

# EREHWON FARM

Newsletter Week 19–October 10, 2010

## Farm Report

### Hello from summery Erehwon!

Working on the farm can be dangerous. Over the years we have had our share of bumps, bruises, scrapes, cuts, falls, splinters, and so forth. But this season seems to have produced more than it's fair share of the more serious types of injuries. Earlier this summer, Joe (now off to college where it is, hopefully, safer) needed stitches after cutting himself across the knuckle. He was off work for several days. Then Eric sliced his finger on a blade of saw grass. (Laugh, if you want, but it was a very deep cut and took quite a while to heal completely.) Eric claims he used super glue to close the wound and didn't miss any work.

Then just last Friday, Bucky the farm dog joined the list of walking wounded. No one is quite sure how it happened as the fearless canine was patrolling the farm alone when it happened. Shortly after eleven we noticed that no one had seen him for a while. At first we just thought that he had found a cozy corner and was resting. Not too long afterward, however, Eric was harvesting in the big field when he heard Bucky whimpering. Upon investigation he found the fearless farm dog standing forlornly in the field unable to put weight on one



Bucky the farm dog with his bright red bandage.

paw. Without hesitation Eric scooped Bucky up to carry him back to civilization. As soon as we saw Eric carrying Bucky back we raced to investigate. His right forepaw was covered with blood and one of his claws was hanging by a thread. Immediately we leapt into action. Farmer Tim brought the car, Grandma Beth called the vet, Eric lifted Bucky into the car, and off we raced to the doggy version

of the emergency room. Two hours later Bucky was back at the farm sporting a bright red bandage and, although still limping, at least able to put weight on the injured paw. At first he wanted to greet subscribers when they came to pick up their veggies, but pain and fatigue finally overcame him and he spent most of the afternoon lying in the van.

After a few days at home and the removal of the bandage, Bucky is feeling much better. His paw is still a pretty tender and will probably be that way for a while but, in the way of dogs everywhere, he seems to have forgotten the pain and trauma (don't you wish you could do that?) and be pretty much his old self. The limp is gone and he is ready to return to the farm. It won't be long before he is patrolling for mice and chipmunks once again. Hopefully he won't sustain any more injuries.

Didn't we have gorgeous weather this weekend? What a difference from last weekend for sure. With this burst of warmer weather a lot of things will be growing apace. The late beans Farmer Tim planted may actually produce beans large enough to harvest. We may get a few more tomatoes ripening. The carrots are growing and you should have some in your share next week. Too bad the warm weather can't stick around for a few more weeks, but the cool down is already on its way. However, it looks like

### Newsletter Contents

Farm Report	pg. 1
At the Farm This Week	pg. 1
Events	pg. 2
Erehwon Farm Fall CSA	pg. 2
October is non-GMO Month	pg. 2
Winter Market Starting Soon	pg. 2

### Recipe section

Overnight Daikon Radish Pickles  
Beijing Radish Salad  
Daikon Radish Rémoulade  
Bok Choy Stir Fry

we will make it all the way through the season without a frost. (I hope I haven't jinxed it by saying that out loud!)

## At the Farm This Week

### This week's produce:

Salad mix, lettuce, potatoes, daikon radishes, turnips, bok choy, cooking greens (kale, chard, or Asian greens like Yukina Savoy that you cook like spinach), maybe smaller quantities of tomatoes, eggplant, peppers, summer squash, beans, and carrots.

### Pick Your Own:

-S1: herbs

### Deals:

-Cherry tomatoes: You pick and give half to Farmer Tim.

**Note:** Delivery customers are welcome to come to the farm any time for the above activities. Call 630-485-9963 or 630-485-9964 to make sure someone will be there.

## Farm Pick-up Times

Wednesday 4:00-6:30

Friday 2:30-5:30

## Delivery Times (Tuesday)

1:00-1:30 Van leaves farm

1:45-2:15 Drop off at Wheaton

2:30-2:45 Drop off at Bartlett

3:00-3:30 Drop off at Elgin

## Events

Every Thursday all summer long

[Geneva Green Market](#)

Every Saturday all summer long

[Community Farmer's Market at](#)

[Inglenook Pantry](#), 9:00-1:00

Last day—October 16

[Batavia Farmer's Market](#)

Week of October 17

Last week of Regular CSA

Week of October 24

Fall CSA begins

out. The first day of the market will be November 06.



Late beans—keep your fingers crossed!

## Erehwon Farm 2010 Fall Shares

Shares are still available for the fall season, but they are going quickly. Bring your check to the pick-up or mail it. The [form](#) is available on our website.

## October is Non-GMO Month

October is Non-GMO Month, 10-10-10 was (non-GMO Day) [check it out](#). How do you make sure you are not consuming GMO's?

## Winter Market Starting Soon

Just for those of you who are wondering—we only have this week and next week before the regular CSA season is over. Outdoor markets are also finishing up. If you decide not to get a fall share, remember that there is a winter market in Geneva. It is held at Inglenook Pantry, 11 N. 5<sup>th</sup> St. On Saturdays from 9:00-1:00. We have more than 15 vendors lined up for this market, including Erehwon and several other vegetable farmers. Come check it

**Follow Erehwon Farm on Facebook. Become a fan.**

## Overnight Chinese Daikon Radish Pickles

1 1/2 cups chopped daikon  
3/4 teaspoon salt  
1 tablespoon rice vinegar  
1/4 teaspoon ground black pepper  
1/4 teaspoon sesame oil (optional)

In a mixing bowl, toss daikon with salt. Cover, and refrigerate until 1 to 2 tablespoons of water is released, about 30 minutes.

Drain and rinse daikon, removing as much salt as possible. Pat dry with a paper towel, and return to bowl. Stir in rice vinegar, black pepper and, if desired, sesame oil. Cover, and refrigerate at least 8 hours.

## Beijing Radish Salad

1 bunch watermelon radishes or one medium daikon radish  
2 tablespoons rice or balsamic vinegar (or a combination)  
1 tablespoon soy sauce  
1 teaspoon sugar  
2 teaspoons sesame oil  
2 garlic cloves, finely chopped

Wash and julienne radishes. They can be peeled or not as you like. I often use a mandoline to do the julienne-ing, or you can grate them. Mix together the rest of the ingredients and dress the radishes with the dressing.

## Daikon Radish Remoulade

1 lb. daikon radish, peeled  
3 tbsp. Dijon style mustard  
4 tbsp. olive oil  
1 tsp. wine vinegar  
1/4 cup minced fresh parsley leaves

Cut the daikon into 2-inch-long fine julienne strips or grate it coarsely. Rinse a large bowl with hot water, dry it, and in it whisk the mustard with 3 tablespoons hot water. Add the oil in a slow stream, whisking until the dressing is emulsified, and whisk in the vinegar and salt and pepper to taste. Add the daikon strips and the parsley and toss the mixture well. Serves 6.

## Bok Choy Stir Fry

1 1/2 pounds bok choy or baby bok choy  
1 1/2 tablespoons canola, vegetable or peanut oil  
1-2 cloves garlic, finely minced  
1 teaspoon grated fresh ginger  
3 tablespoons broth or water (or 2 tablespoons broth/water + 1 tablespoon wine)  
salt to taste  
1/2 teaspoon sesame oil

Start by trimming the stem off – don't trim too much – just the end. Cutting the thick stem off will ensure that the bok choy cooks evenly. Separate out the leaves, keep the tender center intact and clean under running water. Drain.

Finely mince garlic and grate fresh. Grating the ginger helps break up the tough fibers! (and yeah, sometimes when the ginger is nice and fresh, I don't even bother peeling off the paper-thin skin)

Place wok or frying pan on your stove and pour in the cooking oil. Add the garlic and ginger. Turn the heat to medium-high. Let the ginger and garlic gently sizzle in the oil. When the aromatics become fragrant and light golden brown, add the bok choy leaves. Toss very well to coat each leaf with the garlicky, gingery oil for 15 seconds. Pour in broth, water or wine. Immediately cover and let cook for 1 minute. Season with salt and drizzle a bit of sesame oil on top.