

The Farm Weekly

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KATRINA BRINGS 2.8 INCHES OF RAIN

Thankfully, we finally received a measurable amount of rain last week, close to 3 inches! As a consequence, it's been almost 7 days since Tim has had to move irrigation equipment! After this week-end's gorgeous weather though, he may have to get back to it.

Two new items are in your boxes this week. The first is carrots. We had hoped to have these much earlier, but the tall 4 legged rodents known as deer helped themselves to the first rotations, and even though we didn't have spectacular germination with this round, we did have a fairly decent harvest to share. Since everyone is familiar with carrots, we won't give any instructions on keeping or preparation.

The second newbie in the box are the sweet potatoes. This is a traditionally southern crop for our season is barely long enough to grow them. These were dug today (Labor Day) so they are very fresh. Often, in cooler weather, sweet potatoes must be cured to attain the sweetness we are accustomed to, but with the intense heat and sun of this past summer, our taste test this evening told us that no curing is necessary.

Sweet potatoes are best kept in a dry place tucked in a corner of the counter in a bowl. They will keep for a very long time like this. Do not put them in the refrigerator, for it will cause them to spoil prematurely.

When you go to prepare your sweet potatoes, you simply scrub their skins free of the dirt and either bake, steam, or microwave them with their skins on. We enjoy ours plain and simple, cooked in the microwave and eaten like a baked potato. Some folks will add some brown sugar to sweeten them and butter, of course.

One of my favorites at a local barbecue restaurant is sweet potato fries made just like regular French fries. Years ago at the farmers market in downtown Springfield, there was a vendor that made the best sweet potato pie going with a lard crust of course! So there is more to the sweet potato than the casserole brought to the potluck at Thanksgiving with marshmallows on top.

As for what is going on here at the farm, cultivation and mowing continue with an added fervor. The new moisture has inspired weeds and grass to take off. Last week Tim transplanted the last of the lettuce and put the transplanter used for smaller transplants to bed for the season.

The tomatoes have slowed down again, cutting the harvest to one third of last week's. We aren't sure if they have simply slowed down due to the cooler weather, or whether they have shot their wad per se. Most of you are probably happy to hear this after all that you have been inundated with.

Have a good week!

A WOOL GATHERING

Saturday & Sunday, September 17th & 18th

This is a great fiber festival held at Young's Jersey Dairy just north of Yellow Springs on St. Rt. 68. Two enormous tents are filled with all things related to the fiber arts. There are vendors selling yarns, finished products such as sweaters, scarves and shawls, spinning wheels, fleece to spin and all of the supplies needed to create your own projects. There are also demonstrations by different artists as well as special activities for the kids. All of this at Youngs, which has become a favorite family destination with its famous ice cream, 2 restaurants, miniature golf, batting cages, and much more. Hours are 10:00 to 7:00 on Saturday and 10:00 to 5:00 on Sunday. We will be there with our alpacas and some alpaca products, so we hope to see you there!

CURRIED ZUCCHINI SOUP from Martha Stewart Everyday Magazine via Beka P. and Cathy C.

1 Tbsp. Olive Oil

1 medium onion, chopped

Coarse Salt

2 garlic cloves, minced

1 1/2 lbs. zucchini (3 medium sized) in 1 inch chunks

1 baking potato, peeled and cut into 1 inch chunks

1/3 cup sliced almonds, toasted for garnish

Heat oil in a large saucepan over medium heat. Add onion and 1 tbsp salt. Cook stirring constantly, until fragrant, about 1 minute.

Add zucchini, potato, and 4 cups water. Bring to a boil, reduce heat, and simmer until vegetables are tender, about 15 minutes.

In batches, puree soup in a blender in small batches (do not fill more than halfway) until smooth. Serve immediately, or let cool, refrigerate in an airtight container until chilled. Garnish with toasted almonds.

This Week's Box

Lettuce
Onions
Peppers
Summer Squash
Tomatoes
Carrots
Sweet Potatoes
Cucumbers

Next Week

Onions
Summer Squash
Green Peppers
Lettuce
Tomatoes
Potatoes
Spaghetti Squash
Cucumbers