



# *Wolf Pine Farm*

*Community Supported Agriculture*  
259 Mouse Lane, Alfred, Maine 04002

**Week of June 22-28, 2003**

## **Notes From the Field:**

The pests are here... this week has been filled with worrying about pests. As an organic farm we do not use synthetic pesticides, but with a little creativity there are a few options left for pest control. As you walk down to the field you will notice a couple of them in action. For those of you that were here last year, you will notice that nothing is in the same place that it was last year. A good crop rotation is one of the best ways to control pests and disease problems. Through the summer you will see floating row covers. These are white cloths that create a barrier for the pests. We place them over many things (mostly brassicas such as broccoli and arugula) that attract flea beetles. We will be spraying the squash plants with a product called Surround that is a white clay that creates a barrier for the cucumber beetles and squash bugs and causes them to cleanse themselves excessively.

The Colorado Potato Beetle is one bug that we have spent a lot of time controlling this week. We have just started to notice their egg masses on the bottom side of the potato plant leaves. The eggs are bright orange and easy to spot. The eggs hatch in 4-9 days and as larvae they do most of the damage. *(continued on the back page)*

## **Recipes, Recipes, Recipes**

Check the back page for a couple recipe ideas. And don't forget to visit our website [www.wolfpinefarm.com](http://www.wolfpinefarm.com) to search for and post recipes to share with other members. We currently have 25 recipes and growing. Thanks to those of you who have added your ideas!

## **Writers Needed**

A call for newsletter articles, recipes, book reviews, poetry, stories, pieces about your CSA experiences at our farm or other CSAs, etc. We would love to add as much work from our members as possible. The deadline for the weekly newsletter is Sunday evening so that we can go to press on Monday. Email is the best way to send articles.

## **Coming Soon:**

**Dill:** This is a great herb to use fresh. And in the middle ages was believed to protect people from witchcraft. There is a recipe on back for a dill dressing! Give it a try.

**Kale and/or Swiss Chard:** Over the summer you will be receiving lots of cooking greens. They can all be used in the same ways...I find they are best if they are cooked lightly, in a stir-fry, soup, or just steamed on their own. Kale is the most nutritious of all the greens that we grow; so make sure to eat it all.

**Baby Pac Choi:** This is an Asian green that can be cooked like most other greens. The pac choi flowers are also edible and quite delicious.

**Garlic Scapes:** These are the flowering stems of the garlic plant. They start to form right around the time of the summer solstice. You can use them as you would garlic cloves, or steam them till they are bright green for a different side dish.

### Steamed Green Salad

1 bunch of greens (kale, chard, mustards, beet)  
2 TBS toasted pine nuts  
1 clove of garlic, chopped  
¼ cup raisins  
1 TBS balsamic vinegar.

Rinse greens, and chop or tear into smaller pieces. Sauté garlic in a little olive oil, for a minute or two. Add the rinsed greens and cover to steam for a couple of minutes, until desired tenderness is reached. Add raisins, pine nuts and vinegar. Enjoy!

### Miso-Dill Dressing

2 TBS Brown Rice Miso  
4 TBS Lemon juice  
4 TBS Olive Oil  
2-4 tsp Dill  
2 TBS Tahini

Mix these all together and mix or shake well. This is a great dressing for all the salad, and is a great addition to a burger, or sandwich.

### Wolf Pine Farm -- Schedule of Events for 2003

Here is a summary of events that we are planning on for this season. These events are planned for any member to come even if it is not your pickup day. We hope that many of you will be able to attend. Please mark the dates in your calendars and **give us a call (324-2357) or email (info@wolfpinefarm.com) if you plan to attend.** For more information about what to expect you will be able to check out the website. We'll keep you posted as we add details.

July 15<sup>th</sup> – Tuesday Potluck 6 p.m.

August 7<sup>th</sup> – Thursday Kid's Afternoon 4 p.m.  
& Potluck 6 p.m.

August (Date & Time TBA) – Preserving Tomatoes  
(drying, freezing, canning)

September 20<sup>th</sup> – Saturday Potluck 6 p.m.

September 30<sup>th</sup> – Tuesday Potato Digging Day 3-5:30 p.m.

October 9<sup>th</sup> – Thursday Potato Digging Day 3-5:30 p.m.

*(Notes from the Field -- continued from front)*

Unless they are controlled the larvae will devour most of the leaves. After feeding for 2-3 weeks the larvae travel to the soil to pupate, and adults emerge in 5-10 days. Then the cycle starts all over again, with each adult female laying up to 1,000 eggs in their lifespan. There can be two generations of potato beetles every year. The adults overwinter in the soil and emerge in the spring to feed on young plants.

This year we are controlling the beetles by hand picking them. We are scouting for the egg masses and squishing any that we find. We can continue to hand pick any larvae and beetles that make it past the egg stage. We are also going to try a new method (to us anyway) to bump off the potato beetles. We will sprinkle the potato plants with bran in the morning and when the beetles are hungry they will eat the bran instead of the plants. With the bellies full of bran, the beetles grow thirsty; they will drink the morning dew, expanding the bran causing them to burst open.

As a challenge to you and to help us with the ever growing pressure of the potato beetles, we ask you to try and find a few of these egg masses on the potato plants. It is a great project for any kids that make it down to the field. Just ask and we'll point you in the right direction.

-- Brooke

### What's coming up next week?

Maybe shelling peas, Swiss chard, and summer savory.

More lettuces and/or salad mix