

# CSA Newsletter, Week 7 of 20

July 23, 2007

This is a Healthy Alternative 'A' week.

## Farm Report

*by Farmer Tim*

Greetings from Erehwon! We were on a reduced work schedule for a few days with some mysterious side pains that kept us down flat and away from the farm. After two trips to the emergency room and being questioned, poked, scanned, tested, measured, raised, lowered, transported, and prescribed, the doctors pronounced the body to be in fairly good shape for an elderly man and we were sent on our way with instructions to rest and let the body work things out. During this ordeal the staff pulled together handsomely to get the work done. As we write, the pains are subsiding, and we are back to work today. Robin Migalla volunteered on Wednesday and got her upper body workout in by pulling weeds and preparing some beds for planting. Melody and Janet, friends of our employee Izabel Kowalski, volunteered as well to help out in Tim's absence. Melody has volunteered several times before, but this is Janet's first time. (Hope she wasn't too sore the next day!) Thank you to everyone who helped out last week!

Last week's storm brought welcome moisture—over an inch of rain—but the heavy downpour and the high winds caused some damage to Beth's flowers. Some of the plants are now growing at about a 45 degree angle—not a way to get nice straight stems for cut flowers. Amazingly, there were large areas that seemed to have escaped unscathed, while others sustained a fair amount of damage. Very little was permanent though, and most of the flowers except the glads, will grow through the bendy stems quickly.

One day a week or so ago volunteer Chuck Wettergreen was helping weed at HPM. After a while he disappeared into the hoophouse and soon we began to hear emphatic cries like “Gotcha!”, and “Another one!” It seems Chuck had spotted a tomato hornworm and once he had seen one, his eyes sharpened their focus and he was off and running, yanking the critters from their tenacious perches and saving many endangered plants. Later in the week some young farm day campers finished the job and fed the fat little worms to the peacocks.

On Sunday we were invited to the Garfield Farm Museum to give a talk about CSA Farming. During the talk we mentioned some concerns that people were having with the ag system and food chain. Specifically we noted the large amount of chemicals that are being sprayed on fields in Kane County, usually by the local farm coop. We also mentioned the fact that the large seed companies like Monsanto are racing to patent food plants all over the globe in order to gain control of the seed stocks. An example used was that of a company that bought some Mexican bean seeds of varieties that had been developed over the last few hundred years, crossed some seeds and created a new variety that looked exactly like the Mexican beans. After the new bean was patented, the company immediately sued all the companies that were exporting and

importing the Mexican beans to the U.S. claiming royalties. We believe they won in the courts but it's likely that litigation is ongoing.

After the talk was over a man, whom we knew slightly, came up and said he worked at the local coop and said they were also doing some good things, too. Incredibly, he then said he also distributed seeds from Syngenta, one of Monsanto's competitors. I apologized for possibly putting him on the spot but told him we will benefit greatly for every acre we can convert from conventional farming to organic. He wasn't offended and agreed that organic was a good thing but he is in a difficult position being thoroughly entrenched in the conventional system.

As part of the presentation, I took the group out to see Patty Kennedy's heirloom vegetable garden which is filled with varieties that were available around 1847. She has worked to improve soil health, mulches the plants with straw to keep the weeds down and the soil cool. The garden is thriving with healthy plants which seem perfectly capable of warding off pests. We looked at the squash, pumpkins, and cabbage and marveled at the way the leaves spread out to catch the sun and reach out at the perfect angle to catch the rain and dew which flows down the leaves to be conveniently deposited right above the plant's root zone.

We continue to get a regular supply of moisture and crops are doing well, especially at Konen's. Mike is projecting the next round of sweet corn will be ready on Wednesday and said there are some acorn squash that are almost ready. We should have a fair amount of small tomatoes this week. Our lettuce is finally in full production so we'll be giving bigger bags to everyone for the rest of the season. We are still working on improving the germination of spinach. Crops are growing well in the new raised bed under the row cover and the cover is bulging, pushed up by the plants inside – we'll check today to see what we might harvest this week.

Mail has been building up but we'll get to it by next week's newsletter.

## **CSA Produce Forecast**

*by Farmer Tim*

### **This week's offerings:**

This week everyone will get lettuce, potatoes, herbs, and squash. Wednesday and Friday subscribers should also get corn. Beans, peas, tomatoes, cabbage, cauliflower, broccoli, green, purple, and white peppers, cucumbers, eggplant, Swiss chard, kohlrabi, and kale, will be available also, but probably not enough for all subscribers on all days. On one day an item might be a choice or swap box item, on another it may be it everyone's bag.

### **Future offerings:**

Larger quantities of beets, carrots, radishes, and eggplant, as well as winter squash are on the horizon.

## **Heritage Prairie Happenings**

*by Beth Propst*

### **Farm Camp**

Farm Camp continues to be a great success. Last week, among other things, some Junior Farmivores got to curry, comb, and wash Tina (the pony), Jake (one of the horses), and Christophine (the donkey). Moms seemed to be having trouble disengaging their children at the end of the session. There are four more weeks in which to sign up your children. Call or stop by the store to register. We have made some changes to the program. The new information is included at the end of this newsletter.

### **Feast on the Farm.**

One of the things we have always said we wanted to do at Heritage Prairie was to have a series of dinners on the farm catered by Moveable Feast and using, as much as possible, produce we grow or products we sell in the store. Well, in a flurry of activity in the last week or so we have put together the first of these events. The time frame is short—this Thursday evening—but we hope some of you will be able to make it anyway. Information is attached at the end of this newsletter, after the information on Farm Camp.

## **Pages from Grandma Beth's Cookbook**

*by Beth Propst*

### **Recipes on the web**

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>

I had a conversation with our web developer about who can post and he finally convinced me that for security reasons only people with accounts should be able to post. So, if you go to the website and click on “get an account” you can sign up to get an account. 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.

### **Potatoes**

Okay—potatoes. We've planted tons, and have only started harvested them, so I'm guessing you will be getting lots these last few weeks. Blue potatoes, pink potatoes, white potatoes, yellow potatoes. Everyone knows about baked potatoes and potato salad, but this might be the time to try some different ways to cook potatoes. If you haven't figured it out already, newly dug

potatoes are great for boiling and mashing with the skins. (My mom always made us eat the skins of potatoes no matter how they were cooked because she said that all the nutrients were in the skins. I think I remember reading somewhere that this is true. Oh, the agony of having to admit that your mother was right about something!) Serve them with herbed butter. Use chives, basil, thyme, savory, mint, rosemary, or garlic, or combinations of these. Or try the following recipe.

### **Farmer Tim's Roasted Potatoes**

Tim cuts the potatoes into smaller pieces, leaving the skins on. He places them in a roasting pan and coats them with olive oil. Sometimes he adds chopped garlic or herbs. Then he roasts them at 375 degrees for a little over an hour. Sometimes he leaves them in a little longer and they get really crispy (which I like, as do other members of my family). Another way to get them crisp is to turn up the temperature to 425 degrees for the last 10 or 15 minutes of the cooking time. (This recipe even works with the potatoes you buy in the grocery store.)

### **Grilled Veggies**

We had this the other night for dinner and it was yummy. Cut a variety of veggies into pieces. We used summer squash and whole mini bell peppers with stems removed. It would be easy to add onions, strips of large sweet bell peppers, eggplant, or other veggies with similar cooking times. Tomatoes do not usually work well on the grill, although if you were doing a stir-fry, you could add those. Coat generously with olive oil. Grill for 10-15 minutes, or until desired state of tenderness is reached. We have a specially made pan that has smaller holes in the bottom for grill veggies, but you could improvise one from foil or string the pieces on kebob skewers for grilling. We forgot to bring home herbs that day, so we didn't add any and it was good just that way. Herbs would have made it even better.

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.

# Farm Camp 2007

Heritage Prairie Market and Education Center

2N308 Brundige Road  
Elburn, IL 60119

Store Phone: 630-715-5475

Our Farm Camp is all about cultivating JUNIOR FARMIVORES! Farmivore is our name for anyone who loves being at the farm, digging in the dirt and eating delicious locally grown food. Our Junior Farmivore program will introduce kids to life as an organic farmer. As our harvest season continues, the kids will witness the changes on the farm first hand. Each day will make the most of the weather and harvest conditions. Sign up for the days that suit your summer schedule best. **Camper reservations must be made at the store by the preceding Saturday.** There will be limited availability so please call now to sign up!

## Sprouts

Ages 5 through 7 (4 year-olds may attend if accompanied by an adult.)

This program will be offered on Tuesday and Thursday mornings from 10:30 to 12:30.

This program will include : a walk through the gardens giving the children a chance to experience the smells and tastes of the weekly harvesting. Children will enjoy lessons on the good bugs and the bad bugs of the garden. The bad bugs get fed to the chickens! There will be a farm art projects and games. A farm snack and bottled water will be provided. All children must wear hats and sunscreen.

Price: \$12.50 for subscriber/\$15.00 for non subscriber

## Junior Farmivores

Ages 8 through 13 (The program will vary for the 8 - 10 yrs. and for the 11- 13 yrs.)

This program offered:

Wednesdays from 1:30 to 4:30 in the afternoon, ending at the beginning of Wednesday subscriber pick-up. Campers need to have had lunch before coming to the farm.

This program will include : a farm art project and time spent in the gardens picking, watering, weeding, or maybe even vacuuming bugs! The campers will also create their own bug or bird guides documenting what they see on the farm. They will also be learning about beneficial insects and organic solutions to pest control. A farm snack and bottled water will be provided. All children must wear hats and sunscreen.

Price: \$18.50 for subscriber/\$20.00 for non subscriber



# Feast on the Farm A Unique Garden Party

**Moveable Feast Heads To Heritage Prairie**

What do you get when you combine the fabulous style and artisan flare of Moveable Feast with a glorious summertime evening surrounded by the sights, songs and fragrances of the Heritage Prairie Farm gardens? Feast on the Farm!

Join us for a delectable meal and enjoy live eclectic harp music at our inaugural event. Limited seating is available so make your reservation today by calling (630) 715-5475 or (630) 845-3287.

**When:** Thursday, July 26, 2007

**Where:** Heritage Prairie Market and Education Center  
2N308 Brundige Road, Elburn, IL 60119

**Time:** hors d'oeuvre begin at 6:30 PM

**BYOB:** Refreshing Bron's Bees honey and ginger lemonade will be served. Feel free to bring your favorite beer or wine to enjoy.

**Price:** \$60 per person

# Menu

Thursday, July 26

## Appetizers

Chilled corn puree soup shots

Melon wrapped in local ham drizzled  
with bron's honey & arugula

Grilled BLT crostini

## Dinner

Grilled Steak Salad with composed vegetables

Greens with mixed berries, almonds & blue  
cheese in a pink peppercorn dressing

Corn pudding with roasted pepper sauce

Cherry tomato crisp with fresh herbs

Grilled ciabatta toasts with  
young garlic & goat butter

## Dessert

Cinnamon basil shortcakes with  
roasted peaches & whipped cream

Bron's honey & ginger lemonade