



The Weekly Note

Week of July 12, 2010

In this week's box – Greens (Lettuce/Spinach), Green Beans, Broccoli or Cabbage, Kale, Garlic, Kohlrabi, Carrots (to sites with EOW pick up this week)

Go Gourmet – No vegetables this week

Herb share – Thyme

Fruit share – no fruit until September when apples come in

Much has happened since last week. Tim and I actually got a small break away from the farm last weekend. A field day, some time with our daughter, Jess, a delightfully relaxing Sunday morning and attendance at a fascinating Indian dance recital made for a refreshing retreat. Monday met us with a full week's schedule. From garlic harvest (see News from the Field) to wrapping up our marathon weeding projects (oh, we're never completely done weeding), watching new crops start to come on (more beans coming, zucchini are just starting, tomatoes are beginning to turn, onion and potato harvest in two weeks) to initiating a spray program for hoophouse tomatoes to surviving mosquitoes (Tuesday was glorious here!) to juggling a revolving door of summer crew as vacations shift who's on first here. Thankfully Christa Hanson, the elder, has been able to help fill in. And Becky (see today's featured crew member) has been joined by her daughters, Elizabeth and Andrea, last and this week.

Fresh for your kitchen ... Our first supply of **garlic** came to you in the form of garlic scapes. Now we have the full heads harvested and will deliver garlic four times over the rest of this

season. Because of the challenges with this year's garlic crop, this first supply we are passing along is selected from the supply that will not keep long. We suggest you plan to use it within the next couple of weeks. The next three supplies you'll receive will be of better quality. Fresh garlic is a treat and will go quickly in many households. If you need a tasty idea for using the garlic, try the below recipe.

Roasted Garlic: Head of garlic, olive oil

Slice off the tips of the garlic head, brush the exposed garlic cloves with olive oil. Wrap in aluminum foil and bake in the oven at 350 degrees or on the grill for 30-45 minutes until completely caramelized and soft. Use the roasted garlic as a spread on crusty bread, potatoes, or meat. It's a delicious treat.

Kale is another new item in the box. This nutrition powerhouse supplies vitamins A & C, some B vitamins, calcium and iron and dietary fiber all the while being low in calories. Kale needs some cooking. Strip out the middle rib, but reserve it. Chop this rib and give it longer cook time. Boil or steam the leaves– watch to maintain bright green color! Add to omelets, quiches, soups, potato dishes, lasagna or serve plain with dash of red wine vinegar, lemon vinaigrette or soy sauce. It can also be served as...

Crispy Kale Chips: ½ lb. Kale; 1 T. olive oil; Kosher or sea salt

Preheat the oven to 250 degrees F. Strip the leaf from the central rib (keep the rib for cooking). Wash and thoroughly dry the Kale leaves. Put them in a large bowl, drizzle with the olive oil, sprinkle with salt and toss to coat them evenly with the oil. Arrange them on baking sheets in a single layer. Bake in batches if necessary until the leaves become fully crisp, 25-30 min.s. You can serve them immediately or let them cool. They will stay crisp for least a couple of hours.

News from the Field...

Each season brings its challenges and this one is no exception. Both our tomato and our garlic crop this year remind us just how much we still have to learn. What started out as a fantastic crop of **hoophouse tomatoes** is turning into a good lesson on application of organic fungicides and other preventative strategies. Our humid weather is

conducive to leaf disease and we began noticing spotting on the leaves from a leaf mold 10 days ago. Left untreated, the leaves will continue to discolor, the plants get overwhelmed with the mold and turn to dust. The crop of tomatoes is still harvestable, but total yield will be impacted. Our goal is to halt any further degradation of the plants. We ordered a broad spectrum, organically approved fungicide spray and began using it upon arrival this past Monday. We have been interested to note that the heirloom tomatoes seem much more resistant than the hybrid Big Beef variety we have in the hoophouse. In addition to this spray schedule, we'll address this problem this winter by selecting a beef steak variety with more resistance. We hope to be reporting soon that this spray is preventing further spread.

The garlic? A crop that has always seemed a no brainer is proving it's not so simple. Admittedly, from emergence we noticed this crop was less vigorous. Discouraged by this and encroaching weeds, we probably made some decisions that now, seen in hindsight, compounded the end result. The end result? The worst garlic crop we've ever harvested. Had we more fully anticipated this result, we probably should have pulled it early and distributed that better quality, even if lowered quantity. But we didn't. This is now a significant issue. We will have enough garlic to meet our delivery commitments (although a bit reduced from our original plan) during our main member season, but not enough for our late season boxes nor for our own replanting. To meet these needs we will purchase supply from a colleague grower. Because of the expense, we anticipate taking a couple of years to build our stock back up. Anybody wanting to contribute to a garlic fund? ☺. As I said, we learn just how much we have to learn.

Meet another member of our crew ... Becky

Ahrendsen, of Clarion, is pictured on the right with me at last fall's Living History Farm's Fun Run. Becky is a dear friend, one of our founding members and one of the crew who has helped from early spring planting through garlic planting in the fall for the past six years. Becky works two days a week and brings an

amazing energy into our crew. You can find Becky jogging from field to field, singing as we harvest, dancing at the finish of weeding, and keeping the conversation light and lively. Becky has a unique gift for supporting people in all walks of life and is loved and adored by everyone that works here!



Volunteer Opportunities at the Farm Party!! *The Art of Cultivating Creativity*

Are you planning on coming to our farm party, on Sunday, Aug. 8, 2 – 5 p.m.???

Many hands will work light. Review these opportunities and find a spot that's just right for you to jump into the middle of this great event. We have the following opportunities for you: **potluck set up, car park, welcome guests, direct to scavenger hunt stations, and more!** Find one that sounds like fun? call or email. Don't find one calling your name yet?? Come along just for the fun!!

We sure hope you'll be able to join us for this special celebration!

Contact us at

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