

The Farm Weekly

VOLUME 7, ISSUE 13

BLUEBIRDHILLS@VOYAGER.NET

29 AUGUST, 2005

HOPING FOR KATRINA MOISTURE

Like everyone else, we have been watching and listening closely to the progression of Hurricane Katrina, but with a different twist. After moving irrigation equipment since early May, we are hoping for a break and some measurable precipitation. Since the start of July, Tim has been moving the sprinkler daily including on Sundays, and he is very tired of doing so. We shall see what she brings and hope that we get a decent rain without all of the nasty winds or tornadoes. Picky aren't we!

The family is settling into the school year routine. Hannah, Luke and Nicky are pretty happy with school, but Ian isn't quite sure yet about first grade. He is thrilled with his teacher and classmates, but now he is in big kid school with constraints very different from what he had in Kindergarten.

The tomatoes have kicked back into production. Tim and the guys picked close to one ton last week. We aren't sure if this is a response to the efficiency of the drip irrigation or if it is secondary to the let up in the intense heat and low humidity, but we are happy with the end result, regardless of the cause.

You have probably noticed the change in the onions. All of the sweeter onions that we harvested earlier have been distributed, so now we are passing along the stronger flavored keeping onions. The strong flavor makes these excellent for cooking and

adding flavor to any casserole or soup, but you may want to use them sparingly if using in a salad or on a sandwich.

Beets are in your boxes this week. I know that these are one of those veggies that many have strong opinions on. Please give them a try even if you have not liked them in the past. Our beets are different. If you are absolutely adamant about not consuming them in a conventional manner, you can use the recipe we have provided for a very pretty salad dressing.

To prepare beets, scrub them off and trim their tops to an inch in length. Leave the root intact, and the skin on. I usually just steam them, but you can bake or boil them as well. Either of these methods will probably take at least a half hour or more. The beets are fully cooked when they are fork tender like a baked potato.

After cooking it is easy to slice off the root and top, and slip off the skin. In our house simple preparation is preferred out of laziness, and I just season with butter and seasoning salt, but you can do more, cubing them to add color and sweetness to a salad, making a beet salad similar to a potato salad, using beets instead of potatoes, or making Harvard beets. Give them a try for you may be surprised to find you really enjoy them.

We have had a temporary potato gliche. The potato digger has broken which should be no surprise with the hard soil and that it

is older than Tim, in other week's boxes. That's it for words, an antique. Fortunately parts for repair are on their way and we will be harvesting in time for next

the week! Stay safe!

CHINESE SUMMER SQUASH from member Kathy W.

2 yellow summer squash
2 tbsp. sesame oil
1/2 c. soy sauce

Cut summer squash in long thin strips after peeling. Slowly heat oil in shallow fry pan and place squash no more than 1 layer high in pan. Brown slightly on both sides. Pour soy sauce over when all are browned and cover pan. Cook for 3-5 minutes on low heat and serve hot.

BEET VINAIGRETTE

1 cup cider vinegar
2-3 cloves garlic
2 teaspoons fresh ground pepper
1 teaspoon salt
1/4 cup sugar
1 large, cooked beet, chopped (about 1 cup)
1 cup oil

Combine all of the ingredients except the oil in a blender or food processor and puree. With the blender still running, slowly drizzle in the oil. This is a very pretty dressing and will keep in the fridge for one week.

**TUESDAY PICKUPS WILL BE
UNCHANGED NEXT WEEK IN SPITE
OF THE LABOR DAY HOLIDAY.
PICKUP AS USUAL ON TUESDAY**

This Week's Box

Lettuce
Onions
Peppers
Summer Squash
Tomatoes
Garlic
Beets
Cucumbers

Next Week

Onions
Summer Squash
Green Peppers
Lettuce
Tomatoes
Potatoes
Beets
Cucumbers