

The Farm Weekly

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BLUEBIRDHILLS@VOYAGER.NET

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WE THINK IT'S A BIT HOT & HUMID

Gatorade has become the drink of choice here at the farm. The simplest of tasks just drenches our clothes with sweat, even if we are sitting on the tractor bush-hogging. I own no stock in the company that makes the product, but it certainly works. This kind of weather can make you nauseous, weak, and queazy and the electrolytes help to keep the energy levels up and the muscle cramps at bay.

Some workers when they are really feeling drained will use Pedialyte, the product for ill children, which works even better, but carries a larger price tag. That's something to keep in mind if you have a hard day in the heat and aren't feeling tip top.

I have been meaning for months to pass along a tip from CSA member Lois G. She told me about putting ICE as a contact in you cell phone directory. ICE stands for "In Case of Emergency". Un-

der this heading, you place the phone numbers of folks you would want contacted by emergency personnel if something should happen to you. Thanks for the tip Lois!

Potato digging continues and I want to remind you that these potatoes have not been seasoned, or hardened off, so they should be either dried and placed in a dark cool cupboard or kept in the refrigerator until used.

It looks as though this is going to be a banner year for the cucumbers. As each growing season passes we have found that one or two veggies stand out in performance and it looks like this might be a good cucumber year.

Basil will be in your box today or next week depending on the weather. I love the fragrance of the basil in the kitchen. We are giving you a complete plant to either dry and save for later, or for use in a batch of pesto. When you get your

basil, cut the stems from the stalk and rinse the dirt off the leaves. If the plant is wilted, you can place the stem in tepid water after cutting off the stem to make it fresh, so that it can take up the water (you should do this with cut flowers as well).

The basil will keep for quite a while like this. Any leaves submerged will turn black, so you might want to strip off any leaves that will sit in the water. You can just pluck off a leaf or two as you need them, over the next few days. Their useful life might be prolonged if you change the water each day.

Basil is a natural accompaniment to all tomato dishes and is surprisingly good with eggs as well. We like to take some sweet onion, tomato chunks and basil and toss them with some Balsamic Vinegar that has been sweetened with sugar. All of these flavors seem to harmonize beautifully together.

So far the eggplant look as though they might be following the cucumbers lead. The bushes are filled with ripening, miniature versions of what we hope they will become. We may have some melons for you in a few weeks, but we hesitate to mention either of these for fear we will jinx ourselves.

While this heat certainly gives you the impression that summer will go on

forever, the farm is making preparations for fall. All but the last few lightening bugs have quit showing off their prowess. The birdsong that marked territory has given way to crickets rubbing their legs together and the walnut leaves have started to fall.

It certainly doesn't look like August in the pastures or in the garden. The grass and weeds are still green and growing. Tim and I both have been mowing to knock down the growth.

After things dried out a bit, Tim ran the tiller and then transplanted some of the last of the plants that had been held in the greenhouse until the ground dried out enough. It is always a big sigh of relief to get that done since there is a small window of opportunity to do it.

There was some sadness this week in the alpaca pasture. We had a cria born about a month prematurely and even though we got it through the first day, he died in my arms on Wednesday night. It's the first time I have ever brought a cria into the house, and from an emotional standpoint, that's a bad move. It is amazing how attached one can get in just 24 hours.

The following morning I took the cria to mom and let her be with it for a bit before burying it in the pasture it would have run in. They mourn too.

This Week's Box

Onions
Cucumber
Summer Squash
Tomatoes
Peppers
Lettuce
Red Cabbage
Potatoes
?Basil

Next Week

Onions
Lettuce
Summer Squash
Tomatoes
Cucumber
Pepper
Potatoes
Fennel
?Basil