

The Farm Weekly

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BLUEBIRDHILLS@VOYAGER.NET

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TWO INCHES OF RAINFALL!

Who wants to cook in this weather. For that matter, who wants to do anything but swim or stay inside in the air conditioning. And who wants to be out in the fields working? Add the two inches of rain earlier in the week and, and work becomes slogging around in the mud and dew soaked garden.

Everything is going a bit slower these days, especially Tim and I. Marco, Pedro, and Hanter seem to be in their element and even as the boxes were being packed this afternoon, they worked in their long sleeved flannel shirts over their T-shirts.

As usual, there isn't enough time to get everything done, and there has been such a bounty this season, that we don't have time to pick everything that's available. Tim always plants extra just to guard against not having ample quantities. While he really didn't do anything different this year, the timely mois-

ture and the earlier arrival of the guys from Mexico, has led to a bumper year.

We hope that you are enjoying the melons. It's tough to know exactly when to pick these, but from those that we have taste tested, they seem to be pretty good. We haven't had very many successful melon crops to have become adept at picking them. Supposedly they are ripe when the slip easily off the vine, but the term "easily" leaves plenty of room for interpretation.

I have been painting up in the barn and decided to have a watermelon for lunch. It was one of the tiny ones that didn't make it into your boxes, but it was just as sweet, and I made quick work of it. I'm not sure if this is a proof positive sign of ripeness, but when I started to slice into it, it split open as though it would have exploded if it had sat there much longer.

The days are getting noticeably shorter, and

Zucchini Meat Loaf Italiano

From member Amy C.

3 Tbsp. Olive Oil	1.5 Pounds Ground Beef
2 medium Zucchini shredded	2 Tbsp. snipped fresh parsley
1 medium Onion chopped	1 Egg
2 or 3 cloves Garlic, crushed	1 tsp. Salt
3/4 c grated Parmesan Cheese	1/2 tsp. Pepper

Preheat oven to 350°. Heat the olive oil in a skillet and sauté the zucchini, onion, and garlic for 7 or 8 minutes. After allowing the veggies to cool a bit, put them in a big bowl with the beef, parsley, egg, cheese, salt, and pepper, and mix thoroughly with clean hands.

Place the mixture in a large loaf pan and bake for 75 to 90 minutes until the juices run clear. You can also cook this in a crockpot on low for 7 or 8 hours.

5 servings

Modified from "500 Low Carb Recipes"

only one or two lightening bugs can be seen flashing in the pastures and along the lane. When Tim leaves to pick up Marco, Pedro, and Hanter, it is light, but the sun isn't up yet. It won't be long before all of the alpaca chores will have to be done before dinner, and Tim will start the workday at 7:30 instead of 7:00. The crickets are now at full amplitude and the sound of the cicadas high in the trees instantly makes you feel as though it's high summer.

The birds are starting to form flocks and this evening as I was giving Clover her bottle, sixteen tree swallows were lined up on 2 of the power lines that are strung diagonally across the front pasture. It is pretty easy to pick out who the experienced aviators are when they come to land on the wire.

These are very attractive birds that nest in the same houses that the bluebirds use. Like the

bluebird, they have blue plumage, but it is a smokier blue that is iridescent. Their breasts are white, a sharp contrast to help differentiate them from other swallows. They seem prefer more open areas for testing and training, while the barn swallows stay closer to the barns they probably nested in.

The other birds wearing blue here at the farm are the blue jays and indigo buntings. All of these species can be seen as you drive up our lane for your boxes, so keep your eyes peeled. The indigos are a bit elusive and sparrow sized, the bluebirds might light on the fence, the blue jays occupy the higher branches of the walnuts, and the tree swallows will be flying in search of bugs over the pasture. Most will be gone in few months so enjoy them now.

Stay cool and drink plenty of water!

This Week's Box

Onions
Lettuce
Summer Squash
Tomatoes
Peppers
Melon
Sweet Corn
Potatoes

Next Week

Lettuce
Onions
Summer Squash
Cucumbers?
Tomatoes
Green Peppers
Melons ?
Potatoes