

CSA Newsletter, Week 11 of 20

August 20, 2007

This is a Healthy Alternative 'A' week.

Farm Report

by Farmer Tim

Greetings from Erewhon! Today's will be a brief report due to the urgency of getting a fall planting of crops in between rainy spells. The rain and mud have been producing aches, pains, and injuries in the workers, including Tim and Beth. Not to mention an overall feeling of glum. And still the rain comes. Where *is* the sun?

Last Monday Beth went out to the Konen Farm to look over the crops and help identify some of the mysterious veggies there. She found all sorts of surprising things that had been overlooked—like cantaloupes so ripe they were splitting (we ate one on the spot and it was *wonderful*) and the round yellow cucumbers called Lemon.

Also at the Konen Farm, Mike has been trying to dig potatoes with his tractor-powered digger but we don't have many yet. Hopefully he'll get them out of the ground so we can have some for subscribers this week. On Monday we'll deliver broccoli, cabbage and cauliflower seedlings for him to plant as soon as the ground dries out a bit. Winter squashes are beginning to ripen and pumpkins and gourds are coming along.

At Mongerson a late planting of melons is the main crop in the ground beside the flowers, of course. We are planning a fall planting of cover crops to help improve the soil.

At HPM we are continuing to plant the last of the summer crops: squash and beans for October harvest. We are stepping up the planting of greens now that the weather has cooled a bit and the flea beetles are preparing for their winter dormancy. Spinach is on the horizon!

Thanks to Steve Trisko and Chuck Wettergreen who helped us out of a bit of a harvesting jam on Wednesday and also to the Jezeks--mom and three youngsters--who planted 12 flats of lettuce and picked 15 pounds of small tomatoes in just an hour! And that time included training for these fast learning hard workers! As staff has been reduced significantly by people returning to school, we would be grateful to any of you who could spend a couple of hours helping with the fall planting – not too strenuous and can be done by all ages. Candy Crawford also came out last Wednesday with her girls. Candy brought her camera this week and took pictures. (I've included a selection at the end of the newsletter.)

We Get Mail (next week)

Volunteer Days/Subscriber Potlucks

We are scheduling two special volunteer days for this fall in conjunction with subscriber potlucks.

On Saturday, September 15, we plan on harvesting the bulk of the **winter squash**. (We may harvest some small quantities prior to that, but this is when we will harvest the bulk of it.) Volunteers will meet for lunch at Heritage Prairie and then caravan down to the Konen Farm to harvest squash. Around 4:00 the caravan will head back to Heritage Prairie, where we will be setting up for another Subscriber/Farmer potluck. The Volunteers do not need to bring a dish to pass—their sweat and sore muscles will be their contribution—but if they wish to do so, they can leave them at HPM while they harvest. The potluck will begin at 4:30 and end around 7:30. You do not need to volunteer in order to attend the potluck. In fact, those hungry volunteers will need lots of hearty food to feed the hearty appetites they will have worked up harvesting squash. Squash harvesting is a good family activity, but possibly physically difficult for smaller children.

Then, on Saturday, October 06, we will have a similar event for harvesting **pumpkins and ornamental gourds**. Gourds are small, and we also have a lot of mini pumpkins, so this might be a very good activity in which to involve smaller children.

Also, next week (the week of the 20th) we are scheduling another ***Feast on the Farm***. We could really use some help on Tuesday, Wednesday, and Thursday of that week cleaning up the property for the event and helping set up tables and tents. Call the store (630-715-5475) to schedule that.

CSA Produce Forecast

by Farmer Tim

This week's offerings:

Lettuce (romaine and red butter head), winter squash, cantaloupes, corn, tomatoes, potatoes, cucumbers, peppers, tomatillos, beans and a couple of other items.

Heritage Prairie Happenings

by Beth Propst

Feast on the Farm.

The next Feast on the Farm is scheduled for August 23. The menu will probably be similar to the planned menu for the July feast, since we didn't get a chance to use that one. To sign up, see Sarah in the store or visit Moveable Feast in Geneva. The last one of the season is scheduled for October 12.

Dishing it Out

The next event will be on September from 6:00-7:00 pm. The subject will be The ABC's of School Menu Planning. More details will be available later.

Farm Store

Several weeks ago the subject was the Three Sisters and the Other One who made such fabulous chocolates. What I have neglected to tell you is that they are now coming in about once a week with new yummy treats—like Praline Topped Cantaloupe Bread and different flavors of cupcakes every time they come. A couple of weeks ago one of their flavors was chocolate mint. Last week they brought in flavors like Banana Chocolate and Banana Peanut Butter. They usually bring in samples when they come, but those samples don't last long!

Also, we have started using our extra tomatoes and other veggies to make products to sell in the store. Last Friday we made two kind of salsa using our tomatoes. One was a peach salsa and the other a medium spicy cilantro salsa. Look for them in the cooler with the cheeses.

Pages from Grandma Beth's Cookbook

by Beth Propst

Recipes on www.hpmfarm.com

Thank you to those of you who have added recipes to the recipe forum.

<http://www.hpmfarm.com/?p=cfbbs&a=forum.view&fid=11>

Anyone who has an account can post a recipe. Go to the website and click on “get an account” to get an account. Once you have completed the form, the web site will send you a password almost immediately. Depending on your security systems, this might go to your junk mail folder so check that folder if it doesn't show up in your regular mail folder within 10 minutes. (Once you log in with this password you can change your password by going to the profile section and changing your password.) Anyone who is logged in can post on the forums.

Cucumber Salad

This is a recipe my mother used to make, and is a real summer cooler.

Slice cucumbers thinly—the thinner the better. In a small bowl mix two tablespoons each of sugar and apple cider vinegar. Add two heaping tablespoons of mayonnaise and mix thoroughly. Add to the cucumbers and let it sit a while. Mix before serving.

Sometimes my mother would make a jello dish from the cucumber salad. After it had sat a while she would strain the juice out and use it as the liquid when she made a package of lime jello. Use a little less liquid overall than the package calls for, as there will be quite a bit of liquid left in the

cucumbers. Add the cucumbers to jello mixture and refrigerate until set. Note that the cucumbers will settle to the bottom. If you are going to unmold it, then the cucumbers will be visible at the top of the mold. This can be very eye-catching. If you want your cucumbers mixed throughout the jello, you can add the cucumbers and jello in layers, letting each layer solidify before adding the next, or try adding the cucumbers after the jello has partially set. (I find this difficult to do because I usually forget about it and find that the jello has set completely and it is too late to add the cucumbers.)

Until next week...

Beth, Tim, Bronwyn, and Bob

P.S. Please email us with questions, comments, suggestions, recipes, and we will include them in future newsletters. We really hope to get a lot of recipes so that in a year or two we can create the Heritage Prairie Market Cookbook.

All newsletters will be posted on the HPM web site in the Forums section by 8:00 Monday morning.

If you need to contact us during the week, please call the Heritage Prairie Market phone (630-715-5475), Beth's cell phone (630-485-9964) or Tim's cell phone (630-485-9963). E-mail works if you do not have an immediate need, but response may take 24-48 hours during busy times. Thanks.



Bucky the Farm dog getting ready to drive the van



Subscriber Pick-up



Callan and Ellee Crawford on the ends and Margaret and grace Archibald in the middle