

# The Farm Weekly

VOLUME 11, ISSUE 14

BLUEBIRDHILLS@VOYAGER.NET

11 SEPTEMBER, 2009

## SWEET CORN MAKES IT INTO BOXES!

One of the most difficult vegetables to grow organically is sweet corn, so having this bicolor corn in your boxes is something we don't promise, but attempt every year. You will probably find some small caterpillars (or worms as most folks call them) at the silk end of the ears, but just cut or break the problem spot out and enjoy. Just consider the vermin you find, reassurance that it is organic corn!

We think you will find this corn to be pretty tasty. Each of us tried it fresh picked right in the field, without blanching in boiling water, or buttered and salted, and every kernel was consumed, except the ones with special "guests".

Excepting the potatoes, everything seems to be doing pretty well this summer. The cool weather has kept the lettuce abundant, and the regular moisture has helped as well.

This week starts the first distribution of the

winter squash. The first of these is the spaghetti squash which makes for an incredibly healthy and low calorie base to serve with sauces, just as you would spaghetti noodles.

Like other winter squashes, it will keep much longer than the summer squash, however the skin needs to be blemish free in order to do so. You can simply store it on your counter until you are ready to use it.

When you are ready to eat any winter squash, the biggest challenge can be getting to the flesh. Most often, it is cooked with its jacket on. If you like, you can cut it in half lengthwise first, but it can be cooked whole. I often cook it for a while whole to soften it a bit, making it easier to cut in half. Then, I remove the seeds, and return to finish. Winter squash can be baked or steamed. It really is a matter of personal preference.

Once the spaghetti squash is cooked, you can

use a fork to remove the "spaghetti" from the skin and then treat just like noodles. For the person on a low carbohydrate diet, this is a great way to be able to enjoy sauces without those terrible starches!

Last weekend I experimented successfully in the kitchen. I took 4 whole tomatoes, cut off their lids and removed the seeds and excess juice. I cut them into 1 to 2 inch chunks and threw them in a skillet. I cooked them until the moisture was almost steamed off and then added a tablespoon of butter, two sliced peppers, about half a cup of sliced onion, sea salt, and freshly ground pepper. When all of that was pretty soft, I added about 4 or 5 tablespoons of balsamic vinegar and a teaspoon of sugar. It was just as tasty as it was easy, almost like a relish, and even though I just served it up as a vegetable with dinner, I think it would be really good on toasted baguette rounds.

Pictured right is a monarch caterpillar. Over the years, I have checked the milkweed plants that these caterpillars are supposed to favor. This is the first time I have actually found one and took advantage to snap a picture. I do feel that butterfly populations are declining, so please think twice before you have your lawns and gardens treated. Those chemicals affect more than



just lawn grubs and Japanese beetles. And some of those weeds like milkweed are essential to beneficial insects like butterflies.

Two weeks ago I received the first batch of yarn I had spun from some of our alpacas' fleece by the folks at Morningstar Fiber Mill up in Amish country near Wooster, Ohio. I also ordered some dye, and this past weekend started to play. The whole process is a cross between mad chemist, artist, and beautician. It is also filled with happy accidents where you get something that looks great even though that wasn't what you had envisioned at the onset. We will have some of this for sale at the Wool Gathering behind Young's Dairy in Yellow Springs on Saturday and Sunday, the 19th and 20th.

Enjoy your weekend and thanks to all of you for helping to support our farm!

### *This Week's Box*

Lettuce  
Onions  
Summer Squash  
Spaghetti Squash  
Sweet Corn  
Tomatoes  
Garlic  
Peppers

### *Next Week*

Lettuce  
Onions  
Summer Squash?  
Peppers  
Tomatoes  
Eggplant?  
Potatoes  
Acorn Squash