



“If I can’t dance I don’t want to be part of your revolution!” - Emma Goldman

## News from the Farm

**Welcome to week 9.** Almost halfway through the CSA for all you eaters and for us we are 95% done planting, 60% done weeding, 80% done fence-fixing, and 55% done making hay. We have lot of harvesting, mowing, and one last big weeding push over the next 10+ weeks. While we are still weeding constantly we are also busy preparing fields for next year by planting fall cover crops which will add organic matter, nutrients, hold soil and help control weeds. We have a couple of crops left to plant but at this point in the season the harvesting takes more time.

Cucumbers are finally coming in at a harvestable level, we are also expecting quite the broccoli harvest next week. Do keep an eye out for cabbage worms in the broccoli, cauliflower and cabbage. We washed them all several times but you can soak them in salt water to extract any worms who might be hiding.

It was our 8<sup>th</sup> wedding anniversary and this is our 8<sup>th</sup> annual barn dance (9<sup>th</sup> if you count our wedding barn dance too). We are so excited to see you all at the barn dance. **FOR THE BARN DANCE**-Remember to bring your own plates, cutlery, and cups if possible; a dish to pass to the potluck, and some good dancing shoes. Kids and other family and friends are welcome. We are planning on making piles of snacks like meat balls, kale chips, caprese salad, and zucchini bread on Saturday and then dance our socks off.

**Have a delicious week- Kat, Tony, Riley, Ted and Maple**

## In Your Box

- Lettuce heads
- Fennel or beets (fulls)
- Broccoli/ cauliflower (halves)
- Snap beans – a mix of green, red and or purple stripped beans.
- Zucchini/summer squash (halves)
- Cucumbers (fulls)
- Cabbage – round and/or arrow head.
- Basil
- Tomatoes – beefsteaks (red or yellow), heirlooms (green, yellow and red)
- Cherry tomatoes
- Carrots
- Green and/or purple peppers
- Kale

**Next Week’s Best Guess:** lettuce, carrots, zucchini, cucumbers, tomatoes, snap beans, peppers broccoli, celery, garlic

**Pizza specials of the week** – 5 veggie: banana peppers, kale, squash, broccoli, tomatoes. Stoney Pepperoni; Shitaky Pig- Shitake mushrooms, thinly sliced ham, zucchini and garlic; Midsummer Nightshade- Tomatoes, peppers, roasted eggplant and basil with sausage.

## Kat’s Kitchen

Mark Bittman of the NY Times and one of our staple cookbooks came out with a gazpacho (chilled summer soup) guide last week. Several of the recipes are featured below – so many great ideas for summer veggies. You can find the rest in the NY Times food section. Blend all to desired consistency (kale needs to be fully blended) in a food processor.

**Kale and Olive** - Sauté 2 bunches chopped kale in olive oil over medium-high heat until soft; let cool. Combine with 2 cucumbers; ¼ cup green olives; 2 slices bread; ¼ cup olive oil; 2 tablespoons red-wine vinegar; 2 cups water; a pinch of red-chile flakes; pepper. Serve smooth. Garnish: Grated Parmesan.

**Zucchini and Herb** - Sauté 2½ pounds chopped zucchini in 2 tablespoons butter over medium heat until tender, 15 to 20 minutes; let cool. Combine with 1 thick bread slice; ¼ cup each basil, parsley and mint; 2 tablespoons olive oil; 3 tablespoons lemon juice; 1 cup water; salt and pepper. Garnish: Toasted pine nuts.

**Classic Gazpacho**- 2 pounds tomatoes; 1 medium cucumber; ½ yellow bell pepper; 2 thick bread slices; ¼ cup olive oil; 2 tablespoons red-wine vinegar; 1 garlic clove; 1 cup water; salt and pepper. Garnish: A drizzle of olive oil.

**Tomato, Sesame and Soy**- 2 pounds tomatoes; 1 medium cucumber; ¼ cup cilantro; 2 thick bread slices; 2 tablespoons dark sesame oil; 2 tablespoons soy sauce; 2 tablespoons rice vinegar; 1 cup water; pepper. *Garnishes: Chopped scallions and toasted sesame seeds.*

## Tomato Time: A Guide for 2014

Every season we write a tomato guide because unlike the store we grow many shapes, sizes, colors and of course flavors of tomatoes. For a newbie some of the green varieties look unripe and the scars that some heirlooms have and the patterns are hard

**U-Pick:** We will not start this until the end of the month and will announce times ahead of time. They will last for 3-4+ weeks from the end of August until frost.

**General info-** most heirloom tomatoes have “green shoulders” so the top may be green or harder while the tomato is actually ripe. The bottom of the tomato (or bottom ½) should be similar to the texture of an out stretched palm when ripe. Most Red slicing tomatoes are filly red when ripe and have even texture throughout.

**Care-** All tomatoes should be left on the counter if and when possible. They ripen best and taste best when not refrigerated. They are one of three crops that we do not cool down in anyway.

**Varieties-**We grow a lot of types of tomatoes. We will introduce field tomatoes next week but cherries and heirloom/slicers are the most unusual. You can also use these names to search online for images!

### Heirlooms/Slicers

Striped German – rainbow from light green shoulders to yellow orange with a red bottom

Prudens Purple- a pink “brandywine” type. Larger uneven tops with a deep pink color

Martha Washington-a pink round slicing type;

Cherokee Purple- dusty pink to a brown purple with some darker shoulders

Paul Robeson- a purple to brown tomato much like Cherokee purple but browner

Japanese Black Trifele- shaped like a pear with green shoulders and a deep purple red bottom

Cherokee Green - ripe green tomato. It has a yellow bottom and ranges from light to bright green on top.

Taxi – a yellow mild slicing tomatoes. All yellow tomatoes are milder and good for people who like lower acid.

Cosmonaut – A wonderful heirloom red slicer. Flatter and more flavor filled than the large big beef.

Big Beef - Classic red slicing tomatoes

### Cherries

Sungold- super sweet orange; black cherry-a dusty pink to deep purple large cherry;

Sweetie and peacevine cherry- both red types smaller cherry types;

Juliet-not a cherry but a miniature roma/saladette oval that is sweet and firm.

Back Cherry- The Cherokee purple of cherry tomatoes, a larger dusky pink to brown color. Best flavor around.

Rainbow “Artisan” tomatoes- We are trialing a set of 7 colored saladette and large cherry types that range from green to pink and darker purple. They will end up in some boxes if they do well and taste as good as they promise to.

### Romas

We grow several romas which are generally thought of as sauce tomatoes. The rounder Bellstar variety is our favorite but you will likely have a range of romas in your box as the season progresses.