

The Farm Weekly

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RAIN SOAKS THE FARM AGAIN

Another two inches of rain has soaked the farm almost completely halting any work. Tim did get some cultivating done on Monday and some of the potatoes were dug then as well, but since we had so much rain, it has been too muddy to do any cultivating, mowing, or even harvesting. Fortunately the rain fell at the start of the week and has not interfered with any picking for your boxes.

To make Tim even more frustrated, he accepted a cold virus from one of the kids. The only thing our children seem to willingly share is their contagious diseases. So far the cold has claimed 6 out of seven family members. I am taking Echinacea to keep the virus at bay.

The good thing about the rain is that it has rinsed the pollen from the air, so the allergy sufferers among us are feeling a bit better.

We are moving from one festival to the

next. The weather was fantastic for Centrafest and we are hoping to have the same for A Wool Gathering this weekend at Youngs Dairy north of Yellow Springs. I was out there today putting the panels in the two tents that seem as big as football fields. On Saturday morning they will be filled with over 76 vendors along with a few sheep, llamas, alpacas, and herding dogs.

The bush hog is back to work and mowing is just about the only work that can be done in the field right now. Since Tim wasn't feeling especially energetic, this seemed to be the best place for him. He has been working on equipment in the barn doing some repairs and maintenance while the rain was pouring down.

We are anxiously awaiting two alpaca births. Two dams are here for birthing services and one of these is enormous. I mentioned in our last newsletter that we would be hosting

Health-full touch workshops here on September 30th and October 14th. When I was showing the instructor Carmen Kolz the barn and animals, Neva was being delivered. As I was noticing how huge Neva's belly was Carmen asked if alpacas had twins frequently.

The answer to her question is that twins are extremely rare, but she definitely felt the energy of twins, so I am anxious to see if her perceptions are correct. Last night I dreamt that Neva had a 34 pound cria (normal is 12 to 22 pounds) so obviously it is on my mind.

I am anxious to participate in Carmen's workshops. Trained in what is now considered conventional medicine, I used to

think that alternative medicine was bunk. After seeing the successful use of homeopathy where prescriptions failed and watching Carmen accurately diagnose an alpaca without knowing the history of the animal, I am much less of a skeptic.

A few have asked about the eggplant and whether we could provide a recipe, so we have one from the book "Recipes From America's Small Farms", written by Joanne Lamb Hayes and Lori Stein. We were mentioned in this book and some of our CSA members submitted recipes. So we are a bit partial to it. We hope that you enjoy the recipe and have a great week.

Abu Ghanoush

From Recipes From America's Small Farms

This is a Mediterranean dip that you would use like a salsa, only substitute pita chips for the tortilla chips.

1 Eggplant

1 Bell Pepper chopped

2 or 3 Tomatoes

1 small Onion

Juice of 1 lemon or lime

1 Tsp. ground Cumin

1 Tbsp. Olive Oil

1 Tbsp. chopped Parsley

2 garlic cloves, minced

pinch of red pepper

Take the eggplant and pierce it a few times and then wrap it loosely in aluminum foil and place it in an 400° oven until it is soft and mushy. Allow to cool and scrape all of the flesh away from the skin and chop into chunks smaller than ½ inch square. Toss it with the chopped bell pepper. Chop the tomatoes and onion and add to the eggplant and peppers.

In a small bowl, mix the lemon or lime juice, olive oil, parsley, cumin, and red pepper. Salt to taste and then combine with the eggplant mixture.

This Week's Box

Onions
Tomatoes
Peppers
Lettuce
Potatoes
Komatsuna
Eggplant
Summer Squash
Small Cabbage

Next Week

Onions
Lettuce
Tomatoes
Peppers
Potatoes
Summer Squash?
Japanese Greens