



# *Wolf Pine Farm*

## *Community Supported Agriculture*

*Newsletter Week 7*  
*July 31, August 1 & 3*

**Share Contents:**

¼ lb. lettuce mix  
1 bunch Swiss chard  
¾ lb. broccoli  
¾ lb. potatoes  
0.3 lb. basil  
1 bunch carrots  
1 summer squash  
2 pickling cucumbers  
1 slicing cucumber  
¾ lb. beans  
10 cherry tomatoes  
1 bunch parsley  
2 fresh garlic bulbs

**It's never too early to be thinking about winter...**

You can take many of the items that we give you and put them away for winter. If you go through them all in a week, great! If you find that *cooking greens*, or *beans*, or (eventually) *tomatoes* are too much to handle, you can freeze them easily. Most greens (including beans) simply require blanching before freezing. Tomatoes don't require any preparation—you can pop them in whole or halved and then use them in sauce or soup later. If it ends up being a bumper basil year, you can also make and freeze *pesto*, which is also always a crowd pleaser in the winter. Ask us if you have any questions about other ways to set aside a little bit of your share.

**Farm Musings:**

According to the calendar, this week should be a week of transition... the transition away from salads and on towards “hot crops” like tomatoes, basil, peppers. I’m learning to put less and less weight in calendars. While every week seems to be a transition for us (last week was the transition from picking peas all Monday and Thursday afternoons to picking beans...), the tomato transition has been a little slow in the coming. A few ripe cherries here and there appear, but nowhere near the 240 pints that we need to give each of you a pint of tomatoes. They will come. I have no doubt. One thing that is indicative to me of the cooler, later summer is the lack of tomato hornworms (dare I write that on paper?). Usually by this time, we start to see the unmistakable defoliation on the top of the plants, and upon closer inspection notice the culprit—the practically cucumber-sized caterpillars of the sphinx moth. I haven’t seen any yet this year. I’m sure, as the tomatoes will come, so will the hornworms. They are amazing creatures.

This week we have decided to harvest some fresh garlic for you. A friend (I can’t remember who now, actually) once posed the challenge of trying to come up with a food that doesn’t go with either chocolate or garlic. I believe the point was that chocolate and garlic are the two most versatile foods in the world. Some amazing foods go well with chocolate and garlic. Every item in the share goes great with garlic in some form. I don’t think anything in this week’s share goes well with chocolate, but chocolate doesn’t require accompaniment anyway. You may find this challenge silly, but think about it for a while. It’s really quite challenging. This garlic has not been “cured”,

so the skins are still moist and will stick to the clove a little more. You can use it just like cured garlic.

I know I have been slacking on providing recipes, and part of this is, admittedly, my own slacking ways, and part of it is my desire to encourage people to visit A Veggie Venture, where Alanna Kellogg does a great job of compiling recipes specifically for the Wolf Pine Farm share. Last week, her beet information was more than I could ever think of providing... Thanks, Alanna! Her salad dressing information is also fantastic.

I may be putting less and less weight in the calendar as each season passes, but I haven't hit the point at which I've begun to disregard the clock... bedtime calls! See you around.

~Natalie

**\*\*\*Pick your own\*\*\***

One of our working shareholders, Tinuviel, has done a great job preparing the beds in the barnyard. There are now lots of herbs and flowers to pick, including: summer savory, thyme, lovage, sage, oregano, mint, and more... ask us if you have any questions, but please feel free to take advantage of this. The deer have, unfortunately, eaten nearly all the sunflowers in the pick your own area by the greenhouse, but there are lots of other flowers to make a nice bouquet.

**Basic Pesto: right from the Joy of Cooking...**

"This classic sauce from Genoa needs to be made with fresh basil. Pesto is traditionally tossed with trenette, a flat ribbon pasta similar to linguine but fresh. *Sometimes green beans and sliced potatoes are cooked along with the pasta in the same water, making the dish more robust\**. If freezing, add the nuts and cheese after thawing." Process in a food processor:

**2 cups loosely packed fresh basil leaves**

**1/3 cup pine nuts**

**2 medium cloves garlic, peeled**

**1/2 cup grated Parmesan cheese**

pour in:

**1/2 cup extra virgin olive oil (add more if the sauce seems dry)**

season with salt and pepper.

**My variations:**

I add a tablespoon or so of miso instead of cheese and I prefer the mild flavor to the cheesiness, though I know this is horribly un-Italian! Sun-dried tomatoes are also a nice addition, and I frequently use sunflower seeds or a nut instead of pine nuts if I don't have them. Parley is great in it as well.

*\*There are green beans and a few potatoes this week! If anyone tries this, please let us know how it is!*

**Breakfast recipes:**

Some folks have asked for the recipes from our Open Farm Day breakfast. We'll put the recipes for the eggs, homefries, and pancakes in next week's newsletter. **Blueberries** from our neighbor Tim and from Arthur Harvey are available in the farm store this week.