

# Kettle Pond Farm Newsletter

[www.kettlepondfarm.com](http://www.kettlepondfarm.com)

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## Farmers on Vacation?

### Notes and News

#### What to find in your share...

Cucumbers  
Swiss Chard  
Summer Squash  
Tomatoes  
Kale  
Collard Greens  
Peppers  
Eggplant  
Onions  
Melon  
Beets  
Lettuce  
Dill  
Basil  
Parsley

-Hey everyone! Welcome to the 10<sup>th</sup> week of the 2008 CSA season. This weekend the KPF team traveled out to Amherst, MA to attend the Northeast Organic Farmer's Association (NOFA) Conference. What a treat! We went to a number of workshops and events and were able to share time with other farmers and enthusiasts. Now we're full of new ideas and can't wait to try some! A special thanks goes out to The Possinger's and our friends Becca and Billy for taking care of the farm in our absence!

-Collard greens are in the share this week! Collards are excellent cooking greens. They are often cooked similarly to kale, but can also be blended with fruit juices. Flavoring with garlic, onion and salt, or a sauté with oil or butter is easy and delicious.

-Beets are back this week...and its Chioggia time. Make sure to marvel at the beauty of a sliced Chioggia beet, it's just so classy.

-Concerned about nutrition? Me too. It seems a daunting task to provide the human body with everything it needs to function efficiently and disease free. Arden Andersen, the keynote speaker at this weekend's conference, asserted that only about 2-3% of diseases are genetic and attributes the remaining 97-98% to poor nutrition. Likewise, he attests that on farm pest and disease problems in crops are a result of the same issue, poor nutrition. Fascinating! Maybe there is a cure for the flea-beetle blues afterall... Andersen also spoke about the declining nutrition in conventionally grown produce as well as his opinions on genetically engineered crops (he is very much against them). If you are at all interested in nutrition and health, check out Arden Andersen's work. -Kelly