

July 12 & July 15, 2010
Volume 5, Issue

Kettle Pond Farm CSA

Week 6



In Your Share:

Cabbage
Cilantro or Dill
Cucumber
Green Beans
Onion
Peas
Hot Peppers
Potatoes
Summer Squash

Welcome to the sixth week of the 2010 season. Last week sure was a hot one! We are hoping this week is just a tad cooler with a little more rain....

We hope you have enjoyed the peas. They are truly one of Earth's sweetest treats. Unfortunately, this will probably be their last week in the shares as they are slowing down production at a rapid pace. However, it's an exciting week as there are a handful of new veggies. Beans, potatoes, onion, cabbage and even hot peppers are in your share this week. Jury is still out on the sweet peppers for this week, but they are looking great!

New Veggies

Onion – A great addition to almost any meal for texture, taste, or nutrition. Unfortunately, I have read that organic onions make you cry more than conventional. The rationale behind this is that organic farms are more likely to enrich their soils with compost, allowing the onion crop to take in more sulfur than it otherwise might... Did you know that sulfur compounds in the onion react with the moisture in our eyes and produce sulfuric acid? No wonder it burns when we chop them up! Splash some cold water on your wrists before cutting, this may prevent the tears.

Potatoes – These tubers are most flavorful soon after harvested! They store most of their nutrients right under the skin so make sure to keep it on if you want their full nutritional load! This week we will be distributing All Blues. Yes, an all blue potato!

Cabbage - Another member from our favorite family, the Brassicas. Cabbage is great raw or cooked and one of the healthiest veggies around! Perhaps you enjoy cole slaw? You can also throw it in a stir fry or chop it up and sauté it in some olive oil for a simple and delicious dish!

Green Beans – Green beans originated in Central and South America. There is evidence that they were grown in Peru 5,000 years ago. Beans are one of the most widely sprayed crops because they attract many pests. We often see the Mexican Bean Beetle chomping at the beans. They are usually pretty brutal, but we haven't seen too many this year. Enjoy your green beans cooked or raw!

Weeding Frenzy... You're invited!!

This Saturday I would like to welcome you all to come to the farm for a weeding frenzy! In all my years on this farm (three) I have never seen so many weeds! Many hands make light work! If all of our 110 members showed up, what an experience that would be! I can just picture it... a few people weeding each bed. In two hours we'd be set! So please, if you're free this Saturday, meet me near the overgrown herb garden at 10AM! -Kelly