



Wolf Pine Farm

Community Supported Agriculture

Newsletter Week 12
September 4,5 &7

Share Contents:

0.35 lb. mesclun
1.25 lb. green beans
2 pints cherry tomatoes
2 lbs. mixed tomatoes
1 summer squash
1 slicing cucumber
1 celery
1 bunch basil (see note)
1 bunch choice cooking greens
(arugula, Swiss chard, or kale)
1 lb. beets
1 green pepper
1 bunch baby turnips

...Basil...

This basil may be the last basil of the season, or there may be one more round. It took a hit from the cold weather a couple of weeks ago and may or may not be on the mend. It is best to use it as soon as you get it, and don't keep it in the fridge! There is a pesto recipe in the newsletter from Week 7 (available online if you lost your copy).

...Beets...

Remember that Alanna has some great beet recipes on her Veggie Venture website for the beet lover and the beet disliker... also, the Week 11 newsletter from last year has a beet chocolate cake recipe (available online)

...Beans...

Remember that you can freeze them! Just blanch and put in the freezer. There's a great bean-feta salad in Week 8 newsletter from last year.

Farm Events – This Weekend,
September 8th & 9th, 2007

Shareholder Open Farm Days, Saturday & Sunday, all day both days. Bring your friends and family, pick flowers & herbs, swim, bring a picnic, explore the farm, & purchase items from the farm store. Amy and Tom will be around at the farmhouse if you have any questions or want to make store purchases. Guided farm tour on Sunday at 2pm (meet at the barn).

Saturday September 8th, 1:30 p.m. - 4:30 p.m. – Cook with Your Share with Farmer Amy. Bring this week's share, plus anything else you have in your fridge that you need to use up. We will talk about general ideas for flexible cooking and will prepare for some of the coming week's meals. We'll wash and prep veggies, make salad dressing, stir-fry sauce, and soup stock, go over the basics of how to freeze veggies, and learn Amy's favorite way to work cooking greens (and other veggies) into kid friendly dishes. This is a free workshop, but there will be a charge for some of the optional cooking supplies. Please see an email sent on Monday night for more details. If you did not receive that email please call or email us (through the web site) to let us know that you are not receiving farm emails. Spaces are limited. To RSVP for this workshop call Amy at 324-2357.

Farm Musings:

Tis the season for manure spreading on many hayfields and farms around here. I first got a whiff of some while harvesting tomatoes last week, and was about ready to blame someone in a nearby row for something foul. Alas, the smell persisted, and I soon realized no person could be responsible for such a thing. I think it must have been the fine work of many chickens. I'm not trying to make any point about manure in telling this story; it just happened to be chicken manure that made me realize I frequently take my sense of smell for granted unless there is something rather foul (fowl?) or exceedingly wonderful. I experienced both last week—just about the same time the chicken manure was wafting through the air mixing (slightly unpleasantly) with the smell of tomatoes, my lovely gardenia plant was flowering at home in my bedroom. This smell was intoxicating, and the blossom was a pleasant surprise. In this week of full-spectrum olfactory experiences, I wonder how many little things—little smells, little sights, little sounds, I didn't notice? This thought reminds me of a poem.

~Natalie

The Life of a Day

Tom Hennen

Like people or dogs, each day is unique and has its own personality quirks which can easily be seen if you look closely. But there are so few days as compared to people, not to mention dogs, that it would be surprising if a day were not a hundred times more interesting than most people. But usually they just pass, mostly unnoticed, unless they are wildly nice, like autumn ones full of red maple trees and hazy sunlight, or if they are grimly awful ones in a winter blizzard that kills the lost traveler and bunches of cattle. For some reason we like to see these days pass, even though most of us claim we don't want to reach our last one for a long time. We examine each day before us with barely a glance and say, no, this isn't the one I've been looking for, and wait in a bored sort of way for the next, when, we are convinced, our lives will start for real. Meanwhile, this day is going by perfectly well adjusted, as some days are, with the right amounts of sunlight and shade, and a light breeze scented with the perfume made from the mixture of fallen apples, corn stubble, dry oak leaves, and the faint odor of last night's meandering skunk.

Tomato Ideas

Patience has brought us here to the beginning of September, and we are now starting to see the fruits of our labor. We harvested nearly 300 pints of cherry tomatoes yesterday!

If you can't eat them all fresh in a week, try some of these ideas:

Salsa: Add garlic, onion, hot pepper (some in the pick your own garden), even basil (it works in place of cilantro).

Sauce: Fresh tomatoes (especially cherries) make really tasty sauce. Just cook them down for a few hours and enjoy fresh or freeze.

Roasted: I'm not exactly sure how to do this, but people tell me it's great... I'm sure the how-to is available somewhere!

Dried: If you chop the cherries in half, oil them lightly and put them on cookie sheets in the oven at 250 until they are dry, they will keep for a long time and make a great addition to pesto or another dish in the winter.

Frozen: You can chop tomatoes in half and throw them in a bag in the freezer. You can then add them to soups and sauces as you like later.

Thanks to those of you who sent in cooking greens recipes! I'll try to get them in the next newsletters.