

# The Farm Weekly

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## SORRY ABOUT THAT!

A minor family emergency kept the newsletter from going to press on Tuesday morning and since the Tuesday folks didn't get a newsletter, it didn't seem fair to give one to the Friday folks. There may have been a little bit of laziness and writer's block factoring into the decision as well, but we'll just blame it on our youngest child managing to poke himself in the eye, something we still can't figure out. How do you poke yourself in the eye? Never a dull moment at our house!

If there was any weather capable of helping us with the broccoli and cauliflower, it would be the weather we have had over the last two weeks. Cool, damp weather is ideal to help them come along. There are a few more tiny cauliflower and broccoli florets showing themselves among the large blue green leaves, but don't count on either being in the boxes.

Officially we have had two very light frosts here on the farm. Not at all strong enough to have any effect. The tomatoes are still green leafed, but they are taking much longer to ripen due to cooler temperatures and the sun sitting lower in the sky. With fewer ripening, we may have to start placing green tomatoes in your boxes this week. Frankly, Tim can't make up his mind. It is unbelievably unusual to still have living tomato plants in mid October!

Pictured to the right is one of the few tomato pests we have to contend

with. The tomato horn worm is a dramatic looking beast. They grow at a phenomenal rate and can be found by following the trail of frass on the plant. Frass is another name for caterpillar poo, and as they munch away, they also leave a trail of defoliated stems, but are still difficult to find due to their well camouflaged, leafy green skin.

The picture to the right shows a caterpillar we found earlier this summer that had been parasitized by a small wasp that lays its eggs on the caterpillar. The larvae hatch and slowly consume the caterpillar before emerging from its body a week or so later. This beneficial wasp helps to control the hornworm population, killing the caterpillar, preventing it from becoming a moth and completing its life-cycle.

The celery in your boxes is probably not what you are accustomed to from the grocery. It has not been grown in sandy soil and blanched by burying, as is done commercially. It will make very flavorful dishes when diced into a casserole or stew. This celery is better suited for cooking than munching.

We have made cream of celery soup that is incredibly tasty, by simply following a standard cream soup recipe. We take the celery, some onion and seasonings and sauté in butter then, cook in chicken broth. When tender they go in the blender. Cream or milk that has been scalded completes the soup. Soups like this are

such a comfort on these cooler days. Stay warm!



### ***The season ends next week!***

***WE ARE MISSING MANY BOXES.  
PLEASE REMEMBER TO  
RETURN THEM.***

***Please bring something to  
transfer your produce into so  
that you do not have to make  
an extra trip back to the  
pickup location to return next  
week's box.***

#### *This Week's Box*

Lettuce  
Collards  
Spinach  
Peppers  
Tomatoes  
Delicata Squash  
Potatoes  
Carrots  
Celery

#### *Next Week*

Kale  
Onions  
Green Peppers(?)  
Green Tomatoes  
Potatoes  
Beets  
Assorted Squash  
Carrots  
Celeriac (?)