

The Farm Weekly

VOLUME 6, ISSUE 19

27 SEPTEMBER, 2004

NO RAIN HERE FOR WEEKS

Except for the tenth of an inch we received when Ivan moved through 2 weeks ago, there has been no rain for 3 to 4 weeks here. This has to be one of the craziest seasons with cold in August and record heat in September. There was the excessive wet in the spring and early summer and now the dry. I suppose this just shows that it all evens out in the end.

This week in your boxes we have included one of our favorite garden vegetables. It's a winter squash variety called "Delicata". These have a starchier flesh than summer squash and less moisture than butternut or buttercup. In some ways it reminds me more of a sweet potato than a squash.

There are a number of ways to prepare winter squash of any type. You can attempt to cut them in half and scoop out the seeds, but be careful doing this. It may be safer to cut into the squash after it has been cooked so it won't roll under the knife. You can cook them by steaming, boiling, baking, or microwaving. I like to microwave them for a few minutes to soften them, cut them in half, scoop out the seeds, and then go on to finish cooking or preparing them in whatever way suits your fancy.

The Delicata each make two servings. We like to bake them after the seeds have been scooped, and when they are soft and can be pierced with a fork, we remove them from the oven and dress them with a pat of butter and a sprinkle of salt, although a little brown sugar wouldn't be bad either, depending on whether you crave the sweet or savory.

We hope you like broccoli! The harvest this year is unbelievable. Over 500 pounds were picked last week alone. The excess has made its way to the food bank, since we didn't think you would want to have 5 pounds of broccoli in each box.

The tomatoes have been phenomenal especially since it is late September. Usually they would have fizzled out by now, and finding a decent fruit to pick would be a struggle.

New this week is Raddichio. The variety is called Trevisio Red Preco. Typically, raddichio is a globe shaped member of the lettuce family, but this version resembles a Romaine lettuce instead. I have never acquired a taste for it, for it has too much bite for me. Usually raddichio is added to other greens to add some zip to a salad.

We had hoped to add carrots to the boxes, but have run into two complications. The first of these was that the deer have been ravaging the carrot crop. This started last week, presumably because of the dry weather. Instead of eating just the tops as they have in the past, now they are actually digging with their hooves and consuming the root as well.

Our second complication was that one of our 2 full time employees was ill today, and there was no time to pick what the deer had not consumed.

On a more positive note, we have the credit card situation finally fixed. Credits have been applied to all accounts that were charged twice. The credit card folks

informed us that it could take 30 days to appear on your statements, so please be patient.

On the alpaca front, our Caesarean section Mom and cria are doing very well. We had a birth today. One of our girls had a beautiful fawn cria girl leaving one more birth to go for the year.

I have been making decisions about the upcoming alpaca show season, determining which we will attend and which animals we will take. The costs for some shows are rather steep and when you tack on hotel costs, downright prohibitive. It is important to participate though, for it validates your breeding program and is one of the best ways to show off your farm.

I think we have settled on 3 shows. The first of these will be a few miles west of Chicago, the second will be in Louisville, and the last will be the Ohio Alpaca Breeders Association show in Columbus. This will keep us running from mid October to the weekend before Thanksgiving.

Also slated for October is a new event we are participating in at the Possum Creek MetroPark just south and west

of Dayton. We are calling it the Alpaca Jamboree and it will be part of the "Barnyard Bash". This sounds like another fun event for the family with numerous farm related activities for the whole family to enjoy.

This will be the first time that our alpaca group has been at this event and the first time that we have done an event more sophisticated than a pot luck. Our purpose is to introduce folks to alpacas and we will each have a small exhibit that talks about all things alpaca.

The Barnyard Bash/ Alpaca Jamboree is scheduled for Saturday, October 16th from 1:00 to 4:00. So mark your calendars and plan to visit us there. We will be housed in a tent with 12 other breeders, so plan to stop in and check it all out.

That's all the news for now. Enjoy your week and the cooler fall weather

This Week's Box

**Red Onions
Lettuce
Tomatoes
Broccoli
Delicata Squash
Raddichio**

Next Week

**Red Onions
Lettuce
Tomatoes
Carrots
Broccoli
Winter Squash
Peppers
Celery**

CHUNKY VEGETABLE CHILI

5 medium chopped Carrots	1- 28 oz can diced tomatoes
2 medium diced Potatoes	1- 14 oz can vegetable broth
1 medium chopped onion	1- 15 to 19 oz can garbanzo beans
1 small chopped bell pepper	1- 15 to 19 oz. can black beans
1 Tbsp. Chili powder	1- 8oz can tomato sauce
1 tsp. cumin	1 medium cubed zucchini

Microwave the carrots, potatoes, onion and pepper for 5 minutes on high. Add microwaved vegetables to a Dutch oven. Along with the chili powder, cumin, tomatoes with juice, tomato sauce, vegetable broth, rinsed garbanzo beans, and rinsed black beans. Reduce heat and simmer 25 minutes. Add the zucchini, cover, and simmer for 5 minutes or until zucchini is tender.

Makes about 14 cups
95 calories per cup, 1 gram fat, 20 g carbohydrate, 584 mg sodium

**AS THE DAYS GET SHORTER, PLEASE
TRY TO PICK UP BY 6:00 PM SO THAT
YOU DON'T DISTURB THE FOLKS THAT
PROVIDE OUR PICK UP LOCATIONS**

—Also—

**WE NEED YOUR RECIPES
FOR THE NEWSLETTER!**

YOU CAN EMAIL THEM TO US AT bluebirdhills@voyager.net



A YOUNG BUTTERNUT SQUASH