

# Kettle Pond Farm Newsletter

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

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## Rain Comes Again...

Hey everyone! Welcome to the 8<sup>th</sup> week of the 2008 CSA season. Towards the middle of last week rain fell upon the fields and the plants were happy! Since then many of the crops have really taken off and they really wish the rain doesn't take another extended vacation again...

### Keep on Ripe'n Tomatoes!

This season we are growing over 25 varieties of tomatoes of varying color and size. While some are hybrids, many are heirloom varieties which means that they are open, or naturally, pollinated. Seeds from heirloom varieties can produce a wide range of genetic variability and are said to have been passed down within families over generations. They are thought to be tastier, and sure are more colorful, than hybrid varieties that have been bred for supermarket perfection.

Botanically tomatoes are categorized as a fruit, more specifically a berry, but nutritionally they are considered a vegetable. They are thought to have originated in the area from Mexico to Argentina and are members of the nightshade family, which also includes tobacco, peppers, potato, and eggplant. Fun fact: The tomatoes' scientific name, *Solanum lycopersicum*, means wolf-peach and interestingly, wild canids (fox-like animals) in south America dine on the lobeira, a tomato-like fruit, as a major part of their diet.

### Summer Squash Kalight

#### The Steve Way

3 summer squash, sliced  
2 garlic cloves, minced  
1 onion minced  
1 bunch Kale  
extra virgin olive oil  
spices to fit

1. Heat up oil in frying pan
2. Start cooking the stems and ribbing of the kale with the summer squash, garlic, onion and selected spices. Cook for 5-10 minutes on medium to high heat (I like to see the summer squash start to Burn!).
3. Turn heat to low and add Kale. Cook until greens are tender! Enjoy.

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

Cucumbers  
Arugula  
Swiss Chard  
Baby Chard  
Summer Squash  
Beet Greens  
Parsley  
Basil  
Dill \*  
Cilantro \*  
Kale  
Peppers  
Eggplant  
Lettuce  
Onions  
Green Beans  
Melon \*

The \* indicates  
that there may or  
may not be that  
item in the shares-  
Depends!

## Quick Veggie Facts - Eggplant

Eggplant is a member of the Solanaceae family - it is closely related to the tomato and potato and is native to India and Sri Lanka.

Eggplant was once believed to be poisonous!

It can block the formation of free radicals, help control cholesterol levels and is a good source of folic acid & potassium.

More than 4 million acres are devoted to the cultivation of eggplant in the world.

## Baby Chard?

Big Chard and Baby Chard? We had extra chard seeds, so as an experiment we planted "baby chard". Most people prefer to cook the larger stuff, but when it's small it is delicious when eaten raw. Enjoy!

## Compost?

Preparing your veggies each week produces a good amount of food waste. If you have your own compost system, wonderful! If not, you should think about starting one, or bringing it to us! Grab a good sized Tupperware container and throw your excess food scraps in there. We would love to take them off your hands!



## JOIN US THIS SATURDAY FOR A COOKING DEMONSTRATION AND CAMPFIRE!

This Saturday, August 2, we will be hosting our second Saturday Night Event at 6:00 pm! Michael and Pam Bolton of Berkley will be demonstrating the preparation of some of their favorite raw fruit and vegetable dishes. We hope that the program will give participants some good ideas to use when preparing meals with fresh veggies, especially the ones in the Kettle Pond Farm CSA shares! We'll also be having a campfire this Saturday evening, so please come and join us for a fun and educational evening (family and friends are welcome to join us)! Hope to see you Saturday!

## Pharm Pictures



Carrots!



Rachel's Father came up to the farm last week; he was surprised to find Carrots!



Marcus, Alex and Chris' grandson, has been helping us at the farm. Thanks Marcus!