

BLUEBIRD HILLS FARM

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The Farm Weekly

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PLEASE RETURN YOUR BOXES

Each week we are nearly 30 to 40 boxes short from our pick up locations. While that may not seem like much, at over \$1.25 each, that cost adds up quickly over the course of the season. Additionally in an effort to be ecologically conscientious, not recycling the boxes runs contrary to how we would like to operate. Please return the boxes!

Being a little organizationally challenged myself, we understand that from week to week all of us are bound to forget, but if this is a regular occurrence for you, we suggest that you simply empty the box at the site when you pick up your produce, and just leave the box behind.

Also, although we understand that you simply can't wait to get to our wonderful produce, please take your time and avoid tearing the box to open it. Tearing the boxes makes them useless, so please be careful. Okay enough of the house-keeping.

Irrigation was a constant last week. We have had no rainfall here for 2 weeks even though it poured for half an hour just 5 minutes south of us on Sunday. Fortunately, the cooler weather and partly cloudy days have helped the plants tolerate the dry weather more easily.

The drier weather allowed Tim to get in the

fields with the tractor to cultivate the carrots, beets, lettuce, spinach, cilantro, and rutabagas. The broccoli, cabbage, kale, and cauliflower were all hand weeded since they are too tall and wide to cultivate with the tractor.

The eggplant distribution continues, as we try to guarantee that everyone gets at least one eggplant over these weeks of distribution. The cooler weather has slowed down the ripening of all the nightshade family. The tomato harvest is half of what it was last week, but we keep on working at getting the growing vines trellised.

Some of the old and tired crops that aren't producing anymore were mowed on Saturday along with some of the cover crops that should have been mowed two months ago. This is a way to help control weeds as well as to help the plant refuse to be more easily incorporated into the soil when it is time to turn it into the ground with the tiller.

Collards are in the boxes this week. I do not profess to be an expert on the preparation of collards, and I encourage you to take a look at a general cookbook for ideas and recipes. Like all greens, collards are rich with vitamins and minerals.

Related to other members of the cabbage

family, they can be used the same way, but they require longer cooking time.

With Kale, you must remove the green from the stem due to its toughness, but with collards this is not necessary. You only need to rinse off the dirt, and either steam, braise, or boil the leaves for 15 to 20 minutes before eating them.

Cooked collards can be used the same way you use cooked spinach and they make an excellent addition to soups. Don't just leave them in the back of your refrigerator to turn into green slime a month from now. Be adventurous and try them out. We have provided a recipe on the back to help you with the experiment.

I am a member of a very informal group of women who enjoy getting out once a month to share an interest in the fiber arts, ie knitting, weaving, spin-

ning, and felting. This past gathering was held in DeGraff which is north and west of West Liberty.

The gal that hosted our gathering is full of life and energy at 70+ years of age, and could work circles around us young pups. But what really grabbed me was the fact that she was living in the very house where she was born, and her son and his family were living in the other house on the property.

Some of you may have met Susie at our Open House last month, with her spinning wheel and various fiber goods. Her grandparents had moved to DeGraff in the 1800s and the family has firmly and tenaciously put down roots there.

Susie taught school and she and her husband once ran a summer camp at the farm with about 40 kids in attendance at all times for most of the summer. They slept in various bedrooms in

This Week's Box
Onions (red?)
Summer Squash (?)
Collards
Lettuce
Eggplant(?)
Corn(?)
Garlic
Tomatoes
New Potatoes

Next Week
Beets
Onions
Lettuce
Potatoes
Summer Squash
Tomatoes
Corn
Beans

the house and the counselors slept in the screened in back porch. All of the children helped with all of the chores of feeding and tending livestock, bringing in the hay, harvesting the food out of the garden, and preparing meals. I can't imagine any of us sending our children or grandkids to a camp where they had to do anything like this! Too bad. The kids loved it and returned year after year.

There was plenty of recreation too at camp with riding horses, swimming, and arts and crafts to round out the summer. Former attendees still come back for a visit. What a rich and blessed life she has lived, and she will be the first to tell you how lucky she has been.

It was a wonderful evening in a beautiful setting where, with just a little bit of imagination, you could visualize each generation of her family laughing, loving, and working on the same farm in much the same way, different only in their attire and to a certain extent, the equipment they use.

Having lived there all of her life, Susie even recognized the names of some of our ancestors who lived 5 or 6 miles east of her farm between DeGraff and Bellefontaine. My Mom used to go there for family gatherings when she was a squirt, and we have a few pictures of the whole famn damily gathered on the front porch. I find that I crave such reminders of being connected to the past and to the land.

Maybe the people aren't permanent, but usually the land is, until it's paved over for a development or shopping center. Perhaps that is why I get upset every time I see farm land paved over for a shopping center or development. No more connectedness there.

Please check your name off of the Check Off sheets wen picking up your box. If your name is checked, do not take a box, for someone has already done so for you.

SUSIE'S ZUCCHINI SOUP

We had this last Friday night and it was delicious even cold!

¼ cup butter	½ cup grated carrots
1 cup onions or leeks, sliced	1 quart chicken stock
1 cup potatoes, diced	1 tsp. salt
2 cups zucchini, grated	¼ tsp. pepper

Sauté onions or leeks in the butter until translucent then add the vegetables, chicken stock, salt and pepper. Simmer 30 minutes or until the potatoes are tender. Pureé in food processor or blender. Add seasoning. Serve hot or cold. To serve cold, thin with a little bit of cream and a touch of extra salt.

Serves 6

ATTENTION TUESDAY PICKUP MEMBERS

The pickup on Tuesday, September 7th will be moved to Wednesday, the 8th due to the Labor Day Holiday on Monday the 6th

GREENS WITH TOMATOES AND ASIAGO CHEESE

From "Vegetarian Cooking For Everyone" by Deborah Madison

1 large bunch collard greens, rinsed and cut into large pieces
2 Tbsp. Olive Oil
1 Garlic Clove, thinly sliced
2 Tomatoes, peeled and diced
Several pinches dried Oregano
Grated Asiago cheese

Simmer or boil the greens in salted water until tender (5 to 20 minutes) and then drain. Put them in a wide skillet with the oil, garlic, and tomatoes. Season with the oregano and cook over high heat until the tomatoes are heated through. Serve with cheese grated over the top

Serves 2