



What to find in your share:

Arugula
Hong Vit and/or Mustard Greens
Lettuce
Swiss Chard
Cabbage
Kale
Beans
Tomatoes
Eggplant
Peppers
Parsley
Basil
Dill
Potatoes
Beets
Celeriac
Carrots
Summer Squash and/or Cukes

Farm Harvest Festival:
Saturday,
September 29
2 - 6

Great food, drink, music and magic at the farm!

Return of Spicy Arugula and Greens

We were very happy to get some much-needed rain recently. Many of our plants greened right up and are far happier. The cool nights are here and the summer crops are really slowing down and starting to die back. But no worries, we have plenty of great fall veggies coming. This week we once again have celeriac, potatoes, and fall greens.

Arugula- A member of the mustard family, arugula is commonly found in Italian and other Mediterranean dishes. Arugula was frequently used in Roman dishes both for the greens and the seeds. The seeds were used to flavor oils and as ingredients in aphrodisiac concoctions dating back to the 1st Century A.D. Nutritionally, arugula is high in Vitamins A and C and very low in calories. Wild varieties are found throughout Asia and the Mediterranean, although arugula was not widely cultivated or researched until the 1990's.

Roasted Beet and Arugula Salad- by GourmetSleuth.com
Preheat oven to 400. Wrap 2 lb of beets in foil and bake on baking sheet about 1 hour, until soft to touch. Allow to cool and slip skins off beets and cut into 1/2 inch wedges. Cook about 1 lb of potatoes for about 20 minutes. Allow to cool and cut into 1/2 inch chunks. In large bowl whisk together 1/3 C of balsamic vinegar, 1 Tbs of extra virgin olive oil, 2 Tbs of prepared horseradish, and 3/4 tsp of salt. Add 1 bulb of thinly sliced fennel and 2 thinly sliced scallions. Toss with 3 C of arugula, beets and potatoes.

News and Highlights

Cutting Flowers- We still have plenty of beautiful cut flowers around the farm, especially in the backfields. Take advantage before the frost hits.

Recycling Program- Please remember that we are collecting old cell phones and inkjet printer cartridges for recycling. You can bring the items by at pickups.

CSA Message Board- We have locked up the message board so no new posts can be made while we are trying to block the adult advertisers. You can still access the board and read previous posts. If you have a recipe or anything you'd like to post, please email us or drop it by and we'll add it for you.

Green Plastics by Anna Harris

There's nothing like petroleum based plastic dinnerware to turn a festive meal into a full-fledged waste-fest. What delicious, nutritious organic veggie could be proud to make its way to us on a fork whose functional prime lasts for the duration of a barbeque? I sure haven't met one yet. Putting vegetable feelings aside for a moment however, the use of plastic tableware poses problems for humans and produce alike.

To start, not all plastics are created equal. Distinct polymer constructions prevent plastics of different types from mixing without specific high-energy thermal conditions. To combine polymers that dissolve in different conditions means to come out with a mixture much like that of oil and water, the use of which is limited, as any such phase-separated materials are weaker on a chemical level than blends of polymers with identical molecular construction. The massive number of types of plastic, and the sorting necessary to keep them separate in the process of recycling makes the recycling of plastic one of the more expensive and time consuming processes in the world of reuse. Though plastics are usually marked with resin identification codes (those would be the numbers encased in the recycling triangle on the bottom of plastic products), not every recycling location accepts all 7 varieties, nor are consumers confident as to which plastics are acceptable where, as proof through the lag in plastic recycling rates as compared with those of newspaper or cardboard. It does not quite simplify the situation to know that plastic products with various parts (think bottles and bottle caps) are made of plastics that are intended to be recycled separately. Daunting dump, indeed! Luckily for those who'd rather not spend energy of both the personal sort and that of recycling companies trying to decide whether Saran-wrap and plastic bags are more akin than not, alternatives are now available that make a heap of sense.

All right. Straight to the soybean, if you will. In addition to quality, environmentally friendly materials are held to standards of renewability, degradability, and production. A material that fares well on the scale of renewability is comprised of ingredients that are produced quickly by the earth. Soybeans and corn, the bases for biodegradable plastics, are thus wonderfully sustainable, as both populations are frequently replenished. Virtually all of the plastics now widely available are made of nonrenewable natural resources such as coal, oil, or natural gas.

The degradability factor is also dependant on time, and once again, the quicker the better. The faster a material can be reintegrated into the environment as a useful material, the less we use natural resources unnecessarily. The waiting period for biodegradable tableware can be minimized greatly by simply submerging the products into hot water. Viola! Doubles as a magic trick for that barbeque you were having!

Finally, we should be able to hold the companies that we support to standards for their production policies. Companies devoted to sustainable products are far more likely to keep tabs on their pollution and waste outputs, which leaves a lot of the worry over global warming and landfill complexities out of the equation, which is of course preferable since no self respecting squash would reside (even for the length of a barbeque!) on a plate whose final destination is somewhere on the outskirts of the Milky Way. Traditional plastics have failed on all three fronts on a colossal scale, which makes the use of biodegradable plastics a fabulous and convenient way to make a large impact.

Don't fret at the idea of your tableware disappearing as quick as your dinner, because not only do your dinner guests deserve to outlive those frustrating flimsy knives, but making the most of matter is what matters most! Happy Composting!

Biodegradable Plastic-ware can be found at <http://www.worldcentric.org/store/placups.htm>
And http://www.ecoproducts.com/Business/food_services/fs_food_services_index.htm
Further reading *Green Plastics: An introduction to the New Science of Biodegradable Plastics* by E.S. Stevens.