

Newsletter

EREHWON FARO

Week 4-June 29, 2008

This is a Healthy Alternative B week

Farmer Tim Reports

Greetings, subscribers!

As predicted we have been scraping a bit to fill the boxes and bags; many crops are running two to three weeks behind the dates we predicted for harvest due to the cool weather earlier this spring.. We will, however, include all the items when they are ready and July bags should be Fuller. (Ooooooh! Farmer Tim is being punny. – Beth)

We have been working to improve our drip irrigation system -- we know that at some point we will not be getting these evenly-spaced rains. Last week we added drip lines for 400 tomato plants at Mike Konen's farm in Sugar Grove as the rain pelted down. Farmer T. forgot to bring his mud boots but did gain an inch or two in stature as he trudged through the sticky goo. "Squop", "Sqush", "Squop", "Sqush". Our motto, or sub-motto to "Always Weeding" (Semper Roncondi or sumptin' like that) is "If you need rain, start working on the drip irrigation system!"

P.S. Many thanks to Chuck Wettergreen who cleverly solved several technical problems to get our new 1,000 gallon incorporated into our system. Final step is to power up the pump and throw the switch. We finally appreciate the emphasis our high school math teachers placed on solving word problems: "Now class, if you have two full 1,000 gallon water tanks, and you turn on the high pressure output pump which sends 8 gallons a minute to the field, and the well pump is adding 5 gallons a minute to the tank, When will you run out of water? ("Aw, Mrs. Cavagnaro, we're never gonna have to use this stuff in



real life..." Last time I saw Chuck he was walking off with a big bag of garlic scapes – can't wait until we see what he makes with them.

We spent an enjoyable day at Mongerson yesterday participating in the Arts, Crafts, and Antiques Fair put on by the Garfield Farm Museum. Many artists were showing their wares and the barns were full of great finds. Mark Weaver of Geneva's Inglenook Café fed the crowd and provided a green salad with strawberry vinaigrette with most ingredients coming from the farm. There was a bit of excitement at the end of the day when one of those little red weather events danced through the farm, sending vendors scurrying to take down their tents and head for cover. Hope you guys raised lots of money for the Museum!

Friday Subscribers Take Note

This year July 4 falls on a Friday. Heritage Prairie will be closed that day for the holiday, so **our Friday pick-up will be on Thursday, July 3.** To accommodate your vacation plans, subscribers can pick up then or choose to pick up on Wednesdays instead. Just e-mail Beth (alpropst7@yahoo.com) if you will pick up on Wednesday. No reply is required for Thursday pick up.

Save the date

Garlic Harvest--July 19

We are planning a fantastic volunteer event centered around harvesting the garlic. This is a great activity for all ages. Details are still being firmed up and we will pass them on as they become available.

In your boxes this week

The theme this week is "Are We There Yet?" As Farmer Tim mentioned in his report, the warm weather crops are growing slowly, and you've already had all the cool weather ones at least once. Anyway--next week you can expect sugar peas, lettuce (Red Cross or Crispino (an iceberg)), Mibuna (an Asian green), green onions, spinach (Tuesday and Wednesday) and savoy cabbage (Thursday).

Those who have the Healthy Plus shares can expect Tasoi (another Asian green kind of like baby Bak Choi), another bag of lettuce, kale or Swiss chard, possibly broccoli on Thursday, and whatever else we can scrounge up.

We Get Mail

Hello Tim and Beth - We'll be away on vacation the next two Fridays. Any chance of moving our next pick-up from 3 July to 10 July? I promise I'll bring my own bag next time. I'm still a newbie.

By the way - those strawberries are incredible. They actually have flavor in contrast to the pumped-up things at the grocery store. We had

a great greens stir fry and the snap peas are getting eaten as they should be - like candy.

THANKS
Brian Corr

Thanks Brian for the kind words. We can usually accommodate date changes if you lettuce (Farmer Tim being punny again! – Beth) know so we can make sure we harvest the necessary amount of produce (especially if you make glowing comments about our produce ;-)). tf

Hello!

I can't believe it has been 2 weeks since our first delivery of your fresh produce! I meant to send an email immediately after our first box of goodies but time slipped by.

I want to thank you for the awesome produce that was delivered to BALL and then taken home for me and my husband to enjoy! Peter (my husband) and I were like kids on Christmas morning pulling everything out of the box and laying it all out on the kitchen counter.

We both come from farming backgrounds and had an organic garden for 20 years in Lombard. Nothing was ever put to waste. I can relate to everything mentioned in your newsletter. When we moved to Wheaton and bought a wooded lot the veggie gardening came to an end and we have been relying on the neighborhood stores and farm stands.

We are both artists but sadly spend our days working on computer spreadsheets to make a living. A creative outlet that we can enjoy daily is cooking! When we opened that box from your farm we were so excited. The possibilities were endless!!!! My husband was born in Italy and was raised on Arugula. He could hardly contain himself! Fresh picked Arugula!

Thank you so much for your hard work to keep up a farm and to distribute to those of us who cannot drive out to pick up your wonderful fresh produce! We are looking forward to tomorrow's delivery to enjoy again the excitement of opening the box and see what will be on our menu that we will be creating from your farm.

Thank you again,
Kathleen D'Attomo
BALL Horticultural Co.
P.S. If you have any extra Arugula during the season....you know where it will be put to good use.

Thanks Kathleen for your message! I'm trying to visualize a dining table here with a stern father telling a frowning ten-year-old boy, "Eat your arugula and THEN you can have some kale and chard. Think of all the starving children in ...!" tf



Getting the boxes ready for delivery

Delivery Schedule

12:30–van leaves farm
1:00-1:30–delivery at Ball Hort
1:30-2:00–delivery at Wheaton
2:00-3:00–delivery at Lombard
2:30-3:15–delivery at Bartlett
3:00-3:30–delivery at Elgin

All times are approximate and may vary.

Farm pick-up times

Wednesday: 4:00-6:30
Thursday: 2:30-5:30

Please try to pick up during these times. We are not available for early pick up because we are busy harvesting and processing your veggies and do not arrive to set up at Heritage Prairie until 30 minutes before the pick up starts. **If you have problems or questions about the pick up, please call Beth (630-485-9964) or Tim (630-485-9963).**

Wish List

Yard waste for the compost pile (grass clippings, non-woody weeds, and leaves; also kitchen veggie scraps). Please, no animal waste or woody matter. You can bring to the farm or drop in the back of the farm truck on pickup days (you can recognize our truck as it will surely be the oldest one in the lot!).

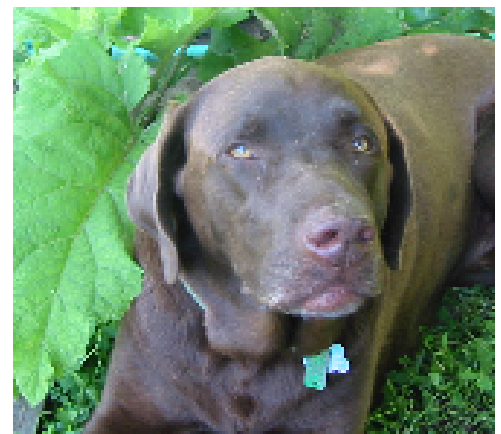
Volunteer rock monger on mowing day.

Person with a little time and maybe a book to read to help break in our new hammocks. "Two hammocks – no waiting!"

Newspapers and cardboard for mulching to kill weeds.

Paint can lids, quart, half and full gallon. We have designed a power winder to pull up drip tape and will need a couple of hundred by the end of the season.

Wagons for use in harvesting



Bucky the Farm Dog says "Hi!"

Grandma Beth's Cookbook

The World's Healthiest Foods

For those of you who have never visited this web site it is a wonderful source of information about foods. For each of the foods listed—and it is a mix of all foods, not just vegetables—they provide a description, information on nutrient value and health benefits, a history, instructions on selecting and storing, eating and food preparation ideas, and additional references. Click on the link for recipes and you go to a wonderful recipe website that lets you select ingredients to include and exclude and then finds recipes using those ingredients.

The George Mateljan Foundation, a non-profit organization free of commercial influence, provides the website free of charge. Their purpose is to provide unbiased scientific information about how nutrient-rich World's Healthiest Foods can promote vibrant health and energy and fit your personal needs and busy lifestyle.

Even if you don't check out this site, a good way to find recipes for your veggies is on the internet. Just google the name of the vegetable and the word recipe and you will get all sorts of hints. Some recipe sites let you list the ingredients you have on hand and will pop up recipes that use those exact ingredients. If you search YouTube.com you can even find videos of people preparing the dishes. Couldn't be simpler! If you find a good one. Share it with me and I'll put it in a future newsletter.

The following two recipes are courtesy of Chuck Wettergreen, of water pump fame. Grandma Beth likes it when subscribers contribute recipes, because it means she doesn't have to come up with as many. Thank you, Chuck!

Garlic Scape Hummus

contributed by Chuck Wettergreen

1 can of chickpeas, drained
6-8 garlic scapes
1 lemon
¼ cup sesame tahini (optional)
¼ tsp salt, or to taste

Cut scapes in one-inch pieces and food-process until finely chopped. Zest the lemon and reserve the zest. Add

the chickpeas, the juice of the lemon, tahini, and salt. Process the mixture until smooth. Add small amounts of water to get the mixture to the consistency you want. Once refrigerated this mixture will thicken somewhat. Coarsely chop the lemon zest and add, pulsing the food processor to mix. Taste and add more lemon juice and/or salt to taste. A dusting of cayenne pepper is not out of line if you enjoy a little heat.

Kale and Garlic Scape Salad

contributed by Chuck Wettergreen

1 large bunch kale
10-12 large curly-leaf kale stalks
10-15 garlic scapes
1/3 cup extra virgin olive oil
1 shredded carrot (optional)
2 tomatoes, seeded and finely chopped (optional)
1 cucumber, peeled and finely chopped (optional)
¼ tsp salt, to taste
1/3 cup salad dressing such as low-fat Italian or balsamic

Wash kale then strip the leaves from stems, reserving the stems. Cut the garlic scapes in one-inch pieces. Place in food processor and process with steel blade until finely chopped. (The next step is optional, but the stems have a lot of fiber and once processed are very easy to chew.) Cut the kale stems in one-inch pieces. Place in food processor and process with steel blade until finely chopped.

Take the stripped-off kale leaves and roll into a "cigar". You may have to do this several times, depending on how much kale you have. Take a sharp knife and very finely chiffonade the kale. (Chiffonade is a cooking technique in which herbs or leafy green vegetables are cut into long, thin strips. This is generally accomplished by stacking leaves, rolling them tightly, then cutting across the rolled leaves with a sharp knife, producing fine ribbons.) Make sure the kale is very finely chopped.

Put the chopped kale, processed scapes, stems, and salt in a large bowl and add the olive oil. Roughly "massage" the kale for several minutes until the volume has reduced by half and ingredients are thoroughly mixed and coated. Add the salad dressing, mix and taste, adjusting the seasoning as necessary. At this point add the optional ingredients, as well as any others that might add to the appearance, flavor and nutritional value.

Scrambled Eggs with Greens

A good recipe for the end of the week when the greens are starting to look a little tired.

Olive Oil
Garlic—minced
Onion--chopped
Greens (spinach, arugula, mibuna, mustard, beet)
Water
Eggs--beaten
Shredded Cheddar, Parmesan, Swiss, or Blue cheese
Chopped herbs (basil, thyme, oregano, rosemary, mint, or tarragon) or pepper to taste

Heat the olive oil in a large skillet. Sauté the garlic and onion until tender.

Add the greens and continue to cook until the greens are tender—about 5 minutes. If greens begin to dry out, add a bit of the water to keep them moist.

Pour the beaten eggs in and continue to stir. When the eggs are about halfway set, add the chopped herbs. (Pepper can be added earlier.)

Place on plate and sprinkle generously with shredded cheese.

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.

Greens and Pasta

2 tbsp olive oil
1 medium onion, chopped
2 or 3 cloves of garlic, minced
4 cups of greens (Spinach, arugula, Asian greens, mustard greens, beet greens)
Herbs (basil, thyme, oregano, rosemary, or tarragon) or ground pepper to taste
Pasta
Grated Parmesan cheese (or Romano)

Sauté onions and garlic in olive oil until tender.

Add greens and sauté until wilted.

Serve over cooked pasta and sprinkle with Parmesan cheese.

Variations:

Add one or more of the following while sautéing:

Frozen corn
Capers
Chopped tomatoes
Chopped cooked chicken
Bacon crumbles
Fresh sugar snap peas
Sweet bell peppers

Grilled Garlic Scapes

With the 4th of July coming up, we'll be doing a lot of grilling. Try coating some garlic scapes with olive oil and then grilling them. Yum!

Everybody have a happy 4th. We wish you all the best weather and traffic for you holiday plans! Drive safely and celebrate responsibly, and spare a fleeting thought for your favorite farmers who will be working—at least part of the day.