

The Farm Weekly

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COOLER DECIDES TO BE A FREEZER

Last Friday, Tim had to pull delivery duty for Kevin, our regular driver, went on vacation. At 10:00 AM, as I was poking away on my laptop, a car pulled up to the house with a member popping out to tell me that the vegetables in the boxes were frozen.

We aren't sure what exactly happened, but every one of the Springfield boxes were practically frozen solid and a mad scramble ensued. Quickly taking stock of what we had available to replace what was in the boxes, we quickly picked, rinsed, and re-packed all of the Springfield boxes. Thanks to those of you who were so understanding and returned later to pick up your boxes. Thankfully, it was only the Springfield boxes affected, since we pack and place the boxes for the other pickups directly onto the truck.

This week was a week of catch up in the fields with the wet weather taking a break thus giving Tim the opportunity to get

back in the fields. First on the list was to get the winter squash seed planted. Once that was done the transplanter was back on the tractor, and the weekly lettuce was moved out of the greenhouse and into the field. The fall broccoli and basil were also transplanted.

Our son, Luke, did some cultivating to knock down some of the weeds that have been growing like... well... like weeds. We use 2 antique tractors to get that done.

Our eldest daughter, Hannah, has been working on running string to suspend the growing tomato vines, all 1000.

The hot and humid weather has been good for the summer squash and beans. We were pleasantly surprised to have some to put in your boxes this week. But the hot weather has been very hard on the lettuce. We thought we would have plenty for you this week and next, but the heat has made it bolt. Bolting is

the term used when the lettuce sends up its flower stalk. When it bolts, the lettuce plant becomes very bitter. There was some lettuce that hadn't bolted, but not the quantities or quality we had expected, and the same will probably be true for next week.

Marco, Pedro and Hanter have started picking some of the garlic, but have also been cutting the blossoms off of those plants that are blooming. This will encourage the plants to put more "umph" into the bulbs.

The onions are the first of the sweet and mild Walla Walla that will be in your boxes for a few weeks. These are the northern version of the Vidalia. This variety was developed in Washington state and are wonderful on a sandwich, in a salad, or on a skewer for shish kabobs.

While I know that many of you don't like beets due to some horrible childhood experience firmly branded in your memory, where your parents made you eat canned beets, I really want to encourage you to try fresh beets.

To prepare them, scrub off the surface of the beet. The tops should be cut off leaving an inch or two of stem. Leave the tap root intact. The beets can be placed in a steamer, which is my preferred method, or baked in the oven. It takes at least a half hour to steam them to be

softened enough to be pierced by a fork.

There are two recipes for beets on our CSA recipe page. If you absolutely refuse to eat them straight up, you can use the beet vinaigrette recipe to make a beautiful salad dressing. One of our family favorites is to make the equivalent of a potato salad but substitute the potatoes with beets. This makes a beautiful addition to any summer meal. I should mention that the leaves are edible too, and you can treat them like last week's chard. Also, beets make your urine red, so don't freak out!

After several hours and a fair amount of consternation, my tractor is out of the front field. Tim worked on it last week off and on and screamed "uncle" on Wednesday night, ready to call the tractor repair folks to come and fetch it. He put everything back together and thought to himself, "I had better try this one more time, just so I don't look stupid if it starts when they come to pick it up." Low and behold, it started, and now I am back in business mowing the weeds down in the pastures and between the beds of veggies. That was close, for tractor repairs usually cost more than those for cars.

We hope that you have a wonderful holiday celebrating our freedom. Please keep those that are in harm's way in your prayers this weekend.

This Week's Box

Lettuce
Walla Walla Onions
Cabbage
Beets
Broccoli
Green Beans
Summer Squash

Next Week

Green Beans
Potatoes
Summer Squash
Cabbage?
Basil
Onions
Garlic