

# Vegetable of the Week

## Carrots

Each week, please be sure to return your empty box from the previous week

Be sure to GENTLY disassemble, breakdown, unfold, and stack your empty boxes when you return them.



# 13th Harvest Week

## Sept. 3rd - 8th 2007

Come to our 2nd Open House  
Saturday, Sept. 15th, 11 am-4 pm.

See page 2 for details and a map.

# FARM NEWS

## What's in Your Box

*Please note: this box summary is written the week before you receive your box. Some guess-work is involved: things may be in your box that are not listed, & listed things may not be in your box. We send a weekly email to update the contents of each of your boxes--please make sure we have your email if you wish to receive this. New this year, please find below page references to cooking tips & recipes in **Farmer John's Cookbook: The Real Dirt on Vegetables** as provided to all shareholders. Finally, as always, be sure to thoroughly wash all of your vegetables.*

### FRUITING CROPS

- ◆ **Winter Squash**-a Red Kuri, a Sweet Dumpling, &/or an Acorn; pp. 307-315
- ◆ **Tomatoes** - a paper bag of determinate tomatoes; also, likely unbagged heirloom tomatoes; pp.228-235; see column at left and below for additional details.
- ◆ **Sweet Peppers**-mostly bells; pp. 215-222
- ◆ **Hot Peppers** - if so, bagged with your tomatoes; small red ones are *hot paper lanterns*, orange ones are *habañeros*
- ◆ **Eggplant** - maybe; pp. 174-80

### SALAD GREENS pp. 136-141

- ◆ **Lettuce** &/or **Mesclun mix**-likely

### BRASSICAS

- ◆ **Cabbage**-savoy, red, or green; pp. 257-63
- ◆ **Broccoli** &/or **Cauliflower** - maybe

### ROOT CROPS

- ◆ **Potatoes** - a nice 3 lb bag of these. These potatoes are unwashed and therefore should store better; pp 289-294
- ◆ **Carrots** - the last of these; see column at left; pp 163-8
- ◆ **Beets** - maybe pp. 55-62

### ALLIUMS

- ◆ **Onions** - we're still very happy with these! pp. 121-128
- ◆ **Leek(s)**-unlikely; pp 205-10

### COOKING GREENS pp. 81-94

- ◆ **Swiss Chard** or **Collard Greens** - maybe

### HERBS pp. 102-120

- ◆ **Lemon Balm** or **Cilantro**



Carrot

### BOB WRITES...

#### Field Update...

I am writing this on Tuesday night after a long busy day and week. As such, please overlook any dullness or errors. Last Monday, August 27th was thankfully the last day that we had rain. Slowly the fields have dried up and we now have almost all of our cover crops planted for next year. Happily, we also have all of our transplantings completed -- except for our lettuce (which we will complete tomorrow).

I wanted to give you a more complete update on what we lost due to the excessively wet August and what we have started to do about it. First off, our hybrid tomatoes are just about done -- in addition to only receiving a small amount this week, next week you may only receive 1 or 2 and maybe it will be the last. The wetness has caused the blight to rapidly advance and end our tomatoes early. Fortunately, the heirloom tomatoes are in slightly better shape but they will be around only for a little while longer.

Secondly, regarding our carrots, this week will likely be the last carrots of the year (and they also are not looking so great--we tried to give you the best of what we had; use their tops, too--in soups for instance). Like many of the gardeners around here, we have lost lots (> 80%) of our carrots to root rot. As such, we are moving these out as quickly as possible. The rotting (the carrots were liquid orange in the ground--kinda cool) occurred because we started August out with almost 6 inches of rain in the first week and it just kept coming for over 4 weeks. Our clay soil (as opposed to sandy soils) grows great beets but this year, the water it retained hurt the carrots. This is our first year of a carrot loss of this magnitude. We expect to be back on track next year with these.

Spottily, throughout the fields, there are patches of plants that just received too much water and never recovered. These include approx.: 15% of our basil, 10% of our eggplant, 20% of peppers, 70% of parsley, 20% of kales, 10% of chard, 15% of our onions (but these are still much better than last year), and 5% of our fall brassicas. Fortunately, our potatoes, winter squash, and fall brassicas seem to have been on higher grounds and they look like they'll do very well. It is also fortunate that the wet period happened in August and not later as we have

### BOB WRITES... continued from the left

already adjusted some of our field plans to make up for these shortcomings. Here's what to expect...

- more spinach -- we have already planted almost half of our carrot field to spinach
- nice fall radishes -- we put an extra bed in
- fun leafy greens -- with a couple of beds of arugula, a bed of choy, a bed of tatsoi, 2 beds of red russian kale, a few beds of Swiss chard, and more. In lieu of our disappointment with our salad mix, these greens will more likely complement your lettuce and benefit from the lessening fall weed pressure and fewer insects as the summer heat winds down.

Overall, as we wait for these recent plantings to grow, we will move more quickly through some of the crops that we usually store up (hence a greater amount of winter squash and storage onions in your current boxes). We will miss the carrots in October and November, but we will appreciate more so the sweetness that cold weather imparts on the spinach, the red russian kale and the other greens. We hope we have a warm fall.

*Separately, regarding the wet weather's affect on your current box contents...* we would like to note that, due to the humid August, some of the crops, including the tomatoes seem to more quickly deteriorate and develop mold. As much as possible, we recommend eating all of your vegetables as quickly as you can manage. If you get a tomato that has spots on the outside, please note that we have inspected these and noted that, except for the surface, the tomato is still quite good. However, if neglected, the tomato may move past your point of acceptability. So monitor all of your vegetables closely (including winter squash) and use them right when you begin to see signs of their demise.★



Pulling a stuck tractor out of our fields last Weds.

## Coming Next Week

*This forecast may help you with menu planning. It's slightly more reliable than a weather report.*

- ### FRUITING CROPS
- ◆ **Winter Squash**
  - ◆ **Peppers**
  - ◆ **Tomatoes**
  - ◆ **Eggplant**-maybe

- ### HERBS
- ◆ **Basil, Oregano** &/or **Thyme**

- ### BRASSICAS
- ◆ **Cauliflower, Broccoli, &/or Cabbage**

- ### ALLIUMS
- ◆ **Onion(s)**
  - ◆ **Leek(s)**

- ### ROOT CROPS
- ◆ **Potatoes** &/or **Beets**

- ### COOKING GREENS
- ◆ **Spinach** &/or **Kale** - maybe

- ### SALAD GREENS
- ◆ **Lettuce** &/or **Mesclun**

It's time for the fall open house. . .

# You're invited to come see your farm and meet your farmers!

We're hosting a visiting day and potluck meal on Saturday, September 15th.

## ❖ Arrive (park along the drive)

### 11:00 am to 12:15 Mingle, Hayride, & More

(Hint: it's usually chaotic here before 11, so we don't recommend showing up early.) Bring the kids... bring your frisbee... bring a baseball & glove... (but unfortunately you can't bring your pets). There will be hayrides before lunch--hop on to the fields and see everything growing. Read the announcement below for all the other things to do, eat, and see.

### ❖ Eat 12:15 pm to 1:30 pm

The potluck: **please bring a dish to pass** (the dishes at past open houses have always been phenomenal--to ensure there is enough, we recommend that your dish have at least **10 servings**; also, Farmer John always appreciates desserts). You may wish to bring the recipe that goes with your dish--judging from comments in the past, recipes accompanying dishes are a hit. Please put your name & your delivery site on the recipe, so admirers can track you down & lavish you with praise. Someone will meet you near the barn & help keep your dish description and recipe with your dish. Also, **please bring your own place settings & beverages; PLUS WE ENCOURAGE YOU TO BRING A PICNIC BLANKET AS WE ARE REDUCING OUR COSTS FROM RENTING HUNDREDS OF CHAIRS AND DOZENS OF TABLES.**

❖ WE LOOK FORWARD TO MEETING YOU AND HOPE YOU CAN MAKE IT. ❖

### ❖ The CSA Meeting 1:30 to 2:45

Meet the Farm Team. Meet other shareholders. Talk, ask questions, offer suggestions about food & farming.

### ❖ Farm Field or Animal Tour 3 pm to 4 pm

See your veggies in the raw; tour the farm & gardens. Or see the goats, ducks, horses, chickens and more as contained in our Learning Center (throughout the day you can take self-guided tours).

❖ **R.S.V.P.'s are not necessary**; you can decide to come at the last minute--just be sure to bring a dish as described at left and a picnic blanket to sit on while you eat.

❖ **Children's Activity**: The Learning Center will host and supervise games, animal time, and working with composting worms for kids during the CSA meeting!

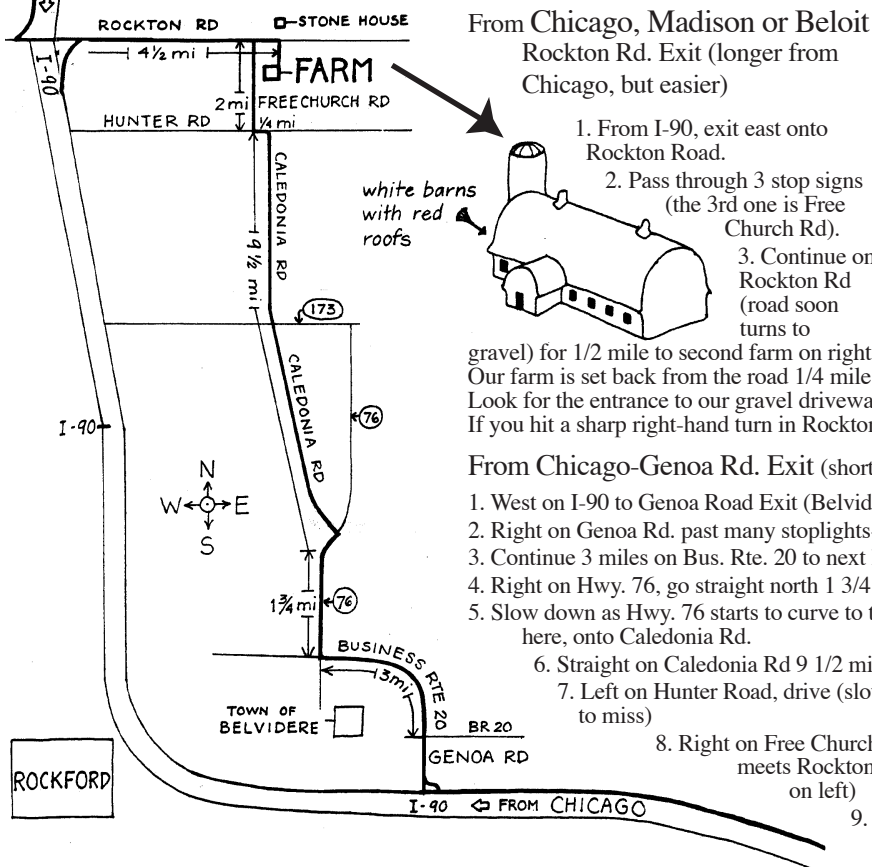
**Insect Note**: As we are an Organic Farm, we do not spray against Mosquitos. If you have insect bite concerns we recommend you wear long sleeves and pants and/or bring the insect repellent of your choice.

## Pumpkins Galore!!!

Shareholders are encouraged to pick jack-o-lantern pumpkins from our fields at the open house, Saturday, Sept 15th. Everyone can likely take a large pumpkin and a small one (and maybe more, depending on how many attend the open house.) We will make sure to include the pumpkin field on the hayrides (so you won't have to lug your pumpkins a half mile to your car).

## Directions to Angelic Organics

- The farm is about a two-hours from downtown Chicago
- 30-45 minutes from Rockford
- 30-minutes from Belvidere
- 20-minutes from Rockton or Beloit
- 15-minutes from Roscoe



There will be "Pumpkins Galore!" at the Open House