



What to find in your share:

N.Z. Spinach
Broccoli
Kohlrabi
Lettuce
Beans
Tomatoes
Eggplant
Peppers
Parsley
Basil
Cilantro
Dill
Beets
Carrots
Cucumbers
Summer Squash

Farm Harvest
Festival:
Saturday,
September 29
2 - 6

*Enjoy a day
relaxing at the
farm and enjoying
great food and
fun.*

Blessed With Cool Nights?

Over the last couple weeks we've had a nice taste of fall weather. While this weather has been great for working and made for perfect sleeping, it has taken a toll on the summer plants. Unusually early cold nights and cloudy days lead to huge decreases in yield. We record harvests each day and we saw many of our summer crops (tomatoes, cucumbers, squash, peppers, beans, and eggplant) drop to about 50% of their normal daily yield. Fortunately, we have plenty planted and you shouldn't notice a difference in your shares.

Eggplant- Originating from Sri Lanka and India and still known as the "King of Veggies" in India, eggplant is a great "meaty" addition to a veggie stir-fry and an excellent treat on the grill. Throughout Europe, people once believed eggplant caused insanity and the Italian name of melazana, translates as "mad apple". Although we often think of Italian dishes with eggplant, it is an essential part of Indian cuisine and China, India, Japan, and Egypt are the top producers worldwide. Eggplant is closely related to potatoes and tomatoes and is rich in potassium and calcium.

Marinated Eggplant

2 eggplant (3-4 Asian)
1 tbsp. sesame oil
1 tbsp. Vinegar
1.5 tsp. grated ginger
1 1/2 tbsp. soy sauce
1 tsp. sugar
3 cloves garlic and a pinch of salt

Cut ends off and steam eggplant for about 10 minutes, until just soft. Cut into small pieces and add salt. Mix other ingredients and add eggplant. Marinade in fridge overnight. Sauté or grill the eggplant until desired point (about 10 minutes). Try sautéing with sliced peppers and onions and/or shredded carrots (add sesame oil and soy sauce when sautéing).

News and Highlights

Call for Bags and Rubber Bands- Remember, we can always reuse plastic bags you may have around the home. We will gladly take back the bags we send you off with each week and reuse them, limiting our environmental impact.

College Volunteers- This week we are excited to have students from Roger Williams University and Boston University coming for service work. We will have about 15 new freshman students here Monday, Wednesday, and Friday helping out and learning about sustainable agriculture.

Farm Harvest Festival- We are currently making arrangements for the event, but go on and mark your calendars and try to make it. Watch for more info soon.

From Land to Sea by Dasiy Novoa

Life is a cycle. Basically, everything is influenced by something else. All events are related, and the impact of farming on ocean life is more profound than one can imagine. Last Wednesday, I learned at the New England Aquarium that the stability and diversity of ocean life are being lost at an alarming rate largely due to *eutrophication*- an increase in chemicals and nutrients in our waterways.

Eutrophication is lowering the levels of oxygen in the ocean water and creating dead zones where nothing survives. Our land is being abused, and consequently, we are abusing other things and killing them. Many chemicals used in conventional agriculture go down the rivers to the oceans, slowly contaminating everything in their paths. In some areas, such as the Gulf of Mexico's "Dead Zone", fertilizers, animal manure, and other pollutants eradicate all existing life. According to NASA, this large region of low oxygen water "has spread across nearly 5,800 square miles of the Gulf of Mexico again in what appears to be an annual event." According to the National Oceanic and Atmospheric Administration (NOAA), most studies of the water indicate "fertilizers and runoff from human sources is one of the major stresses impacting coastal ecosystems." All of this pollution is creating an environment that is very harsh for marine life to survive in and is detrimental to sustaining the diversity of these ecosystems.

Jellyfish are one of the only species that can thrive in these hostile conditions. Unfortunately, they are becoming a threat to other creatures as they thrive and arrive earlier in the life cycle, eating fish eggs and everything they can without giving others the chance to live or even reproduce. Jellyfish are taking over the ocean. Anchovies once filled the Black Sea, now it is filled with jellyfish. Narragansett Bay is suffering huge losses as well. I don't have anything against jellyfish; the point here is that we are killing diversity because we are exploiting the Earth and its resources. At the pace we are going, even jellies may die off in our low oxygen, polluted waters.

As the New England Aquarium pointed out, organic farming is one of the solutions to slow down this terrible phenomenon. Organic farming is not only healthier for us, but also for our environment. It is also a very effective method to feed us all. Although some "agribusiness experts" claim organic farming doesn't produce enough food, the truth is that it provides more per acre while simultaneously conserving and building the soil. Conventional farming relies so much on chemicals that it is making our land sterile and useless for tomorrow, whereas organic farming uses natural resources and puts nutrients back into the land. It gives to the land so the land will give back to us for generations to come. And the best part is, organic farming avoids polluting the rest of the environment and maintains harmony in the life cycle.

I encourage all of you to do more than support organic farming. I encourage you to take actions to help our world, to really do something, and also to teach younger people. We have to stop this abusive behavior. I always thought the harm wasn't that bad, but now I am seriously scared and feel helpless. However, I know that together we can slow the harm and make positive changes. The number of animals and forests endangered everyday is alarming, and the weather patterns are seriously wrong. I want a good future for all of us. I want to go to the Aquarium in the future and make sure I will see more than jellyfish. It is time to do more to contribute positively to this cycle, because if we don't do something then the only thing we will have will be our own pollution and waste, and maybe one or two jellyfish.

To learn more about how to help ourselves and the world, visit: <http://www.stopglobalwarming.org/>, <http://www.organic-nature-news.com> , <http://www.panda.org/>