



What to find in your share:

Beans
Orach Greens
Radishes
Melons
Tomatoes
Eggplant
Peppers
Kale
Lettuce
Cabbage
Swiss Chard
Parsley
Basil
Cilantro
Dill
Beets
Carrots
Cucumbers
Summer Squash
Scallions or Onions

SATURDAY!
*CSA Farm
Potluck, Saturday,
August 18 from
12 – 4*

Tasty Tomatoes are Here

So we've already hit the halfway point of the season. The mid-season summer crops are coming in strong. We hope you like tomatoes, because we have plenty coming along. We also introduce Orach, a spinach-like green. The purple and green leaves make a great colorful addition to salads or stir-fries and they have a nice flavor. During the next few weeks we will be offering some new healthy greens to replace lettuce, which just has too much trouble growing in the peak heat. Also, remember this Saturday we have the potluck from 12-4.

Orach- Also known as Saltbush and Mountain or French Spinach, Orach is a tasty green that can handle the summer heat. It was used in the Mediterranean region for many years until spinach became the green of choice. Greeks and Romans used orach to treat sore throats and indigestion. Today orach, one of the oldest cultivated plants, is grown throughout Europe and the northern plains states of the U.S. It is generally used cooked in pastas, soups, or stews or raw in salads.

Orach Salad- Orach is great mixed in with green lettuce or other greens in salads. Try finely chopping Swiss Chard and mixing with your lettuce in the share. Add peppers, cucumbers, and grated carrots. Chopped scallions will make a great addition as well.

Dressing- In a blender whirl one clove of garlic, a pinch of salt, 1 teaspoon (scant) Dijon mustard, 2 teaspoons of plum jam (or other available jam), 4 tablespoons rice wine vinegar and ½ cup of extra virgin olive oil.

News and Highlights

Farm Stand Note- If you happen to want any extra items, let us know at pickup or stop out during the week. Please also let your friends know that we have the farm stand open daily from 9-6. Thanks!

Adios to the Interns- The end of summer means the start of school, therefore, our 3 summer interns are on their way out. Kate left this last week and this will be Eugene's final week at the farm. Steve will be around for about a week and a half longer. Angela is heading back to school soon as well and will no longer be around on pickup days. I want to thank them all for the hard work this season.

What's an Heirloom?

So many people brag about their heirloom tomatoes they purchased at the farmer's market. The other day I was biting into one at work and describing each delicious bite. But every time they are mentioned, someone always asks: What is an heirloom vegetable? It sounds like something that was born out of the seed of its past generation. In some ways, it is. In other ways, "heirloom gardening" includes adopting cultural and political meanings as a way of showing that real tomatoes are not the oddly perfect orbs of pale red you find in the supermarket.

An heirloom vegetable is an open-pollinated variety that has stood the test of time. They were commonly grown until the end of the first half of the 20th century, the advent of industrial agriculture. In some ways, they are living artifacts.

"To be an heirloom, a plant must be "open-pollinated", meaning it will grow "true to type" from seed. This excludes nearly every hybrid. Open pollination allows the same cultivar to be grown simply from seed for many generations" (Wikipedia).

Heirloom seeds come from a time before industrial agriculture when every farm had their own vegetable seeds that were passed down and selected from the best of their crop. They are among the finest vegetables ever known, holding a lush oasis of genetic diversity, rich in vitamins, minerals, and mouth-watering flavors that no mass-produced vegetable could compare.

– *By Farm Friend Kristen S.*

You'll find a mix of heirloom items in your shares each week. Half the melons, several of our cucumbers, several eggplant varieties, and about 15 of our tomato varieties are heirlooms. They often look quite different than what you'll find in the store. Heirloom tomatoes are notorious for splitting on the vine and developing large "bad" spots or sections. They often do not ripen uniformly either. This DOES NOT mean they are bad, these are the tastiest and most unique tomatoes you can find. They have stuck around for hundreds of years because people love them. So we ask you to experiment, even if it goes against our society's supermarket mentality.



Heirloom Tomatoes



Orach Greens