

CSA Newsletter, Week 14 of 20

September 10, 2007

This is a Healthy Alternative 'B' week.

Farm Report

by Farmer Tim

Welcome to Erehwon!

Weather has begun to cool noticeably and that's good for our fall crops and good for us when we are working on some strenuous fall projects. At Mongerson we have been working to prepare for sowing cover crops that will protect the soil during winter, thus reducing erosion, as well as adding nitrogen to the soil and organic matter when we till it in next spring. We have ordered a "fall green manure mix" from Johnny's (our favorite seed company!) which includes winter rye (dies back in winter but re-grows tall in the spring, forming a windbreak), rye grass (winter cover), field peas (adds nitrogen, winter cover), crimson clover (cover, flowers in spring for the bees), and hairy vetch (adds nitrogen). We plan to scatter seed with a spreader, roll the soil to ensure seed/soil contact and then wait for rain.

We tested some of the melons growing over at Mongerson, but they were not quite ripe. We are growing quite a variety of cantaloupe, honeydew, and watermelons, which should start ripening this week or next.

A couple of weeks ago three of us pulled weeds and one noted that she had seen no worms and neither had we. We need to get some organic matter in the soil so these little workers have something to chew on! Add organic matter and they will come! We had help from Steve Trisko and Chuck Wettergreen who helped pull up drip lines and cages from the big weed patch (a.k.a. Mongerson Farm) – the toughest job we have had to do all year. Thanks guys!

At HPM we have nearly finished planting fall crops in the raised beds. If temperatures dip it's an easy matter to pull over the row covers to reduce frost damage (Yikes! We just noticed that weather.com says 39 degrees for Friday night. We'll have to keep our eye on that and be prepared to cover the basil as well!) We are harvesting greens, summer squash, okra, herbs, carrots, and beets although the quantities are not as great as we would like. Over the next several weeks we will try to supplement our harvest with crops grown by members of the Midwest Organic Farmers' Coop. Some of their members are a bit south of us and have not had the problem of heavy rains to deal with. We heard last week that one of the big Kane County growers was reducing their presence at the Farmers' Markets because of crop losses. Several others are completely finished for the season. I guess we didn't fare so badly after all!

Our next project will be to pull the tomato plants in the hoop house and begin planting crops for late fall harvest. This may be a tough job because we have had an infestation of mosquitoes in there. Hopefully the cooler weather will make them less active.

At Mike Konen's there are pumpkins, winter squash, and gourds curing in the sun as the plants die back. You can tell if the winter squash is cured by trying to dig your thumbnail into the skin. If you can't make much of a mark, the squash is ready for storage for up to six months in a cool, dry, and well ventilated spot. We still have a few tomatoes and cucumbers to harvest and we are beginning to harvest the last planting of broccoli, cabbage, and cauliflower. Mike expects the last corn to be harvested in about two weeks if the weather cooperates

Volunteer Days/Subscriber-Subscriber Potlucks

This Saturday will be the first of the two volunteer days and subscriber potlucks.

We will be harvesting the bulk of the winter squash and probably some pumpkins as well. Volunteers will meet for lunch at Heritage Prairie and then caravan down to the Konen Farm to harvest squash about 1:00. (If you can't get there for lunch, 1:00 will do the trick.) Around 4:00 the caravan will head back to Heritage Prairie, where we will be setting up for another Subscriber/Farmer potluck. Volunteers who are attending the potluck can leave their dish at HPM before going down to the Konen Farm. 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. We have decided to provide some items and a nominal fee (less than \$10 per family) will be charged to cover these costs. We would like an approximate count so that we can be sure to have enough yummy items on hand. E-mail Beth at alpropst7@yahoo.com or call the store at 630-715-5475 to make your reservation.

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.

CSA Produce Forecast

by Farmer Tim

This week's offerings:

For Tuesday delivery subscribers we hope to have tomatoes, small summer squash, potatoes, (greens: kale, chard, collards, or red mustard), an herb bunch, butternut squash, possibly cabbage, and another item. Veggie lovers should get okra, beets, carrots, tomatillos, peppers and we may be able to put together a hot salsa pack.

Heritage Prairie Happenings

by Beth Propst

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.

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.

Here is a recipe that will use many of the veggie you have been getting in your share.

Gazpacho

- 1 cucumber, peeled, seeds removed, chopped
- 1 clove garlic
- 1 small red bell pepper, seeded and diced
- 1 small green bell pepper, seeded and diced
- 2 ripe tomatoes, seeded and chopped
- 3 cups tomato juice
- 1/4 cup dry white wine or sherry, or use chicken or vegetable broth with a few teaspoons lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 to 2 teaspoons Worcestershire sauce
- 1 tablespoon fresh lemon or lime juice
- salt, to taste
- 4 tablespoons sour cream or yogurt, for garnish

- 4 tablespoons fresh parsley or cilantro, for garnish

In a blender, combine first 10 ingredients; blend until juicy but still somewhat chunky. Season with lemon or lime juice and salt, to taste.

Thoroughly chill before serving. Serve garnished with sour cream and parsley sprigs, if desired. Serves 4.

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.