

Wholesome Harvest

News Letter 7/13/09



This Week on the Farm

Hello to all members. This week unfortunately did not bring us the rain that we so badly need. So you can imagine watering has been at the top of the list of tasks to accomplish. Although we have been spending many hours getting badly needed water to plants we are still seeing the signs of water stress. But we keep praying that God will bless the farm with the rain needed to keep the produce healthy and growing. There is always one thing you can count on growing even in the driest of conditions and that is WEEDS!!



(First Tomatoes)

Irrigation was laid, specifically drip tape which is a flat plastic tube which has holes that drips water directly to the plants at eight inch intervals. We use drip tape as it conserves the most water making it most environmentally friendly. Because the water is being placed directly under the plants this method gives us the least amount of problems with any diseases that can come with overhead irrigation lines.

We have been spending time both in the green house and on the farm planting fall crops. Some of the fall seeds are directly planted on the farm using a planter that will sow the seeds at the proper depth and spacing. Seeds that are planted directly into the fields include crops such as squash, beets, cucumbers, etc. We are also planting a new crop of spinach and peas for fall harvesting. Many additional flats were also started in the green house this past week.



Grumpy, our farm dog has been missing from the farm for the last few weeks as he had an injury to his nose so was confined to the indoors. Boy is he ready to get back on the farm. His nose has now healed nicely and however he has found himself taking a fancy to being a house dog also. Not all dogs get to have the best of both worlds.



(First Potato blossoming)

Chris Zastrow

Frequently Asked Questions

This section is intended to address questions that are brought to our attention by our members. It is our hope to answer most of these questions in the newsletter helping us to better communicate to all members.

How fresh are the vegetables?

In most cases the vegetables are picked the day of the deliveries. There are some vegetables that are picked the day before and then refrigerated till the delivery time.

Overgrown Radishes?

This year we added a variety of radish that gets the size of an Egg we mentioned it in the following section of Get To Know Your Produce.

Get to Know Your Produce

Each week we will include pictures and brief descriptions of less common varieties of produce that we have ripening in the fields. You may have already received some of these or may be receiving them in the future.



Magda squash has a sweet and nutty flavor used for stuffing's, stir fry, and pickling. It is sort of egg plant shaped and has a light green skin.

Zucchini



Zucchini is a member of the the squash and pumpkin family of vegetables. It is perhaps the best known squash. Zucchini has many uses from hot dishes, stir fry, breads, cakes, etc. The larger zucchini is better used in recipes that will either be baked or cooked such as the recipe included below or a recipe such as bread. The smaller sizes are better used fresh, stir fry, etc.



Eight ball Zucchini

Now rolling this way is 'Eight Ball', a round little charmer that is bold, glossy and with a deep forest-green skin. Loaded with delicious nutty, buttery flavor, 'Eight Ball' makes a fantastic stuffer.

Radishes



We have added a variety of radish this year that is known as the Easter egg radish. So if you have received one of these this year don't be alarmed at the size as the size is that of an egg. We try to add some different things to our produce offering so people have an opportunity to try new things. Remember to feel free to give us feedback on how you enjoyed any of the produce.

A radish is the root of a plant related closely to mustard, another surprisingly healthful plant. It's generally used as a garnish or salad ingredient because of its mild-to-peppery flavor and unique red-and-white coloration, but it's much more than just a garnish.

This Weeks Recipes

We thank are members who have submitted some of their favorite recipes. We do not have room for all recipes in the newsletter but we will work on pulling together a recipe file that we can share with the members at the end of the year. If you have a recipe you would like to share please e-mail a copy to us. Hope you enjoy.

Zesty Radish Dip

2 small shallots, trimmed
1/2 cup fresh radishes (about 6 small), washed & trimmed
8 oz. cream cheese (low-fat is fine)
1/2 tsp. dried dill weed
1/2 tsp. salt
1 tsp. Dijon mustard (substitute prepared horseradish, if you like it hotter)
cracked black pepper to taste

Place shallots and radishes in the bowl of a small food processor fitted with a sharp blade; process until very finely minced.

Add remaining ingredients and process until well-blended. Refrigerate for 2 hours for best flavor. Serve with whole-grain or pumpnickel breadsticks or crackers.

STUFFED BAKED ZUCCHINI

6 zucchini of the same size, weighing about 1 3/4 pounds (800 g) in all
1/4 pound (100 g) ground beef
1/4 pound (100 g) fresh mild Italian sausage, peeled and crumbled
A couple ounces of day old bread, crusts removed and crumbled (3/4 cup not packed)
4 tablespoons grated Parmigiano
An egg
1 clove garlic
A medium-sized onion
A small bunch parsley
1 tablespoon unsalted butter
1 tablespoon olive oil
1/2 a bullion cube
Fresh thyme
Salt & pepper to taste
1/2 tablespoon tomato paste diluted in 1/4 cup water or broth

PREPARATION:

*If using a larger Zucchini , I take a baking sheet and put it over two stove burners and cook flesh side down in boiling water)))

Moisten the bread in cold water. Salt some water in a large pot and bring it to a boil. While it's heating cut the zucchini in half and scoop out the pulp. Mince the pulp with the onion, garlic and parsley, and sauté the mixture in the butter and oil until it is lightly browned, then crumble the bullion over it and transfer it to a bowl. Squeeze the bread dry and combine it, the egg, the cheese, and the meats with the vegetable mixture. Mix well and season the stuffing to taste with salt, pepper and thyme.

By now the water in the pot will be boiling; add the zucchini and cook them for 5 minutes from the time the water resumes boiling. Then remove them and set them upside down so they drain as they cool. Preheat your oven to 380 F (190 C).

Fill the zucchini with the stuffing, pressing it down firmly. Arrange the zucchini in a buttered pan, brush them with the tomato mixture, and bake them for 25 minutes, basting regularly with the pan drippings. If they appear to be overbrowning, cover them with some aluminum foil for the last 10 minutes. Serve at once.