

CSA Newsletter, Week 6 of 20

July 16, 2007

This is a Healthy Alternative 'B' week.

Farm Report

by Farmer Tim (ghosted by Beth)

Greetings from Erehwon! This week's farm report is necessarily short because Farmer Tim is flat on his back in bed. The doctor assures us it is nothing serious, just very painful, and strongly advises *not* going to work for several days. Since moving causes pain, for once Tim is following the doctor's advice.

We did get the garlic harvested last week thanks to the volunteers who came out. I know Robin Migalla and Check Wettergreen helped in the morning and Candy Crawford and Christine Cedargren helped in the afternoon. (I was busy with the flowers all day, so I'm hoping I didn't miss any volunteers.) Anyway, now we have lots of lovely, lovely garlic.

Mike Konen's corn was so popular that we blasted through his entire first planting in the first week and his second planting won't be ready for a few more days yet. We're hoping his later plantings were larger.

In last week's report, you heard about young Victor whom Tim tried to kill by sending him to work in the hoophouse. Apparently this did not deter Victor because he came out to work two days last week. He took the train out Tuesday morning, spent Tuesday night at our house, worked all day Wednesday, and took the train home Wednesday evening

We had quite a houseful Tuesday night as my granddaughter Alexis came down to spend a few days with us and Steph regularly stays several nights a week with us. Alexis helped me cut flowers on Wednesday and Friday and she is one of the best assistants I've ever have. She has helped me several times over the last few years, so this wasn't her first time, but now, at 14, she is old enough to be a real help. This week my younger granddaughter, Catalina, is staying with us and wants to help on the farm. At 7 there are a lot of things she cannot do, but she makes up for her youth with an eagerness that no teenager can match!

CSA Produce Forecast

by Farmer Tim (ghosted by Beth)

This week's offerings:

Last week only the Veggie Lovers got garlic—freshly harvested and still muddy. This week everyone will get some. We continue to have cabbage, cauliflower, broccoli, and kohlrabi. I

think there should be plenty of lettuce. There should be a lot more potatoes, too. Veggie Lovers should get some tomatoes. (Note: We're still looking for alternative names for the Veggie Lover share. Only one person has responded to our request for new ideas.) We had a few eggplant and green peppers as extras last Friday, so look for more of those this week. Tomatoes are still coming slowly—blame this stretch of cool nights which is likely to last another few days—but they should start taking off any day now.

Future offerings:

We predict tomatoes coming out of our ears in a few weeks, the resumption of corn, more beans, and the first cucumbers. Carrots, beets, and radishes are also on the horizon.

Heritage Prairie Happenings

by Beth Propst

Farm Camp

Last week's farm camp sessions were a great success. The peacocks are really enjoying their feast of tomato hornworms that sharp eyes and little fingers are providing them. The tomato plants are very happy about this new farm activity as well. Wednesday's Junior Farmivores got to see a fledgling barn swallow that had left the nest about one day too soon. He was hopping about in the herb garden while Mom and Dad flew about overhead twittering and diving at anyone who got too close. I thought that would have been the highlight of the day, but at the end of the day a slightly grubby but happy camper assured me that the best part was "Catching bugs." There are still five weeks left to go in farm camp, so call the store or stop by to sign up your little sprouts or junior farmivores.

Farm Store

We have finally been able to make the connection for local grains. Early this year we started talking to the folks at Kaneville Feed and Seed, which has in the past specialized in selling to farmers for—you guessed it—feed and seed. We experimented with a few bags of their grain for sprouting and grinding into flour, but it was not really clean enough for human consumption. We were trying to work out what was required to get things on track, but then things got busy—for them and for us—and the project lay dormant for a while. But last week, we breathed life into it again. We will now be getting local flax seed to use in our flax crackers (made by Sarah, our raw foodist—see newsletter, week 1). KFS will also be providing locally grown whole wheat flour and rolled oats and possibly other grains as well. Most of the grains handled by KFS are certified organic as well as local. Now all we have to do is build our brick oven so we can bake our own breads using local flour, eggs, and milk.

Pages from Grandma Beth's Cookbook

by Beth Propst

Recipes on the web

On the Heritage Prairie Market web site (www.hpmfarm.com) go to the 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. Click on a topic to read the recipes already posted there and reply to one of those posts to add your own recipe. At this point I will have to add new topics as that option isn't available if you don't have an account, so if you want to post a recipe for which there is no topic, let me know and I will add it.

Sautéed Salmon on a Bed of Greens

This recipe works really well on greens that are a little bit wilted.

Sauté chopped onions and garlic in olive oil. (How much you use depends on your taste. I personally believe there is no such thing as too much garlic, so I tend to use a lot. I also like this dish with a lot of onion.) Add canned salmon. (Canned tuna, canned clams, or fresh salmon or tuna would also work well. If you are a vegetarian, you can leave the meat out.) Add lemon juice to keep from drying out. Add some vegetables (I like frozen corn in the wintertime, but sugar snap peas, broccoli, or summer squash will also work well.) I also add capers and sometimes herbs (maybe a little lemon basil, oregano, or thyme). Heat through (if adding raw vegetables, cook until the veggies are the desired degree of doneness). Spoon over the greens while still hot. This will wilt the greens a little bit, but if the greens are already a little past prime, this will mask that fact. Serve with grated parmesan cheese.

Easy Pesto

at least 2 cups firmly packed basil leaves (Our favorites are lemon and lime, either individually or mixed. I know some people who swear by Thai basil pesto as well, and the dark opal basil would make wonderful purple pesto.)

several cloves of garlic to taste

grated Parmesan cheese to taste

olive oil

lemon juice

(All amounts are approximate—I never measure, I just eyeball it. Sometimes there is more basil, but 2 cups seems to be about the minimum to get a decent amount of pesto. And you can never, never have too much garlic! Also, I never use pine nuts, but lots of people do. Add them, or for a vegan version, use pine nuts instead of Parmesan cheese.)

Peel the garlic and place in a blender or food processor along with basil. (If you use a lot, you probably won't be able to add it all at once. Just keep adding and processing until the basil is all gone.) Add equal amounts of olive oil and lemon juice to allow contents to move in the blender. Process until contents form a smooth paste. Add more olive oil or lemon juice if necessary. Add Parmesan cheese to taste. Toss with pasta. Or use as a sandwich spread. Enjoy.

Baby Summer Squash and Pasta

Sauté sliced baby summer squash (if baby squash are not available, you can use larger squashes to equal advantage) in olive oil with onions and garlic. Add herbs to taste. (An Italian version might have oregano, thyme, and rosemary, but lemon thyme with spearmint or basil would also be good, as well as many other possible combinations.) Serve over pasta (have you tried the wonderful pastas we have in the store—they have a wonderful flavor and the perfect texture!) Sprinkle with grated Parmesan cheese. Instead of Parmesan, you could use either the Mona or Dante sheep's milk cheeses we carry in the store.

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