

Week 9-August 04, 2008

This is a Healthy Alternative A week

Farmer Tim Reports

Greetings from Erehwon!

Last week Mike Konen approached us with the pleasant news that his sweet corn was growing better than he expected. He followed through with some nice piles for subscribers and a bit for the market at the end of the week. On Saturday at our Campton Hills Farmers' Market in Wasco we put two dozen ears on the table and held back two more dozen in our cooler. Our first customer, at 8:15, said, "Corn! I'll take half a dozen!" At 8:30 a.m. a rather nervous man sidled up to the counter and asked, "Do you have corn?" "Yep." "How much is it?" "\$6 a dozen." "HOW MUCH!?" "... mumble ... grumble" "Sir, that's the market price this year for organic corn." "...grumble...How much ya got?" "Bout 3 dozen ears..." I'll take 3 dozen." Obviously a man on a mission, "Don't you dare come back home without sweet corn!" (We stopped at Jewel on the way home and saw some pretty forlorn-looking ears, not organic, \$3 for 6 ears.)

There were a lot of men at the market on Saturday. The story was pretty much the same with most of them. "Got'ny corn?" "Sold out. Gotta get here early for corn. We do have some beautiful fresh broccoli, lettuce, Swiss chard, cabbage." "Nah, don't need any of that stuff." We were folding up our tent when an idea struck: Could we breed some sweet broccoli or maybe some sweet zucchini? We don't know how to breed new vegetables or how long it takes. Maybe we could just inject a little high-fructose corn syrup. Anyone know where we could get a few gallons? (*So-o-o ... instead of Fantasy Farm we can be known as the*



*Home of the Mutant Vegetables?
Catchy, Tim! - Beth)*

This week we should begin to see a few peppers, small tomatoes, more potatoes, a few more cucumbers, more corn. Lots of bean plants are in the ground and should be producing soon. Last week we planted Brussels sprouts and collards for late fall harvest. We will be planting crops for the CSA as beds become available and hope for a good supply of produce through the end of October and beyond.

In addition we are planning to offer a winter share that would carry us through the second week in December. Here are some of the ideas we have come up with that would allow us to harvest produce all throughout the winter:

1. Shady hoop house: cucumbers, and late tomatoes
2. Field hoop house: cucumbers, lettuce, spinach
3. Warm hoop house: basil, peppers, cilantro
4. Insulated raised beds: carrots, turnips, beets, radishes, green and mini onions (root crops can be mulched and harvested all winter)
5. Mini hoop houses that can be constructed right over growing crops to extend the season for a month:

beans, tomatoes, squash, melons, raspberries, Swiss chard and many others.

6. Mini hoop house with manure hot bed underneath: an experiment this year. Before 1900 it was common to make a hot bed for growing seedlings. Hope it works in the fall for us!

7. Outdoor field beds: Brussels sprouts, kale, carrots, leeks, potatoes, turnips, and more.

8. Cold storage: Cabbage, potatoes, carrots, melons, others.

9. Warm, dry storage: Winter squash, garlic, pie pumpkins

10. Canned: Working on this with Inglenook Pantry.

11. Fermented: Sauerkraut

12. Frozen: Broccoli, others

13. Dried: Tomatoes, many others (we have a small food dryer)

In your boxes this week

The theme this week is "Looks Like Summer." You can expect to find kale, potatoes (various varieties), summer squash, corn, radishes, carrots (orange, yellow, or white), broccoli, and two or more of the following: beans (purple or green), green onions, cauliflower, cabbage, beets, lettuce, and mustard greens.

Those who have the Healthy Plus share can expect cucumbers, kohlrabi, tomatoes, Chinese cabbage, mustard greens, and cauliflower.

We Get Mail

Hi Beth,

I planted a little patch of flowers in my yard this week and had to dig up some sod, I have a whole large

garbage bag full. Can this go in the compost, or can we just put grass clippings in it?

Also, and this one may be good for the newsletter, now that we are almost halfway through the season I am fretting already....what does everyone do in the winter for produce??? Is there another alternative to grocery stores? Thanks so much,
Liana Mathias

Liana, great idea to replace sod with flowers! We'll help you out if you can get it to us – we have a special compost pile for sod. And don't fret – check out our plans above for winter vegetables. Folks, do try this at home! tf

----- A note on playing music to help plants grow: When I attended the University of Illinois in Urbana in the 60's, there was a mysterious green house on the quad where, it was rumored, they played music to plants. Later I heard that the upshot of these experiments was that, if you played Mozart, the plants grew more quickly, but that no other type of music had a discernable effect. I'd love to hear a little *Eine Kleine Nacht Musik* wafting over your fields of green.

Thanks for all the yummy stuff,
Phyllis Deerinck

Phyllis, bring your boom box and CD out to the farm! Amazing things were going on in the sixties. Have you read about the man who hooked up a variety of plants to a lie detector and proved (at least to himself) that plants have feelings and can communicate with each other. (Secret Life of Plants). Be careful when you pull out and kill weeds as the others might be planning a little surprise for you! ;-) tf

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
2:45-3:15–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).

Volunteer Event–August 16

The theme for August's volunteer event is "Preparing for Winter Eating."

12:00-2:45

Volunteers help prepare beds, weed, and plant fall crops (see Tim's Farm Report).

3:00-3:45

Brief overview on freezing, drying, pickling, and fermenting summer crops to eat in winter.

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.

Children are welcome to help, but for those who get tired, we will also have some children's activities—catching bugs, drawing farm pictures, playing with Bucky the Farm Dog, etc.

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

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



Farmer Tim turning the compost pile.

Another Reason to Eat Local

Eating Locally...is healthier. Locally grown food is fresher and requires fewer preservatives. While produce purchased in the supermarket or a big-box store has been in transit or cold-storage for days or weeks, produce that you purchase at your local farmer's market is often picked within 24 hours. This freshness not only affects the taste of your food, but the nutritional value which declines over time.

Grandma Beth's Cookbook

Cooking Demonstrations

We are still looking for volunteers to host cooking demonstrations at subscriber pick ups.

Recipes on the Web

Here are some sites for veggie recipes on the internet:

whatscookingamerica.net/Vegetables.htm

A collection of vegetable recipes. Includes hints and tips of buying, cooking, and serving various vegetables.

www.justvegetablerecipes.com

Extensive collection of unique vegetable recipes. Each recipe has an ingredient listing, preparation instructions and a printer-friendly version.

www.cooks.com/rec/ch/vegetables.html

Great recipes and you can sign up for their newsletter.

www.recipezaar.com/recipes.php?categ=main-ingredient%2Cvegetables

Thousands of recipes with search and filtering capabilities available.

Potatoes

If you haven't figured it out already, newly dug potatoes are great for boiling and mashing with the skins. Serve them with herbed butter. Use chives, basil, thyme, savory, mint, rosemary, or garlic. Or combinations of these.

A baked potato is an exceptionally healthful low calorie, high fiber food that offers significant protection against cardiovascular disease and cancer.

WHS' food ranking system qualified potatoes as a very good source of vitamin C, a good source of vitamin B6, copper, potassium, manganese, and dietary fiber. They also contain a variety of phytonutrients that have antioxidant activity. Among these important health-promoting compounds are carotenoids, flavonoids, and caffeic acid, as well as unique tuber storage proteins, such as patatin, which exhibit activity against free radicals. A new analytical method developed by Agricultural Research Service plant geneticist Roy Navarre has identified 60 different kinds of phytochemicals and vitamins in the skins and flesh of 100 wild and commercially grown potatoes. Analysis of Red and Norkotah potatoes revealed that these spuds' phenolic

content rivals that of broccoli, spinach and Brussels sprouts, and includes flavonoids with protective activity against cardiovascular disease, respiratory problems and certain cancers. Navarre's team also identified potatoes with high levels of vitamin C, folic acid, quercetin and kukoamines. These last compounds, which have blood pressure lowering potential, have only been found in one other plant, *Lycium chinense* (a.k.a., wolfberry/gogi berry).

The potato skin is a concentrated source of dietary fiber, so to get the most nutritional value from this vegetable, don't peel it and consume both the flesh and the skin. (My mom always made us eat the skins of potatoes no matter how they were cooked because she said that all the nutrients were in the skins. Oh, the agony of having to admit that your mother was right about something!) Just scrub the potato under cold running water right before cooking and then remove any deep eyes or bruises with a paring knife. If you must peel it, do so carefully with a vegetable peeler, only removing a thin layer of the skin and therefore retaining the nutrients that lie just below the skin.

Potatoes should be cleaned and cut right before cooking in order to avoid the discoloration that occurs with exposure to air. If you cannot cook them immediately after cutting, place them in a bowl of cold water to which you have added a little bit of lemon juice, as this will prevent their flesh from darkening and will also help to maintain their shape during cooking. As potatoes are also sensitive to certain metals that may cause them to discolor, avoid cooking them in iron or aluminum pots or using a carbon steel knife to cut them.

Seasoned Grilled New Potatoes

New potatoes

Butter, melted

2 cloves garlic, crushed

Herbs, pepper, salt to taste

Heat grill. If potatoes are large, cut in half. Place potatoes in disposable foil pan or in center of large sheet of heavy-duty foil. In small bowl, combine butter, garlic and seasonings; pour over potatoes. Seal pan with foil or seal foil packet. When ready to barbecue, place potatoes on gas grill over medium heat or on charcoal grill 4 to 6 inches from heat of medium-high coals. Cook 50 to 60 minutes or until potatoes are tender.

Farmer Tim's Roasted Potatoes

Tim cuts the potatoes into smaller pieces, leaving the skins on. He places them in a roasting pan and coats

them with olive oil. Sometimes he adds chopped garlic or herbs. Then he roasts them at 375 degrees for a little over an hour. Sometimes he leaves them in a little longer and they get really crispy (which I like, as do other members of my family). Another way to get them crisp is to turn up the temperature to 425 degrees for the last 10 or 15 minutes of the cooking time. (This recipe even works with the potatoes you buy in the grocery store.)

Bacon-Cheddar Grilled Potatoes

Okay—what's not to like!

Potatoes, peeled and thinly sliced
Seasonings to taste
Crumbled crisp cooked bacon pieces
Sliced onion
Coarsely shredded cheddar cheese
Cubed butter

Place potato slices on a square of HEAVY DUTY aluminum foil that has been coated with Pam or other cooking spray. Spread bacon, onion and cheese over potatoes. Dot with butter. Wrap loosely and seal with double folds at top and ends. Cook on hot grill for 45 minutes or until done, turning frequently.

Grilling Veggies

These tips came from allrecipes.com:

Grilling vegetables isn't rocket science. Just start with a nice, clean grill and wash the vegetables well. Depending on what you're grilling, you might want to cut the veggies into smaller pieces.

Marinades often work well and most vegetables cook better and are less likely to stick if brushed with high-quality oil. For added flavor, sprinkle grilled vegetables with fresh herbs.

You can cook most vegetables right on the grill. Sliced veggies may handle better (and not fall through the grate) when speared on kebabs or wrapped in heavy duty foil. Note that cooking in foil will lessen the smoky flavor that is part of the appeal of grilling.

Cooking times will vary according to your choice of vegetable. Be sure to keep a close watch, though, as veggies are generally more delicate than meats and other grillables. A touch of smoke greatly enhances vegetables, but charred lumps of carbon won't be a hit at anyone's cookout.

Grilled Veggie Kebabs

2 zucchini, cut into 2" chunks
2 yellow squash, cut into 2" chunks
8 ounces fresh mushrooms, cleaned
2 red and green bell peppers, cut into 2" chunks
2 medium red onions, cut into wedges
16 whole cherry tomatoes
8 ounces teriyaki sauce or other marinade

Wash vegetables except mushrooms. Brush mushrooms clean. Prepare vegetables according to recipe. Toss vegetables in marinade. Thread vegetables onto skewers. I like to put veggies with similar cooking times on the same skewer (e.g., all squashes on one skewer, all peppers on another.) Place on grill over medium-hot heat. Baste occasionally with marinade. Grill 20 minutes or until tender.

Zuppa Toscana Soup like Olive Garden's

Contributed by Sita and Dana Kalombo

1 lb. spicy Italian sausage - crumbled
1/2 lb. smoked bacon - chopped
1 qt. water
(2) 14.5 oz. cans chicken broth
2 lg. russet potatoes - cubed
2 garlic cloves - crushed
1 med. onion - chopped
2 cups chopped kale OR Swiss chard
1 cup heavy whipping cream
salt and pepper - to taste

In a skillet over medium-high heat, brown sausage, breaking into small pieces as you fry it; drain, set aside.

In a skillet over medium-high heat, brown bacon; drain, set aside.

Place water, broth, potatoes, garlic, and onion in a pot; simmer over medium heat until potatoes are tender.

Add sausage and bacon to pot; simmer for 10 minutes.

Add kale and cream to pot; season with salt and pepper; heat through.

This cabbage, these carrots, these potatoes,
these onions ... will soon become me.

Such a tasty fact!

- Mike Garofalo

(anchors the Friday and Saturday evening editions of Action 7 News,
and reports three days of the week)