

The Farm Weekly

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FAIRLY ORDINARY WEEK

After the rush to get ready for the Farm Fest, life has slowed down here at the farm just a little bit. Part of this is because the garden is demanding slightly less time with coordinating a multitude of tasks. All of the seed for the season has been planted and only a few batches of lettuce are still to be transplanted.

Now the emphasis changes to maintaining what is already in the ground, or harvesting it. The other bonus last week was the rain that relieved Tim of the need to move irrigation equipment. It isn't difficult or strenuous, just a thief of time he could be spending elsewhere. We have only one set of equipment and if the weather is dry, the size of our fields requires constant application of water to some part of the garden.

After having our buddy, Joe, the plumbing contractor run pipe underground out to the fields, and also having risers placed at intervals to tap the hose into, the job is much easier and less time consuming. We use a sprinkler like the ones used on football fields. You pull it all of the way out and it slowly retracts itself with each round of its arc of water.

The difference in water pressure out to the garden is impressive and definitely helps get things

watered faster and deeper. This is not a sprinkler you would want to run through except at its very farthest reaches. At the source it would knock you over. Last year Tim had to link together irrigation pipe the entire distance from the well to the field. The multitude of small leaks between the pipes slowly dropped the pressure, but there's pressure now!

Tomatoes are coming on slowly. Tim is guessing that heavy pruning last month set them back. The theory behind pruning or suckering as it is also known, eliminates foliage that is simply robbing the plant of energy. This gives the plant more potential energy to create more tomatoes.

Removing the suckers also has the added benefit of allowing more air movement through the vines which helps to curb disease. There are plenty of green tomatoes, but they aren't turning red as fast as we would have expected, but we have noticed and heard that everyone else is experiencing similar delays.

We have purchased new boxes to pack your veggies in. Although we used the same stock number, these are what we have been given, for evidently the manufacturer has changed their design on us.

Each of these boxes cost us well over \$1.00 each, so it is important that we not only get them back, but that we get them back in a condition that allows us to re-use them.

Please do not use brute force to tear them open or collapse them. Just like the tops of the boxes bend so that the bend points upwards, allowing you to open them, the same concept now applies to the bottoms. We are including photographs here to try to show you how the bottoms of these work. They have been folded to get them put together at the farm for packing, so you can use those folds as a cue for how to collapse them. Please don't tear them.

If you have been given an old version of the box, you should know that to collapse the bottom, turn the box upsidedown and simply push all of the bottom panels into the inside of

the box. This unlocks them all, and one by one you can lift them back out and the box will flatten.

With the new box, you again turn it upside-down. As you look at the bottom, you will see that the two outermost flaps have a crease. Bend these outer flaps so that the crease points upwards, and the flaps can be easily slid apart.

We are sorry to have changed boxes on you without providing these instructions, and since a picture is worth a thousand words, we have provided two for you on the back page.

Tim spent some more time on pest prevention last week. He addressed the big pests, the deer, by running electric wire over several rows of lettuce. This should be effective at keeping the groundhogs and rabbits out as well, but it will interfere with keeping the weeds down.

Weedeating around the perimeter fence contin-

This Week's Box

Walla Walla
Onions
Summer Squash
Cabbage(?)
Cucumbers
Garlic
Eggplant(?)
Green Beans

Next Week

Peppers(?)
Onions
Cucumbers
Green Beans
Summer Squash
Cucumbers
Tomatoes (?)
Corn

ues in an effort to persuade the deer to stay out. Yesterday, Tim was leaning over, working on a section that was grounding out. It had been a misty day and the brim of his hat touched one of the wires. I had attributed his lighter mood to having more produce to put in the boxes this week, but alas, it was just the electroconvulsive therapy he received earlier in the day.

This will be the last week for Lisa, our driver. She works as the school secretary where our children attend and must return in anticipation of the new school year. We will be sorry to have her go, not only because it freed Tim to work in the field, but because we enjoyed her good humor, something we have definitely needed as we have struggled to fill the boxes in the last 2 months.

There is nothing new or unfamiliar in the boxes this week to elaborate on. This week, I would like to encourage you to make your own salad dressings. Last week we provided a recipe for beet vinaigrette. The beet mostly added color and body, but the fresh ingredients make all the difference. As we start to put fresh lettuce in your boxes, you might want to try using fresh dressings on top, as opposed to the store bought variety that have sat on the shelf for months. It really doesn't take much time and the flavor difference is definitely worth the effort.

With that in mind, we have provided 2 more simple recipes for dressings to brighten your summer salads. The flavor is so much better and you probably have all of the ingredients in your cupboards already, so have a go!



New Box from top (above) from bottom (pictured right)

Ivy's Salad Dressing

Ivy is one of the great characters that I have met at our church and got to know at our parish festival. She often brings a spinach salad to parish potlucks with this dressing on top. It is wonderful

- 3/4 cup canola salad oil**
- 3/4 cup sugar**
- 1/4 cup cider vinegar**
- 1/3 cup ketchup**
- 1 medium onion, chopped fine**
- 1 1/2 tsp salt**
- 2 Tbsp Worcestershire Sauce**

Combine all of the above in a 1 quart jar and shake well. Make a day ahead for best flavor. The ketchup makes this visually pleasing as well.

Shallot Vinaigrette

Acquired from the internet on " Magic Valley Growers" Web Site
Quadrupled and modified, provided by CSA member Nancy F.

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|----------------------------------|-------------------------------|
| 1/2 c. White Wine Vinegar | 2 1/4 tsp. Dry mustard |
| 1/2 c. Peeled Shallots | 1 1/2 c. Olive Oil |
| 1 to 2 tsp. Fine Sea Salt | 1/4 c. Lemon Juice |
| 1 tsp. Pepper | |

Using a blender, blend the vinegar, shallots, salt, pepper, and mustard. With the blender running, add oil slowly and continue blending. Then add the lemon juice. This is an outstanding dressing!

