

Erehwon Farm

Week 6—July 11, 2010

Farm Report

Hello from Erehwon!

The combination of warm weather, sunshine, and a few well-placed rain showers plus the efforts of Farmer Tim and his band of merry men (and women) have resulted in a bumper crop of summer squash and cucumbers. This unexpected bounty hit us over the weekend. On Sunday Farmer Tim harvested over 150 pounds of cucumbers, and more will be ready by Tuesday. The summer squash will be harvested today and will probably yield a number of humongo types good for zucchini bread. Fortunately we have several food pantries who are happy to come pick up our excess. Now if only the tomatoes and beans would start to produce like that!

If any subscriber wants to get ambitious and pickle, we will give out large bags (10 pounds or more) of either cucumbers or squash upon request as the supply allows. For delivery subscribers, e-mail Beth and a bag with your name on it will show up at your drop site. Depending on the number of requests, it may take a week or two for us to deliver, but rest assured, there will be plenty for quite a few weeks to come. If you pick up at the farm, just let us know when you come pick up and we'll give out bags as long as the supply lasts.

It's been a few weeks since Bucky the Farm Dog has made the newsletter. Bucky is getting old (as are Farmer Tim and Grandma

Beth) and the heat bothers him quite a bit these days, but he still works hard at the farm. Whenever anyone is mowing on the farm, Bucky trots alongside the tractor, hoping for the odd chipmunk or field mouse to come racing out. Apparently they always come out in the same direction and Bucky has figured out exactly the position to be in so they run right in front of him, perfect for pouncing. It's all over in a flash. Bucky 1, mouse 0.

All this wears the poor guy out, though, so by afternoon Bucky is pretty much done in. When we start setting up for subscriber pick-up, Bucky comes over by the tables and lies in the shade waiting for all his friends to come. Unfortunately, when he lies on the grass the flies bite him unmercifully. But if we park the van in the shade next to the tables and leave the side door

open, Bucky climbs in and lies inside. For some reason the flies don't follow him there. So if you wonder where our friendly greeter is, check inside the van.

At the Farm This Week

This week's produce:

Cherry tomatoes, lettuce, chard, kale, summer squash, cucumbers, new potatoes, and a choice or two.

Pick Your Own:

-Squash blossoms: H4-5 (look for the small wooden stakes with numbers on the east or south ends of beds and see the farm map at the pick up station for areas)
-S1: herbs
-S8-10: dill.
-Section B: Raspberries, about \$4.50 a pound from Belles Berries. Check for availability.

Deals:

-Cherry tomatoes: You pick and give half to Farmer Tim.
-Potato harvesting: You dig and keep 1/4. Training required.

Foraging:

-Black raspberries for snacking near the pickup area. (They have wicked thorns—dress accordingly.)

Gleaning:

-S20/21: Broccoli small florets. (one row per customer)
-C 4 : Carrots (some in the ground with tops off)

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Activities:

- Cabbage moth catching (reward for trying).
- Colorado potato beetle scouting (see Farmer Tim and reward offered)
- Hammock lounging: two hammocks, no waiting.

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
2:15-2:30 Drop off at Bartlett
2:30-2:45 Drop off at Elgin

Traditional Nutrition

This is an enthusiastic group of folks trying to bring the principles of the work of Dr. Weston A. Price and others down to the earthbound practical level by holding fun-filled meetings to share their experience, strength and hope with one another as they venture on the journey of overcoming the pitfalls of our current standard American food chain. They meet the second Saturday of every month in Elgin. The speakers address a myriad of topics regarding health, nutrition, food preparation, and gardening. They end the meeting with a potluck meal. Recordings of many of their speakers are available on-line, as well as lots of other good information. Check it out.

[Traditional Nutrition website](#)

Events

Every Thursday all summer long
[Geneva Green Market](#)
Every Saturday all summer long
[Community Farmer's Market at Inglebrook Pantry](#), 9:00-1:00
Saturdays starting June 26
[Batavia Farmer's Market](#)
Visiting Farmer Days
July 28 and 30 (maybe)

Produce Safety Bill May Make Farmer's Markets A Thing Of The Past

By Olivia Barrow, The Raleigh Telegram

RALEIGH - With the U.S. Senate preparing to overhaul the nation's food safety laws through a bill that passed committee called the Food Safety Modernization Act of 2009 (S510), Senator Kay Hagan (D-N.C.) has co-sponsored an amendment to exempt small farmers from the added safety requirements of the bill.

The terms of Hagan's amendment are still in flux, but Hagan said she is committed to ensuring that North Carolina's family farms are not subject to additional and unnecessary layers of federal regulation.

In its current form, the bill will require the Food and Drug Administration to create new regulations about the production of fruits, vegetables and nuts. The FDA guidelines would not regulate meat and poultry production.

The primary goals of the new regulations are the prevention of problems and the ability to trace a contaminated food back to the field it was grown in within 48 hours.

In order to achieve the rigorous traceability goals, the Food and Drug Administration will have to increase requirements for record keeping, which will cost farmers time and money.

One of the more contentious provisions of the bill would require farmers who sell to the public to get the contact information from every single customer. Some customers at roadside stands might balk at giving a stranger their personal information just to buy a cucumber, especially when they can buy some from the grocery store without having to give up their name and address.

Additional costs incurred by the bill will likely include purchasing new sanitary harvest containers, toilet facilities and hand-washing stations.

There are provisions in the bill that would also require farmers to register with the FDA, paying a \$500 yearly fee and also undergo safety inspections every year. Some media reports say the inspections could cost up to \$100 an hour. ([More](#))

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Grandma Beth's Cookbook

Cucumbers

Cucumber is a vegetable that belongs to the same family as pumpkins, zucchinis and other squashes. It has a dark green skin, which reveals whitish or very light green flesh, when peeled. There are basically two types of cucumbers - the pickling varieties and the slicing varieties. Of these, the pickling variety is relatively small, around 2 - 4 inches long. Most of us know that cucumbers have cooling properties and are extremely good for bringing relief to the eyes in summers. However, they are associated with a number of other health and nutrition benefits too. To know about them, read on.

Although less nutritious than most fruit and vegetables, the fresh cucumber is still a very good source of the vitamin C and the mineral molybdenum. It is also a good source of vitamin A, potassium, manganese, folate, dietary fiber and magnesium. What you may not know is that this crisp, refreshing fruit also contains compounds called sterols, which have been shown to lower cholesterol in animals. The heaviest concentration of sterols is in the skin of the cucumber, so you shouldn't remove the peel before eating.

Cucumbers are a great digestive aid and have a cleansing effect on the bowel. With just a handful of calories per cup, cucumbers have always been the dieter's dream.

Other benefits of cucumbers:

- Raw cucumber, when applied on the skin, can help reduce heat and inflammation.
- The diuretic, cooling and cleansing property of cucumber makes it good for skin.
- Fresh cucumber juice can provide relief from heartburn, acid stomach, gastritis and even ulcer.
- Placing a cucumber slice over the eyes not only soothes them, but also reduces swelling.
- Daily consumption of cucumber juice helps control cases of eczema, arthritis and gout.

- Cucumber has been found to be beneficial for those suffering from lung, stomach and chest problems.
- The potassium in cucumber makes it useful for the problem of high and low blood pressure.
- Cucumber contains Erepsin, the enzyme that helps in protein digestion.
- Cucumber juice is said to promote hair growth, especially when it is added to the juice of carrot, lettuce and spinach.
- Cucumber juice, when mixed with carrot juice, is said to be good for rheumatic conditions caused by excessive uric acid in the body.
- Cucumber can prove to be beneficial for those suffering from diseases of the teeth and gums, especially in cases of pyorrhea.
- Being rich in minerals, cucumber helps prevent splitting of nails of the fingers and toes.
- Cucumber has been associated with healing properties in relation to diseases of the kidney, urinary bladder, liver and pancreas.
- Those suffering from diabetes have been found to benefit from the consumption of cucumber/cucumber juice.

Cucumber Soup

2 cucumbers
2 tablespoons thinly sliced green onion
2 tablespoons margarine
1 tablespoon red wine vinegar
4 cups chicken broth
1 tablespoon farina
salt to taste
1/8 tablespoon dried tarragon
1/2 cup sour cream
3 tablespoons chopped fresh parsley

Peel, seed, and chop 2 cucumbers.

Cook the chopped scallions in the margarine until soft. Add the chopped cucumbers and the wine

vinegar. Pour in the broth, and stir in the farina. Salt to taste, and add tarragon. Let the soup simmer for 20 minutes, or until the cucumbers are soft.

Put the soup into a blender, and puree it.

Pour the puree into a bowl, and whisk in the sour cream. Taste the soup for seasoning. Pour the soup into bowls, and garnish with cucumber slices and chopped parsley.

Cucumber Salad

4 cucumbers, thinly sliced
1 small white onion, thinly sliced
1 cup vinegar
½ cup water
¾ cup white sugar
1 tablespoon dried or fresh dill, or to taste

Toss together the cucumbers and onion in a large bowl. Combine the vinegar, water and sugar in a saucepan over medium-high heat. Bring to a boil, and pour over the cucumber and onions. Stir in dill, cover, and refrigerate until cold. This can also be eaten at room temperature, but be sure to allow the cucumbers to marinate for at least 1 hour.

Fresh Dill Cucumber Salad

2 cucumbers
1 teaspoon salt
2 cloves garlic, peeled and minced
½ cup peeled and finely chopped red onion
¼ cup chopped dill
1 teaspoon sugar
1 teaspoon ground white pepper
2 tablespoons white wine vinegar
1 ½ cup sour cream

Slice the cucumbers very thin. Sprinkle with salt and place them in a colander for 15 minutes. Then press out as much liquid as you can with the back of a large spoon. Transfer the cucumber slices to a salad bowl.

Add the rest of the ingredients and mix gently but thoroughly with your hands. The salad will keep for up to 24 hours in the refrigerator.

Sweet Refrigerator Pickles

1 cup distilled white vinegar
1 tablespoon salt
2 cups white sugar
6 cups sliced cucumbers
1 cup sliced onions
1 cup sliced green bell peppers

In a medium saucepan over medium heat, bring vinegar, salt and sugar to a boil. Boil until the sugar has dissolved, about 10 minutes.

Place the cucumbers, onions and green bell peppers in a large bowl. Pour the vinegar mixture over the vegetables. Transfer to sterile containers and store in the refrigerator.

Slightly Sweet Dill Refrigerator Pickles

1 small sweet onion (such as Vidalia or Maui), thinly sliced
2 pounds medium pickling cucumbers, scrubbed, cut into 1/4-inch-thick rounds
1 large bunch dill, coarsely chopped (stems included)
1 tablespoon yellow mustard seeds
2 teaspoons whole white peppercorns
1 ½ cups apple cider vinegar
1 cup water
1 cup sugar
3 tablespoons coarse kosher salt
2 teaspoons dill seeds

Divide sliced onion between two 1-quart wide-mouth glass jars. Pack cucumber slices horizontally in jars. Top each jar with dill.

Using mortar and pestle or resealable plastic bag and mallet, crush mustard seeds and peppercorns together. Place crushed spices in medium saucepan. Add vinegar, 1 cup water, sugar, coarse salt, and dill seeds. Bring mixture to boil over medium-high heat, stirring until sugar dissolves.