

July 19 & July 22, 2010
Volume 7, Issue 4

Kettle Pond Farm CSA

Week 7



In Your Share:

- Arugula-
- Basil-
- Beets-
- Cukes or Squash-
- Dill-
- Green Beans-
- Peppers or Eggplant-
- Komatsuna-
- Onion-
- Radish-
- Cilantro-

**"An ounce of practice is worth more than tons of preaching."
~Mohandas Gandhi~**

Seven Seven

Welcome to the seventh week of the 2010 season! Our nightshades are full of fruit. It is wonderful to see! Tomatoes, peppers, and eggplant are all being harvested in small quantities. This week we hope you get to take home at least one of these in your share! The weeks to come should be delightful. Also this week, we will harvest some beets. You'll also see Arugula again and a new one for us, Komatsuna. We know you love greens, so we aim to please! A note on the beans for this week, there may not be as many as last week, but there are more to come if not.

We would like to give a special thanks to the folks who came to our weeding frenzy on Saturday, as well as everyone else who has helped us out or attended our programs this season. We really appreciate your support!

This Week's New Veggies

Some folks love BEETS, while others do not. They are a relative of swiss chard and like chard, they grow in a variety of colors. We grow dark purple, candy cane striped, and golden - so please don't throw them out because they look different! Yes, this has happened. Beets are very nutritious, so even if you think they taste a little like dirt, enjoy their benefits! They can be eaten raw in salads, roasted, or baked in foil like a potato!

Some of you may have gotten PEPPERS last week. A member of the nightshade family, peppers come in a variety of shapes and colors. We grow a really neat purple variety called Islander and a bunch of others. At KPF we haven't had a lot of luck with ripe or "colored" peppers. This is a result of the pepper maggot so we pick the majority of our peppers when they are not ripe. At this stage they are usually green. However, the purple peppers are also not ripe, and the light yellow... well, those are not ripe either. The vibrant yellows, reds, and oranges are the hallmark of a sweet, ripe pepper. We will try our best to fill your shares with the ripe ones, but enjoy the fresh green ones for now.

KOMATSUNA is another leafy green and another member of the Brassica family. We haven't grown Komatsuna in years past, but we had heard how good it is so we tried it, and we like it! It has a more mild flavor than mustard and is referred to as mustard spinach. It can be cooked or eaten raw. We hope you like it! Just to note, the fabric cover we had protecting this crop blew off, so you may find some flea beetle damage has occurred.

Last Words

Thanks to all the members who came out Saturday to help weed and hang the garlic. It really means a lot to us to have your help - it shows your commitment to local agriculture and how much you love our veggies! This upcoming Saturday there will be another weeding party! Meet me at 10AM by the herb garden. Thanks.

~Steve