don't have much time in the summer to invent new recipes. So I am trying something else. On the Heritage Prairie Market web site ([www.hpmfarm.com](http://www.hpmfarm.com)) I have created a Recipe Forum. I still have to do a little work to get it to work just the way I want it to, but please, please, please, if you have a good recipe, post it there. Over the next week, I will post more of my recipes there as well. Start a new topic for any new veggie you like, but don't do what I did and do a second topic for the same veggie or veggie group. Just reply to other posts in that topic. Our forum isn't smart enough - yet - to handle multiple threads under a single topic.

### **Stuffed Patty Pan Squash**

Scoop out the insides from the stem end of several patty pan squashes. Parboil or steam the shells for several minutes to soften up a bit. Chop up the scooped out portions of squash and sauté in butter with garlic and onions. Mix with bread crumbs or crumbled croutons, raw egg, sharp mustard, and grated cheddar cheese. Some herbs or pepper could also be added. Stuff the shells with the mixture. Bake at 350 for about 30 minutes. If desired, sprinkle more cheese on top and broil for the last couple of minutes.

This recipe can also be used with zucchini. Cut the zucchini in half lengthwise and scoop out the insides to make zucchini boats.

## **Even more summer squash ideas:**

1. Use them raw with a veggie dip.
2. Substitute for potatoes in potatoes au gratin or scalloped potatoes and adjust cooking time accordingly (squash usually need less time to cook than potatoes).
3. Make stuffed patty pans or zucchini boats using a stuffed mushroom or stuffed green pepper recipe. Some people recommend precooking the shells so they are more tender.
4. Steam with other vegetables and serve with herbed butter.
5. Add raw to your favorite pasta salad recipe—especially yummy with Italian Parmesan dressing.
6. Batter and deep fry.

Until next week ....

Beth, Tim, Bronwyn, and Bob

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