

# The Farm Weekly

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## PERFECT WEEKEND WEATHER

The wonderful weather we have had over the last few days has been a big help for catching up with work in the fields. Tim took advantage of the dry, sunny weather to do some mowing, cultivating, and tilling.

While the boxes aren't full yet, the work load is about as full as it can get. Each week lettuce is started in the greenhouse up through August. Cultivating to keep the weeds in check, transplanting, and sowing seed still are on the work schedule, filling any gaps between picking, cleaning, and packing the vegetables.

The tomatoes are getting their share of attention as we pull off the sucker branches and put up the trellises to string and support the first vines. We grow indeterminate tomatoes, which are varieties which will continue to grow and bear fruit for several months. The tomatoes found in the grocery or in the can are determinate varieties that reach a certain height, stop growing, and bear all of their fruit at the same time. These are great for commercial production, but not for our members who want fresh tomatoes all season long.

There are green tomatoes on the vines so it won't be much longer until we experience that fantastic flavor that you can only find in a garden tomato.

Fall crops were also started last week, and some summer squash was transplanted. We plant several rounds of most of the vegetables to keep them available for several pickings.

This week, weather and time permitting, Tim plans to set out some more summer squash plants, as well as celery, leeks, basil, and fall cabbage, broccoli, and cauliflower.

Also on the schedule is planting another round of corn, carrots, beets, greens, and beans. These are all sown directly into the soil and go in much more quickly than the transplanting, but the soil conditions have to be perfect.

We still have mowing to do, both in the garden and all around the farm. In the vegetable fields the mowing is one part weed control, one part deer control. Keeping the deer cover down makes the vegetable fields a less comfortable residence for them. Tim planted acres of winter rye on the fallow ground to help improve the fertility of the soil, and all of that is well past due to be mowed down.

We are still on "cria watch" in the alpaca pastures, and I have had the terrible job of making several trips up to the pastures to check on the pregnant dams to see if they are in labor, or have already given

birth. This has been a strange spring for most area alpaca breeders for almost all of the dams have far exceeded their due dates. It has been postulated by some that alpacas have the capability of putting a pregnancy in limbo when faced with stressors, especially weather or dietary. Perhaps the cold spell we had last winter had this effect, but it seems to be a strong phenomenon this spring in the eastern U.S.

Those cria that have already made their entrance into the world, provide entertainment as they rip and tear around the pasture. We have also been breeding females for next year's crias, and finally had the time to do some "weed eating" around our house and close to the barns and pickup building.

We would like to thank all of you who were kind enough to send us recipes via email. Unfortunately, while trying to save our website to a CD, the

hard drive on one of our computers died. All of our data was lost excepting those things that were on our other computer. Since the email was primarily handled by the now deceased hard drive, I have lost most of those recipes along with my email addresses and many other important documents. RATS! If those of you who have not seen your recipes included would be so kind to send them again, we would all appreciate it.

Things seem to be running very smoothly at the pickup locations, and we thank you for that. Each year, we always have to put out reminders for members to return their boxes. If this is a problem for those of you who, like me, are occasionally forgetful, you might want to resort to keeping a plastic laundry basket in your car's trunk to transfer the produce into. This way, you can leave the box behind, and also protect your car's interior better from the often damp produce.

### *This Week's Box*

**Garlic  
Walla Walla  
Summer Squash  
Kohlrabi  
Broccoli**

### *Next Week*

**Cabbage (?)  
Cauliflower  
Onions  
Broccoli  
Summer Squash  
Cucumbers**

The boxes don't have anything in them that requires any special attention or description. The summer squash is making its first appearance now and there are two different varieties this week, but only one per box. These are to be treated just as you would zucchini.

Please don't forget our Open House scheduled for Saturday, July 17th from 10:00 AM to 4:00 PM. We have added some nice features to it this year. Some folks who raise buffalo and elk will be there selling some of their products. There will be alpaca products for sale, and a woman demonstrating rug hooking with some of her wares to share.

A friend of ours who makes some intriguing paper art will have a table, and a gal from Indiana who makes a wonderful variety of natural soaps is going to have a stand. Our local pony club will be selling food as a money maker for their projects and activities, and the horse drawn wagon rides are always a hit (and free!). We are hoping to have something for everyone to celebrate local artisans. So we hope that you, your friends and family can come!

**We Need Your Favorite Recipes!**  
 One of the Bluebird Hills Newsletter traditions is the inclusion of recipes from our members. These recipes don't have to be solely for produce. They can be your favorite cookie, casserole, dessert, salad, or whatever. So please send them to us by e-mail or snail mail to:  
 bluebirdhills@voyager.net or 3617 Derr Rd. Springfield, Oh. 45503

### Asian Coleslaw

Submitted by CSA member Natalie L.

- 1 cup toasted almonds, coarsely chopped
- 8 cups Nappa Cabbage
- Chopped Cilantro
- 1 bunch radishes, sliced
- 3 green onions, thinly sliced
- 2 cups snow peas, cut diagonally

Prepare all of the produce and toss together, then prepare dressing below.

#### Dressing:

- 3 Tbsp. White Vinegar
- 3 Tbsp. Sugar
- 1 Tbsp. Soy Sauce
- 1/2 Tsp. Asian Sesame Oil
- 1/2 Tsp. Ground Ginger
- 1/2 Tsp. Cayenne Pepper

Stir all of the ingredients together until the sugar is dissolved. Add 1 cup mayonnaise and whisk until well blended. Add the dressing to the tossed vegetables and refrigerate for 1 to 2 hours before serving.

### Spinach Cous Cous

Submitted by CSA member Susan K.

- 1 Clove Garlic
- 1 Tsp. Extra Virgin Olive Oil
- 4 cups Raw Spinach, cleaned
- 1 Cup Whole Wheat Cous Cous, cooked \*

In a non stick skillet, sauté the garlic in the olive oil, until tender, not browned. Add spinach and cook two minutes until it wilts. Stir in the cooked cous cous and add salt and pepper to taste.

Makes 2 servings

\* Cous Cous is a Mid-Eastern / Mediterranean product that is usually found in the grocery section that has rice. It reminds us of a cross between rice and pasta)

### Quinoa Coconut Yams

Submitted by CSA Member Kim P.

- 3 cups cooked Quinoa
- 1/2 cup Sugar
- 1/2 cup Milk
- 1/2 Tsp. Salt
- 3 cups mashed cooked Sweet Potatoes
- 1/2 cup Butter
- 2 Eggs
- 1 Tsp. Vanilla

Mix the above ingredients **except the Quinoa**, in a large bowl, and then place in an oven proof pan that has been sprayed with non-stick spray. Spread until even and then place the Quinoa on top of the sweet potato mixture. Combine the ingredients below and place on top of the Quinoa. Bake at 375 for 35 minutes.

- 1 cup chopped nuts
- 1 cup Brown Sugar
- 1 cup unsweetened, shredded Coconut
- 1/3 cup Flour
- 1/3 cup melted Butter
- pinch of Nutmeg

Melt the butter, stir in flour, sugar, nuts, coconut, and nutmeg. Mix well. Place on top of sweet potato mix and bake at 375 for 35 minutes.