

August 3/5, 2009
Volume 4, Issue 8

Kettle Pond Farm CSA

Week 8



"The greatest delight the fields and woods minister is the suggestion of an occult relation between man and the vegetable. I am not alone and unacknowledged. They nod to me and I to them." ~Ralph Waldo Emerson

Weeks fly by like Sunshine...

It's week 8 of our CSA here at Kettle Pond Farm. We'd like to first thank everyone that came out this past Saturday to the event. It was great to see your smiling faces. We hope you learned something through the cooking demonstration and got quite the kick out of the skits performed by Poss and the Kids! We sure did.

This week is sure going to be busy ! The chickens are being processed Wednesday, so remember to come pick them up Wednesday night 4-7 PM. If your interested in a chicken but haven't signed up yet please either email us or call us. Not all the chickens are accounted for yet so you still have time!

Veggies!

This week we are bringing back some old friends as well as introducing some new ones. Kohlrabi and Cilantro are Back! With them are the newcomers Garlic and Shallots! What great friends they brought along with them don't you think?

I'm sure many of you are familiar with shallots but here are some more details. Shallots probably originated in Asia, traveling from there to India and the eastern Mediterranean. The name "shallot" comes from Ashkelon, a city in Israel, where people in classical Greek times believed shallots originated. Like garlic, shallots are formed in clusters of offsets with a head composed of multiple cloves. Their skin color can vary from golden brown to gray to rose red, and their off-white flesh is usually tinged with green or magenta. Shallots are much favored by chefs because of their firm texture and sweet, aromatic, yet pungent, flavor.

And a quick note about our Garlic: Please use this garlic as soon as possible. We took it out of the ground a little over two weeks ago, but some of it hasn't cured yet. Those few that haven't cured are going in the share this week so please use them fast. They will not store like typical garlic!

In Your Share:

- Kohlrabi-
- Cilantro-
- Lettuce-
- Dill-
- Beans-
- Swiss Chard-
- Peppers?-
- Basil-
- Cukes
or
Squash-
- Garlic-
- Shallots-

Rambling and Recipes

Soy Ginger Dressing with Honey, Lemon, and Cilantro

2/3 cup finely chopped fresh cilantro	½ cup freshly squeezed lemon juice (3 lemons)
¼ cup finely chopped onion	¼ cup light vegetable oil
3 tablespoons peanut oil	1 tablespoon Worcestershire sauce
1 tablespoon tomato paste	1 tablespoon soy sauce or tamari
1 tablespoon toasted sesame oil	2 tablespoons honey (try our local honey!)
2 teaspoons hot chile oil	½ teaspoon salt

Combine all the ingredients in a large glass jar. With the lid screwed on, screw on, shake the jar vigorously until the oil and lemon juice have combined and thickened. Store the dressing in the refrigerator for up to two weeks. Shake again just before serving.

Kelly tells it like it is...

*“And I find chopsticks
frankly distressing.
Am I alone in thinking
it odd that a people
ingenious enough to
invent paper,
gunpowder, kites and
any number of other
useful objects, and
who have a noble
history extending
back 3,000 years
haven't yet worked
out that a pair of
knitting needles is no
way to capture
food?”
-----Bill Bryson*

I'm worried about the taters and maters! Because of all the wet weather we've had this season, the conditions have been ideal for the spread of late blight in potatoes and tomatoes. Late blight is a fungal disease that is passed on from year to year in tubers and seed. It is what caused the potato famine of Ireland in the 1850s. This pathogen can produce millions of spores which are transported through the air.

We have spotted some late blight on some of our potatoes. The good news is that they are hilled, meaning we have raked soil up around the plants, and as a result, the ability of the spores to infect the potatoes decreases. We have also spotted some blight on our tomato plants and are trying to control it by removing affected leaves. Unfortunately, as organic growers, our options for spraying a fungicide are severely limited. We will keep you posted.

Skipping the Beat

The last few Ramblings I wrote seemed to be off beat, possibly because I rushed through them like no ones business. This week I want to talk briefly about living mindfully. I often find myself doing things without really thinking about them. Take for example driving. I think we have all had the experience of driving without really paying real attention. Imagine driving in your car and being aware the entire time. Aware of the softness of your seat, the breeze through the window or the stiffness of the steering wheel. The whole ordeal changes. Now your aware of driving, living in the now and experiencing it on point. Why don't you try that this week and get back to me, I would love to hear about it. Thanks all.