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What to find in your share:

Onions
Garlic
Pac Choi
Hong Vit and Mustard Greens
Lettuce
Swiss Chard
Kale
Tomatoes
Eggplant
Peppers
Parsley
Basil
Cilantro
Dill
Beets
Carrots

REMINDER:
Farm Harvest Festival:

Saturday, September 29 from 2 - 6

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

Farewell to Summer- Autumn is Here

The summer season is now officially over, and we are saying goodbye to many of our tasty summer veggies. Changes in daylight hours, nighttime temperatures, and other factors cause the summer crops to slowly die off. We no longer will have squash, cucumbers or beans, and the tomatoes are nearly done for. But no worries, the greens and lettuce, carrots, broccoli, and other fall crops will just get sweeter and we have several new items coming up.

Pac Choi- A member of the cabbage family, Pac Choi, a type of Chinese Cabbage, has been cultivated in China for over 6,000 years. Also referred to as Chinese chard, Bok choy, Chinese mustard, and celery chard, Pac Choi is a delicious, healthy, and easy to use green. Choi is probably the most commonly found vegetable in Shanghai, where it's name qingcai, means green vegetable. High in Vitamin C, nitrogen compounds known as indoles, folate, and fiber, choy is known to help fight various forms of cancer. Also high in beta-carotene and calcium.

Using Choi- Young plants can be used raw, but choy is usually cooked. If used raw, cut leaves finely and shred or thinly slice stems and use like celery. Stems should be chopped and stir-fried or sautéed for about 2 minutes before adding cut leaves. Stalks should become creamy and slightly soft and the leaves should wilt as chard does. Cook like chard in olive oil or butter with garlic, onion, or pepper. Great with soy sauce, peanut oil, or oyster sauce as well. Can also be added in the last few minutes to soup or stews.

News and Highlights

Greens Note- We keep our greens covered with fabric until harvest to limit damage from flea beetles and other pesty insects. This week we are distributing a second cutting from our mustard and Hong Vit greens, which were uncovered and thus, chewed up. The greens will still be plenty tasty and ready to cook. Enjoy.

Harvest Rally- We are excited for the upcoming event this Saturday. We will be preparing various light dishes and will have the grill going as well. Feel free to bring along any dishes or items you'd like grilled. We have a magic show and several live music acts lined up for the afternoon and will have a bonfire going in the evening. We are asking for \$5/person suggested donations to help cover costs. Please RSVP at pickup, by email, or through the EVITE that we sent out.

You Mean Quick-killer? By Kelly O'Neill

Mercury is a naturally occurring element often referred to as quicksilver because of its liquid state at room temperature. It is a rare element and is most commonly obtained from cinnabar ore. In ancient civilizations such as China and India, mercury was thought to prolong life but today it is known to be extremely toxic.

Mercury is emitted into the atmosphere naturally by volcanic events and the weathering of rock and soil, among other processes. However, since the Industrial Revolution, the amount of mercury in the environment has increased 2-4 fold as a result of human activities. Scientists believe that over half of the mercury in the environment today is a result of anthropogenic sources. It has been found that about 40% of mercury emissions result from coal burning power plants. Other sources include industrial boilers, the burning of hazardous waste, and chlorine production. Around the home, mercury can be found in auto parts, fluorescent light bulbs, electrical switches, mercuric oxide batteries, thermometers, and thermostats.

Mercury that is emitted into the atmosphere is transferred between soil, water, and air and, in these different environments, can be converted into a variety of compounds. Some of these compounds are more easily absorbed by living organisms; one such compound is Methylmercury. This is a highly toxic organic compound that results when atmospheric mercury falls to Earth via precipitation and is converted by microorganisms living in soil and sediment.

This process presents a threat to human health when Mercury levels bioaccumulate in fish populations. Bioaccumulation occurs when Methylmercury is present in oceans, lakes, and other water bodies. The toxin travels up the food chain from small organisms to large fish. When large fish prey on small fish, the mercury is passed on and the process continues to the top of the food chain, all the while mercury accumulates in muscle tissue. In large organisms such as sharks, tuna, and swordfish, mercury levels can be dangerously high. Consumers of large fish, especially pregnant women, should be aware of this because the accumulated mercury cannot be removed from the fish. When ingested, mercury can affect the nervous system, immune system, cardiovascular system, the kidneys, and developing fetuses.

For individuals concerned with mercury pollution, there are ways to help prevent it.

- Conserve Energy – Most pollution is a result of coal burning power plants.
- Recycle Mercury properly – Bring it to a transfer station.
- Install a programmable thermostat.
- Support Renewable Energy initiatives. Wind, Solar, etc.

The Taunton River has elevated levels of mercury, among other pollutants, much of which comes from distant coal plants in the Ohio River Valley. There are several plants right on the Taunton as well, although much of their pollution may be precipitating somewhere else.

Note: While energy saving compact fluorescent lightbulbs (CFLs) contain small amounts of mercury, they are said to be the better option over traditional incandescent bulbs, which are less efficient and produce greater overall mercury emissions when the electricity is produced from coal-powered plants.

<http://www.ec.gc.ca/MERCURY/EN/index.cfm>

<http://earth911.org/mercury>

<http://www.epa.gov/mercury/>

[http://en.wikipedia.org/wiki/Mercury_\(element\)](http://en.wikipedia.org/wiki/Mercury_(element))