

July 5 & July 8, 2010

Volume 5, Issue 5

Kettle Pond Farm CSA

Week 5



In Your Share:

Basil
Broccoli or Cabbage
Cucumber
Lettuce
Pak Choi
Peas
Radish
Scallion
Summer Squash

"Those who won our independence believed liberty to be the secret of happiness and courage to be the secret of liberty."

~Louis D. Brandeis-

Peas and Squash

Welcome to the fifth week of the 2010 season. We hope you all enjoyed either a relaxing or fun-filled and jam-packed weekend! It looks like a salad kind of week. Lettuce heads are back in the shares as well as radish and scallion. Either broccoli or cabbage will also be making an appearance this week! Neither the warm spring nor the flea beetles were too kind to these crops so they were delayed a bit. Better late than never though, enjoy!

Veggie News

When you come to pick up your veggies this week you may notice that the landscape beyond the pickup area looks a little different. It has looked lush and green, filled with potato plants, but now it's bare soil. We had to make a tough decision on Friday. We noticed many of the plants were showing signs of late blight, the fungus that killed all of our potato and tomato plants last year. We decided to kill the potato plants to try to save the tomato plants. There are already small to medium sized potatoes in the ground, they won't grow anymore now that the foliage is gone, but they should be fine and make their way into your shares later on in the season.

A much smaller percentage of our tomato plants were showing signs of the blight. We cut some out, and we started spraying a copper fungicide that is allowable under organic standards. Cross your fingers and send positive tomato growing thoughts this way! For more information on late blight check out

Quinoa Summer Squash Pilaf (modified)

Ingredients: 1 cup quinoa, 3-4 scallion, 2 cloves garlic – minced, 1 3/4 cups vegetable broth, 1 or 2 summer squash - diced salt and pepper, to taste

Directions: Rinse quinoa thoroughly in a fine sieve. Heat a medium saucepan over medium heat. Add the scallion and saute for 1 minute. Add the garlic and stir well. Cook another minute. Then add the quinoa and toast for 1-2 minutes. Add the broth and bring to a boil. Cover, reduce heat to a low simmer, and cook for 12 minutes. Remove from heat. Quickly remove the lid and add the diced squash. Replace the lid and let stand 5 minutes. Fluff with fork, add salt and pepper to taste.