

Erehwon Farm

8–July 25, 2010

Farm Report

Hello from Erehwon!

On Saturday morning after a drenching rain our farm's top priority shifted from watering and weeding to just plain weeding. Farmer Tim, over the years, has constructed a sophisticated collection of ditches, swales, coffer dams, levees and flood plains for the purpose of routing runoff rainwater to where it's needed or, in the case of a deluge, guiding the water to avoid areas with poor drainage. At the bottom of the hill the water flows through a series of beaver-dam like settling pools to reduce erosion. Given the severity of the storm the system worked pretty well and only a few of the beds seeded on Thursday and Friday will need to be redone.

We caught up with Farmer Tim on Sunday where, after misplacing his phone (*Again!—beth*), was working diligently without interruptions. He was racing his little John Deere x300 mower, guard raised, chopping up and shooting out bits of dry, brittle rye straw, apparently mulching the pumpkins. However, he occasionally stopped and wrote furiously in his notebook. Finally we saw him fill a large garbage bag with the loose mix and then started scribbling again in his notebook. When the farmer retired to the hammock for his afternoon nap, Bucky the Farm Dog sleeping in a shallow depression in the cool earth below, we couldn't resist taking a peek at his notebook.



Freshly harvested garlic

It appears that Farmer T. is working on a plan for constructing a geothermally heated and cooled storage hut to keep vegetables cool in the summer and warm in the winter. The structure is a tiny hoophouse completely covered with bags of straw and covered over with a tarp. He believes that earth heat, at a constant 55 degrees four feet below the structure, will somehow infuse itself into what we would call a "root room", it being sited on the ground surface. The general consensus among the observers was that it would be more likely for water to flow uphill (we hope Farmer Tim

doesn't read this and set off chasing some new dream) than for this scheme to work and it probably will go the way of the raised, flea-beetle proof planting bed (it turned out that flea beetles actually *can* jump that high) and the wind-proof hoophouse with automatically opening windows (the windows actually *did* open just before the house blew apart, the twisted hoops resembling large, grey pretzels). (*Sigh-Farmer Tim and his experiments.—beth*)

At the Farm This Week

This week's produce:

Lettuce, cherry tomatoes, scallions, peppers, chard, kale, beans, new all-blue potatoes, cucumbers, summer squash, garlic and maybe something else.

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.
Pickling cucumbers
-Section B: Raspberries, about \$4.50 a pound from Belles Berries. Check for availability.

Deals:

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

Foraging:

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-Purslane: a tasty and highly nutritious weed growing in many of our rows

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

Antique Tool Show and Sale Sunday, August 1, 2010

9AM – 1PM

Members of the Early American Industries Association (EAIA) and the Mid-West Tools Collectors Association (M-WTCA) will be holding their annual Antique Tool Show and Sale at the Garfield Farm Museum on Sunday, August 1 from 9am – 1pm. This is the only joint show by these two organizations in the mid-west open to the public. Over 30 different collectors will have their tools on display and for sale.

In the past, skilled craftsmen used specific tools for their livelihood

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

Saturdays starting June 26

[Batavia Farmer's Market](#)

and for their survival. These craftsmen, such as coopers and blacksmiths, were indispensable to their communities, and their work was dependant on their tools. Each piece of equipment was vital and had a specific purpose. As society became more and more mechanized, the need for these craftsman and their tools vanished. By understanding the use of these tools, one can gain an understanding and respect for them.

Many antique tools most people come in contact with are a mystery. They might not know what the tool was used for or even who or how it was used. Not only can the public view, and even buy the tools at the Antique Tool Show and Sale, the collectors have an understanding and experience that they share with the show's guests.

Most tool organizations hold private shows available only to their members. However, Garfield Farm Museum has opened its gates to host the EAIA and M-WTCA's annual Antique Tool Show and Sale in order to give the general public the unique opportunity to see and even buy rare antique tools they might never have seen

before. Visitors and novice collectors will find this rare chance to discover the wide variety of collection themes and to learn the value of tools. Many visitors have come to the show with an unknown tool and have left with a wealth of knowledge. Tours of the 1846 teamster inn and tavern begin at 11am and continue after the show until 4pm. Refreshments will be available. Admission for adults is \$6 and \$2 for children 12 years and under.

For more information call (630)584-8485. E-mail us at garfieldfarm.org or visit our website at www.garfieldfarm.org

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Grandma Beth's Cookbook

Garlic

13%; increases HDL-cholesterol by 31%.

Benefits of Garlic (From the Connecticut Center for Health website)

Antioxidant Protection

- . Alicin increases blood levels of two antioxidant enzymes: catalase and glutathione peroxidase.
- . Acts as an effective antioxidants against the oxidative damage caused by nicotine.
- . Protects vascular endothelial cells from oxidant injury.
- . Prevents LDL oxidation.
- . Inhibits lipid peroxidation in the liver, retarding the aging process in liver cells.
- . "Oxygen free radicals are involved in the genesis and maintenance of hypercholesterolemic atherosclerosis ... it can be useful in preventing the development of hypercholesterolemic atherosclerosis."

Anti-Atherogenic

- . Helps in preventing the development of hypercholesterolemic atherosclerosis.
- . Reduces lipid content in arterial cells and prevents intracellular lipid accumulation.
- . Counteracts the effects of a high-sucrose diet in lab animals, minimizing elevations in triglycerides and cholesterol.
- . Minimizes or prevents elevations in blood lipids in humans after consumption of a high-fat / cholesterol meal.
- . The organic disulphides in garlic can inactivate the thiol groups in the enzyme HMG CoA reductase , thereby inhibiting cholesterol synthesis by the liver.
- . "Not only a preventive but possibly also a curative role in arteriosclerosis therapy (plaque regression) may be ascribed to garlic remedies."
- . Lowers total cholesterol by 10%; lowers LDL-cholesterol by 15%; lowers triglycerides by

Anti-Thrombotic

- . The constituent ajoene inhibits platelet aggregation regardless of mechanism of induction.
- . Serves as beneficial agent in the prevention of thrombosis.
- . Inhibits thrombosis due to vascular damage.
- . Increases fibrolytic activity.

Anti-hypertensive (high blood pressure)

- . Lowers systolic pressure by 20-30 mm Hg and diastolic by 10-20 mm Hg.
- . Inhibits in vitro the enzyme cyclo-oxygenase, which can produce pro-inflammatory and hypertensive prostaglandins.

Anti-Microbial

- . 1 mg garlic = 15 Oxford units of penicillin. Garlic has 1% of the potency of penicillin.
- . Inhibits *Candida albicans* in animal studies and *Cryptococcal meningitis* in human trials.
- . Exhibits broad-spectrum antimicrobial activity:
 - o Gram-positive bacteria: *Bacillus cereus*, *Bacillus subtilis*, *Mycobacterium smegmatis*, *Streptomyces griseus*, *Staphylococcus aureus*, *Lactobacillus plantarum*.
 - o Gram-negative bacteria: *Escherichia coli*, *Klebsiella pneumoniae*, and *Xanthomonas maltophilia*.
- . Demonstrates in vitro virucidal activity against herpes simplex virus type 1, herpes simplex virus type 2, parainfluenza virus type 3, vaccinia virus, vesicular stomatitis virus, and human rhinovirus type 2.

Tips for Preparing Garlic:

The first step to using garlic (unless you are roasting the entire bulb) is to separate the individual cloves. An easy way to do this is to place the bulb on a cutting board or hard surface and gently, but firmly, apply pressure with the palm of your hand at an

angle. This will cause the layers of skin that hold the bulb together to separate.

To separate the skin from the individual cloves, place a clove with the smooth side down on a cutting board and gently tap it with the flat side of a wide knife. You can then remove the skin either with your fingers or with a small knife. If there is a green sprout in the clove's center, gently remove it since it is difficult to digest.

Chopping or crushing stimulates the enzymatic process that converts the phytonutrient alliin into allicin, a compound to which many of garlic's health benefits are attributed. In order to allow for maximal allicin production, wait several minutes before eating or cooking the garlic.

Crush then cook garlic cloves lightly for the most health benefits, say Agricultural Research Service scientists. Garlic's heart-protective phytonutrients-its allicin and thiosulfates- help lower blood pressure and break up clumps of potentially artery-clogging platelets in the bloodstream. Until now, most researchers assumed eating raw whole garlic bulbs would provide the most phytonutrient activity, but when they boiled (3 minutes), baked (200 degrees C) and microwaved both crushed and uncrushed garlic cloves, they discovered that crushing, which frees garlic's beneficial compounds, is responsible for most of its health benefits. **Although cooking for 10 minutes completely suppressed garlic's phytonutrient actions**, *lightly* cooking garlic was no problem-except for **microwaving, which almost entirely stripped garlic of its blood-thinning effects**

A Few Quick Serving Ideas:

Marinate pressed garlic in olive oil and use this flavored oil in dressings and marinades.

Purée fresh garlic, canned garbanzo beans, tahini, olive oil and lemon juice to make quick and easy hummus dip.

Healthy sauté steamed spinach, garlic, and fresh lemon juice.

Add garlic to sauces and soups.

Purée roasted garlic, cooked potatoes and olive oil together to make delicious garlic mashed potatoes. Season to taste.

Garlic Roasted Potatoes

4 medium Roasting potatoes.
4 x Cloves garlic.
2 tablespoons of Oil.
Salt to taste.
Preheat the oven to 425 F.

Wash the potatoes and cut them in half lengthwise. Cut each half into 3 slices. Peel the garlic cloves.

Mix the oil, potato slices, garlic cloves and salt in a bowl until evenly coated. Put the potatoes and garlic in a baking pan and bake for 30-40 minutes.

Garlic Bruschetta

10" Baguette
1 TBsp Tomato Puree
1 tsp Olive Oil 2 Cloves Garlic, crushed
Freshly ground black pepper
1 oz (25 gm) grated cheese

Pre-heat the oven to 200C (400F).

Cut the in to baguette slices between a half inch and an inch thick (between 1cm and 2cm). Thinner is better for snacks, thicker as a starter. You'll get about a dozen slices. Discard the ends.

Mix the tomato puree, olive oil and garlic well. Season with a little ground black pepper.

Arrange the slices on a baking tray. Spread a little of the mixture on top of each one then cook for 5 minutes. Leave to cool.

Sprinkle the grated cheese on top of the slices.

You can prepare the garlic bruschetta up to this point in advance and keep the slices in an airtight box for a few hours. Do *not* store before cooking - raw garlic must never be stored in oil at room temperature.

To serve, pre-heat the oven to 200C and cook the garlic bruschetta slices on a baking tray for 5 mins. Alternatively place under a hot grill until the cheese melts.