

Week 6-July 13, 2008

This is a Healthy Alternative B week

Farmer Tim Reports

Greetings from Erehwon!

Last week was truly a Broccoli blowout! We harvested nearly 400 pounds from four rows at Konen's farm (dem's long rows to hoe!) and hopefully every subscriber got a couple of large heads. We may have more of the same this week. Cabbages also were significant and cauliflower is maturing. If anyone wants to purchase larger quantities for freezing or other uses we are offering 10 pounds of broccoli for \$18 and 20 pounds for \$34. Cabbages are 10 pounds for \$10 and 20 pounds for \$18, a discount from our farmers' market price. Just send us an email and we'll deliver or you can pick up on your pickup day. Everything else is growing well and we hope for some summer squash and kohlrabi this week. We apologize that crops are about 3-4 weeks later than last year but Mother Nature is still in charge.

Farm projects this week include putting up the last of the tomato cages, continuing to plant in every bed that becomes available and continuing to work on improving fertility of the planting beds which means getting nitrogen in and available. Each time we prepare a bed we add compost, soybean meal (chicken feed), alfalfa pellets (rabbit food) and--if we have time--allow 2 weeks for the weeds to sprout so we can flame them prior to planting the bed. Our fertility indicator is the health of the pigweed (red stem) and the lamb's quarters; if they are thriving, it's likely other crops will too.

We were pleasantly not surprised to see a fine NYT article in last Thursday's paper about CSAs which featured our little operation. The



Steve Trisko (right) and Oliver Kowalski attacking weeds.

national recognition gave a boost to everyone. If you didn't see it, here is a link to the article.

(<http://www.nytimes.com/2008/07/10/us/10farms.html?scp=1&sq=erehwon&t=nyt>)

There were also some superb photos in the online slide show. And I'd like to know just what happened to Farmer Tim's large middle section! Jen Zawacki's shot was filled with glittering orbs as she watered some plants. (Was that picture a setup? I can see what looks like a thunderstorm rolling in from behind her! ;-)) Great work Carlos! As the email congratulations rolled in from around the country, we felt our head begin to swell a little as we read requests like, "Could you give a tour to our farm group from Texas?", "We are doing a farming documentary and could we include your farm?" From California: "We'd like to buy a share and give it to a needy person." Wow, how about the power of the press!

We settled back on our hammock and began to daydream as a delicious cloud of hubris settled around us. "Master of the universe ... Mission accomplished ..." After fifteen minutes we started awake and realized, "We're

nowhere near done yet! We've got to improve our CSA. We've got to do what we can to get more local farms going. This is a *journey* we're on!" We now had our feet planted firmly back on Erehwon soil. But wait! Before the article we were pretty much nowhere and doing things backwards when compared to most of the farms around us (small, selling direct, no chemicals, etc.). But, now, are we somewhere? Are we still backward? Do we need to change our name to Erehwemos, Formerly Known as Erehwon? "Basta!" We need to go do some weeding.

Garlic Harvest--July 19

We are planning a fantastic volunteer event centered around harvesting the garlic. This is a great activity for all ages. Here's the schedule:

12:00-2:45

Volunteers help harvest, sort and string up garlic for hanging. Juice, water, and light snacks will be provided.

3:00-3:45

More than you ever wanted to know about garlic--information about the history of garlic, it's health benefits, growing garlic, and cooking with garlic.

4:00-7:00

Potluck dinner--everyone invited--bring a dish to pass. We will provide plates, plasticware, cups, water, and juice. If you want something besides juice or water to drink, bring your own. To help cover our costs, we are asking for \$5 per family. The fee will be waived for those who volunteer.

We will also have some children's activities--catching bugs, drawing farm pictures, playing with Bucky the Farm

Dog, etc. (We are looking for a volunteer to coordinate this. Please e-mail if you are interested.)

Please bring your own chairs as we do not have enough for everyone.

Please e-mail Beth if you plan on coming so we can get a count.

In your boxes this week

I think the theme this week must be "When the Brassicas Do Well, They Do Really Well." You can expect in your box this week some, if not all, of the following: cauliflower, cabbage, or broccoli. Also Galactic lettuce (a beautiful dark red), sugar peas for some (although they are slowing down), probably summer squashes and potatoes, with larger quantities on Wednesday and Friday, kale, possibly some kohlrabi.

Those who have the Healthy Plus shares can expect beans, pesto-sized basil, Chinese cabbage, possibly kohlrabi and raspberries.



Farmer Tim turning the compost

We Get Mail

Hi,

I love the CSA and the broccoli looks so good this week.

But I confess, I am a wimp about the tiny green worms. Do you or anybody else know any way to get rid of them in rinsing or preparation? They are SO

hard to see, but when I rinsed the broccoli in the sink I had a bunch of them swimming around and I'm just sure there's more. Do you think that boiling the florets would do the trick?

I don't expect this one to end up in the newsletter. It's just my squeamishness. Any suggestions would be appreciated.

Carol Nunns

For those of you who missed it in last week's newsletter, you soak it for a few minutes in mildly salty water. This works well for cabbage, cauliflower, and other veggies. Beth

Hi Beth,

Just wanted to let you know we saw the CSA article in the New York Times. You folks really are doing a great job, and the picture of Tim is excellent. We do have one concern, however.

Now that you are both celebrities with credits in that newspaper....Do we need to bow before you both, or will asking for an autograph be sufficient?

Congratulations on spreading the word for Community Supported Agriculture. We are certainly enjoying the great variety of items within our Healthy Alternative share pickups.

Russ and Barb Hart

*Thank you for the kind words, Russ and Barb and all the rest of you who e-mailed about the article, but bowing is definitely **not** necessary. As you can see from Farmer Tim's report this week, he definitely does not need any more encouragement!*

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

Friday: 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!).

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

Volunteers for cooking demonstrations on subscriber pick up days

Grandma Beth's Cookbook

Cooking demonstrations

We are still looking for volunteers to host cooking demonstrations at subscriber pick ups. Thank you to Jackie Kleck and Marsha DeTamble for their demonstrations this week. And thank you to the subscribers who sent in recipes this week! Let's see more of that.

Power Food Broccoli Salad

contributed by Jackie Kleck

Jackie demonstrated this for Wednesday pick up and it was yummy.

DRESSING

6 tablespoons apple cider vinegar
2 tablespoons Dijon mustard
2 tablespoons sugar
1 tablespoon olive oil
½ teaspoon fresh ginger
Salt to taste
Fresh pepper to taste (don't skip)

SALAD

1 pound fresh broccoli, mostly crown, some stem (sorry, no frozen broccoli)
1 apple, cored and chopped
½ a sweet or red onion, diced very small (or ½ cup chopped green onion)
Additions or substitutions – toasted nuts, dried apricot, grapes, fresh blueberries, banana chunks (add bananas just before serving)

Whisk dressing ingredients in a large bowl. Peel any broccoli stems, then cut stems and crown into small bites. Drop into dressing as prepped, stirring to combine with each addition. Stir in apple, onion and other additions. Transfer to a serving dish. May be refrigerated for several hours before serving but flavors are best eaten at room temperature.

Napa Cabbage Salad

contributed by Sandy Brillowksi

4 med size carrots
2 c finely shredded cabbage

2 c finely shredded Napa cabbage
½ c white wine vinegar
2 tbsp sugar
1 clove garlic, minced
1 tsp fresh ginger. Minced
Salt

Finely shred carrots. In salad bowl, gently mix together carrots, cabbage, vinegar, sugar, garlic, ginger and salt to taste. If made ahead cover and chill up to 4 hours. Makes 6 cups, 6 servings.

I've also add slivered almonds and I've doubled the recipe for the dressing and it's tastier.

Turkey and Mustard Green Super-Supper With Garnish

contributed by Chuck Wettergreen

This is a lip-smacking, quick-and-easy supper dish that can be served by itself, or over brown rice or whole grain noodles. The mustard greens are what give this dish its extraordinary flavor. It is especially delicious the second or third day after preparation.

6 cloves garlic, or to taste, chopped fine
1 large yellow onion, chopped
4 T extra virgin olive oil
1 pound ground turkey
Salt and fresh ground pepper
Red pepper flakes or Chinese red pepper paste, to taste
6-8 cups of fresh mustard greens, stems removed and chopped fine

Put olive oil in a heavy-bottomed, large kettle and heat for 1-2 minutes until hot. Stir in garlic and onion and allow to cook on medium-high for about 2 minutes.

Crumble the ground turkey, in chunks, over the onion-garlic mixture. Place lid on the kettle and allow to cook on medium-high, without stirring, for about 5 minutes. Then remove lid and stir mixture together thoroughly; season all liberally with salt, fresh-ground pepper, and either red pepper flakes or red pepper paste.

Place half of mustard greens on top of turkey mixture, reduce heat to medium, and replace lid. Leave lid in place for 3-5 minutes, then remove, stir in cooked

greens, and put remaining half of greens on top of mixture. Stir again and replace lid.

Allow entire mixture to slowly simmer on MEDIUM HEAT (note: not medium high heat—it'll burn!) for about 5 minutes. Do not overcook or cook too fast! You want the mustard greens to retain their green color.

Remove lid and allow to cool for a few minutes. Taste, correcting seasoning with salt, fresh ground pepper, or chili as needed.

To serve: This dish improves with age. It may be served by itself in a bowl, or spooned over whole grain noodles or rice. Another way to serve is with whole grain burrito-sized tortillas, tearing off parts of the tortillas and wrapping them around the turkey /greens mixture. Essential condiments are fat free or regular sour cream plus a good mustard—such as whole grain mustard—mixed into the sour cream.

Roasted cauliflower and onions

1 large head of cauliflower, cut in 1½ inch florets
 3 large Vidalia (or other) onions, each cut lengthwise in 8 wedges
 3 tablespoons extra-virgin olive oil
 ½ teaspoon salt
 ½ teaspoon pepper
 ½ cup pitted kalamata olive, cut in slivers
 ¼ cup grated Parmesan cheese
 2 tablespoons chopped Italian parsley

Heat oven to 475 degrees F.
 Put cauliflower and onions, then oil, salt and pepper in a heavy-bottomed roasting pan; toss to mix and coat.
 Roast 40-45 minutes, tossing vegetables every 15 minutes, until lightly charred and tender.
 Add olives, cheese and parsley; toss to combine.
 Transfer to a large serving bowl.
 Serve hot, warm or at room temperature.

Cauliflower and Wild Rice Soup

1 medium onion, chopped
 1 cup thinly sliced celery
 1 cup sliced fresh mushrooms
 ½ cup butter or margarine
 ½ cup flour
 1 quart chicken broth

2 cups cooked wild rice
 2 cups cauliflower florets, cooked
 1 cup light cream

In a large saucepan, saute onion, celery and mushrooms in butter until tender.
 Sprinkle with flour; stir to coat well.
 Gradually add chicken broth.
 Cook and stir until thickened.
 Stir in wild rice, cauliflower and cream until well blended.
 Cook gently until heated through; do not boil.

Sauteed cabbage with vegetables

1 medium onion, sliced
 1 tbsp minced garlic
 2 c chopped or shredded cabbage
 2 c broccoli florets
 1 medium bell pepper diced
 2 tbsp olive oil

Heat olive oil in a skillet. Saute onions and garlic until tender. Add other vegetables and saute until tender. Serve as a side dish or over pasta as a main course.

For variations, add or substitute other veggies.

Cajun Cabbage

6 slices bacon - diced
 1 tablespoon margarine
 1 cup onion - chopped
 ½ cup green bell pepper - chopped
 ¾ teaspoon cayenne pepper - or to taste
 2 cups canned or fresh tomatoes - diced
 1 ½ pound cabbage - chopped

Cook bacon in a large heavy saucepan until brown and crisp. Add margarine and onion. Cook over medium heat until onions are translucent.

Add green pepper and cook until soft, about 5 minutes more. Add cayenne; stir well.

Add cabbage and tomatoes; mix well. (Mixture will seem dry.) Cook slowly over medium heat, about 30 minutes or until cabbage is tender. Do not overcook.