



What to find in your share:

Onions
Eggplant
Peppers
Beans
Lettuce
Kale
Swiss Chard
Parsley
Basil
Dill
Par-Cel
Beets
Carrots
Cucumbers
Summer Squash
Broccoli or
Radishes

Note- Bring a vase along and enjoy our many varieties of cutting flowers

Mark Your Calendar!!
CSA Farm Potluck,
Saturday, August 18 from 12 – 4

Let's Grill Some Veggies!

This week we're adding a few more new items. You'll notice fewer greens and lettuces over the next few weeks, as they hate the summer heat. Lettuce tends to get much more bitter or "bolt" and go to seed in the heat. But no worries, we have plenty of other items available. We're happy to offer you fresh onions, eggplant, and peppers! This means time to get the grill out and cook up some sliced veggies. Thanks to those of you who have posted on the CSA Message Board. We hope you all get a chance to try out each other's recipes.

Onions- What would we do without onions? These great veggies originated in Ancient Egypt and Central Asia. Many of the workers who built the pyramids lived off an onion and radish diet! Onions were worshiped as a symbol of eternal life. These pungent bulbs were also placed on the eyes of the dead in tombs. In Greece athletes used onions to thin their blood. During the Middle Ages, Europeans valued onions so highly that they were traded and used for rent. Today China is the world's top producer of onions.

Lettuce- Lettuce originated in the Mediterranean basin and was first cultivated in Persia in 550 B.C. The name is derived from the Latin word for lactose, due to the white cream that comes out from the stalks when harvested. Lettuce varieties with the strongest color and bitter flavor are most nutritious. These bitter lettuces contain very high levels of antioxidants and nutrients. Iceberg lettuce is the polar opposite, consisting of almost pure water and little nutrients. Lettuce is a mild opiate and induces sleep. In the U.S., 95% of lettuce consumed comes from California or Arizona.

News and Highlights

CSA Potluck Note- We have a sheet at the farm where you can list what you're planning to bring for the potluck. Hopefully we won't end up with 20 plates of cookies this way. We hope many of you will be able to make it and enjoy the afternoon at the farm. Feel free to invite friends to come along.

Carrot Storage Note- If you do not plan to use your carrots within the next day or two, we suggest removing the top greens. Otherwise, your carrots will become limp. Cut the greens about a 1/2" from the top of the carrot and store in the fridge.

THE FARM FOREST

By Angela Possinger

What image do you recall when asked, “What does a farm look like?” Perhaps vast expanses of green come to mind, dotted with occasional whitewashed farmhouses and tall silos or grain elevators common to the Midwest. Thinking back to the early days of New England farming, rolling hills divided by zigzag wooden fences or heaped stonewalls may be familiar, with the occasional wide-crowned tree complementing the pastoral image. But neither the Midwest nor our New England farms usually draw to mind extensive forested land. However, during my 4-years of participation in the Massachusetts Envirothon program, I have come to realize and appreciate the integral part that forests play in the economics and biology of the sustainable farm system.

To demonstrate the importance of farm forests, let’s take a tour through some of Kettle Pond Farm’s forest resources. Just to the south of the potato fields, a wooded area is dotted with several sugar maple trees. The maple sugaring operation can be a good source of off-season income: economic success of small farms often depends on a diversity of income sources.

To the south of the three largest fields, the field/forest boundary can be clearly seen. This area, called the forest edge or “ecotone,” is one of the most biologically diverse habitats in our region. A forest managed for healthy maintenance of wildlife populations can be beneficial to controlling pest species on a farm, because a carnivore with a steady supply of small mammals is less likely to catch livestock, and an herbivore with a steady supply of tasty plant material is less likely to chomp on the farm’s crops. My Envirothon studies included evaluating methods of forest management for wildlife, including keeping den trees or snags (standing dead trees), using controlled burns to manage undergrowth, and emphasizing mast (nut or seed) producing trees.

Other important functions of the farm forest include serving as a windbreak, as seen in our scattered cedar trees, protecting essential vernal pool habitat, as seen along the path to the river, and controlling runoff and soil erosion, as seen in the forested buffer between our farthest field and the Taunton River. These benefits (and more!) truly demonstrate the importance of forest systems to the farm landscape.

Eggplants Galore



‘Swallow’ Asian, ‘Black Beauty’ Italian, ‘Snowy’ Specialty, ‘Nadia’ Italian, and ‘Green Giant’ Eggplant

Easy Veggie Marinade

Marinade

1/2 cup olive oil
3 tablespoons fresh lemon juice
2 teaspoons sea salt
1 teaspoon freshly-ground black pepper
1/2 cup chopped basil
2 cloves garlic, mashed

Mix the ingredients together and add veggies. Use a Tupperware or Ziploc and let the coated veggies sit in the fridge for 1-3 hours. Try sliced onions, eggplant, summer squash, zucchini, and peppers. Peppers can be added whole or sliced. Then use skewers or place directly on the grill for about 20 minutes. Enjoy!