

The Farm Weekly

VOLUME 12, ISSUE 19

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8 OCTOBER, 2010

KOHLRABI IS BACK IN YOUR BOXES!

A few years ago we only grew kohlrabi in the first part of the CSA season, but a pesky wife who happened to really love the weird orbs suggested that we add it to the fall lineup. I hope that you are as pleased with this addition to the fall crop as I am. Like cabbage, this will keep for a good while in the crisper drawer of your refrigerator.

I would like to say that things are slowing down, but Tim has been very busy preparing ground for next season. This year he is doing something very different in an effort to curb the green tide of grass and weeds that he constantly battles in the summer. For the past several weeks, he has been chipping away at the fields with a 3 board plow.

In the past he has used other tools to break the ground's hard pan under the depth of the tiller, but these have done nothing

to kill the grass or weeds. The plow actually is much more effective by literally turning the soil over. This is the technique used in many farm fields for corn and soybean production.

When conventional farmers use no-till practices in the fall instead of plowing the year's crop under after harvest to help prevent erosion and save fuel, they simply plant into the stubble of the previous season and then use herbicides to control weed competition. Erosion is reduced, but herbicide use is increased.

Since we grow organically, herbicides are not an option, and cultivation or mechanical removal of the weeds is the only choice we have. We aren't fond of the idea of plowing, for it does increase erosion, but in this circumstance, it is the lesser evil and will help to better the yields for us, especially with crops such as carrots that are difficult to

keep weed free, but easily succumb to weed pressure.

The frost threat this week forced Tim's hand, and all of the tomatoes were picked. Making this week the great green tomato harvest. So break out the fried green tomato recipes.

New in the box is a green called Vitamin Green. This is the plant with the celery like stalk reminding me of Chinese cabbage. There is little to be found on the internet about this variety and its best preparation. It is new to me as well, so I can't offer much help. The most popular way to prepare it seems to be in stir fry. I will let you give it a try and report back to us.

We heard from several of you that the salad

**LAST
BOX
OCTOBER
22nd!**

turnips were great. It is always rewarding to find a new variety that grows well and is popular with our customers. Thanks for giving us the feedback.

This weekend brings homecoming festivities to the Shouvins. Senior Luke will host a bonfire after the dance. Lotsa fun, but I am not so anxious to chaperone a party that won't start until 11:30 at night. The sacrifices we make for our children!

Golden Harvest Soup (from member Cathy T)

12 oz. lean boneless pork
1Tbsp. cooking oil
2 cloves garlic, chopped
5 stalks celery, chopped
2 tsp. curry powder (or more or less to taste)
3 14.5 oz cans reduced sodium chicken broth
3 cups cubed peeled butternut squash (acorn can also be used)
1 1/2 cups sliced carrots (or parsnips)
1 large granny smith apple pored and cut into 3/4in pieces
1/2 medium onion, chopped
1T cinnamon

1. Trim fat from pork. Cut into 3/4 inch pieces. In a 4 quart dutch oven heat oil, brown pork in hot oil, stir in garlic, celery and curry powder. cook 1 minute longer
2. Stir in broth, bring to boil. Reduce heat. Cover and simmer about 45 minutes or until meat is tender. Stir in squash, carrots and apple. Return to boil. Reduce heat again, cover and simmer for about 10 minutes or until squash is tender. Serve and enjoy!

This Week's Box

Onions
Potatoes
Lettuce
Kohlrabi
Green Peppers
Green Tomatoes
Komatusuna
Vitamin Green
Delicata Squash
Garlic

Next Week

Lettuce
Potatoes
Onions
Peppers
Beets?
Greens
Winter Squash