

The Farm Weekly

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FARMFEST A WONDERFUL TIME

Last Saturday morning started off a bit dismal with clouds and rain threatening, but it wasn't long before the clouds parted and sunshine broke through. We were blessed with blue sky and cooler temperatures making everyone quite happy.

Nobody was happier than the 2 Belgian horses that were charged with pulling the wagon loaded with spectators out to the garden and back. I am not sure that they could have worked all day if they had been subjected to the 90+ temperatures of the days before.

It was fun to talk to everyone and put faces with the names that we have listed on our check off lists. We truly appreciate that you take the time to visit the farm especially on a day that started out so questionable in the weather department. Hopefully there weren't too many sore bottoms from the bumpy wagon ride.

It makes one appreciate what those traveling across the country endured on those long wagon treks as they moved from east to west.

There were a few comments about the weeds growing in the fields with the vegetables lost underneath. One of the limitations of organic growing is that you can't spray to eliminate weeds. The regular rain has not only provided great moisture helping the weeds to take off, but it also keeps Tim from being able to cultivate to eliminate them.

We are not complaining about the rain though. Another 2 inches fell today and Tim reminded me at dinner that last year it took 3 months to arrive at a 2 inch total, but by golly the weeds were under control!

The potato harvest began this week and looks pretty good so far. Your boxes will hold some purple potatoes along with a wax variety. These potatoes

LIMENION DRESSING

submitted by member Enriquez R.

2 small Sweet Onions**juice of ½ Lime****¼ cup Water for blending****1 tsp. very lightly flavored oil such as macadamia, canola, or safflower oil****dash of light vinegar (optional)****dash of sweetener (honey or stevia powder, optional)**

Chop the onion into chunks and put in a blender with the other ingredients. Whip into a very creamy sauce. For variety add dill seed for a light cabbage slaw, or fresh basil to go with tomatoes.

have not been cured and like the onions, should probably be kept in the refrigerator unless you are going to use them immediately.

I highly recommend that you eat these "straight up". Don't hide their flavor in a casserole or soup for they really are too good for that. In this case simple preparation may be best. Just chunk them and steam them until fork tender and season lightly. Of course the addition of a little bit of butter won't hurt a bit!

There is no need to peel these and you will find that their skins are very tender which is why you need to refrigerate them. You can enjoy the skins along with the flesh and reap the benefits of the fiber and vitamins they hold. Normally we clean the potatoes by tumbling them in our potato washer, but these are so fresh that we have to spray them by hand.

Onions are doing very well this year and we

now are putting Ailsa Craigs in the boxes. Please refrigerate to keep them fresh. They are a little bit stronger than the Walla Wallas, but still are very mild.

A great dish common to Ireland and Scotland is made with diced onions, chopped cabbage and smashed cooked potatoes. Saute the onion and cabbage in butter and then stir into smashed potatoes with some grated cheddar cheese. You can add some ham or cooked bacon too if you have it. Combine them and season to taste with salt and pepper and then bake in the oven at about 325 for 30 minutes or until warmed through. We were told this dish is called Colcannon or "Rumbledythump" for reasons that will become obvious to you later.

Hope you enjoy your vegetables and have a great week!

This Week's Box

**Onions
Broccoli ?
Cucumber
Summer Squash
Tomato
Pepper
Lettuce
Cabbage
Garlic
Potatoes**

Next Week

**Onions
Lettuce
Summer Squash
Tomatoes
Cucumber
Pepper
Potatoes
Red Cabbage
Basil**