



CSA Newsletter - Week of August 18, 2008 ~ Issue no. 13

*this week's*

## HARVEST

*The list may change, but this is our best guess at printing time.*

**Zucchini**  
**Cucumber**  
**Peppers**  
**Tomatoes**  
**Cherry tomatoes**  
**Eggplant**  
**Okra**  
**Potatoes**  
**Hot Peppers**  
**Melon**  
**Onion**  
**Peaches**

**Pick-your-own:**

**Flowers**  
**Dill**  
**Sage**  
**Parsley**  
**Rosemary**  
**Thyme**

**Add-On Choices**

Eggs from Rushton Farm  
 Co-op  
 Goat Cheese from  
 Shellbark Hollow  
 Beef from Crum Creek  
 Farm  
 Rushton Farm Honey



## IN THE BAG *tidbits from Fred*

For a farmer you know summer is at its peak when your Sunday dinner has been harvested from your own fields. Sunday night CSA members gathered at Rushton Farm to harvest the potatoes that members planted back in May. It was a tremendous crop featuring potatoes of all different sizes and colors. This harvest was followed by a dinner featuring food grown on the farm. Aaron made a salsa of freshly picked tomatoes, hot peppers, sweet peppers and onions. Ashley turned Rushton Farm cucumbers and dill into a delicious soup. There were grilled jalapeno "poppers" stuffed with local goat cheese and hamburgers made from local beef and "Willistown" venison. The freshly dug potatoes were sautéed in olive oil and fresh rosemary and served with Mirai corn fresh from the fields of Pete's Produce Farm. Dessert was watermelon, cantaloupe and French dessert melon taken directly from the field to the table. It was a true celebration of local food and the bounty of fresh produce being harvested at Rushton Farm.

For those of you who missed this event I want to strongly urge you to remember that we have another dinner at the farm planned for Sunday September 7th at 4:00 pm. This will be a potluck dinner for CSA members and their families. We ask that everyone help turn the fruits and vegetables of the farm into a feast celebrating a successful season. Sign up on your pick up day and let us know what you would be interested in bringing. We will try to provide what produce we can to meet your recipe needs. For those members who are not kitchen savvy, we welcome you to bring beverages or dessert. This is going to be a great opportunity to gather with fellow members and enjoy the true essence of a community farm: fellowship and food. Hope to see you there.

-Fred

## HAPPENINGS *upcoming events at the farm*

Mark your calendars! Details forthcoming here or on the web site. RSVP required.

**August 22, 2008** - Eight Course Rushton Farm Dinner at T **table**  
**September 7, 2008** - Rushton Farm CSA Dinner - 4:00 pm  
**October 18, 2008** - Harvest Celebration and Owl Prowl - 5:00 - 8:00 pm



## THE DIRT *report from our field managers*

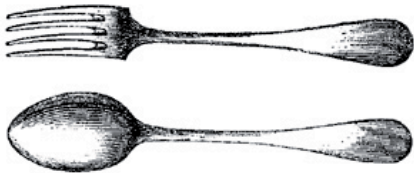
In learning about the varieties of crops we are growing on the farm this year, some of you have heard us talk about hybrid varieties versus open-pollinated (o.p.) varieties. With regards to our different kinds of tomatoes, we specifically differentiate between our hybrids and our heirlooms, heirlooms themselves being a type of o.p. seed. But what exactly is a hybrid seed as opposed to an o.p. seed, and why is it useful to know the difference?

The vast majority of plants on Earth are, at least to some degree, open-pollinated. Open-pollination is the form of sexual reproduction in the plant kingdom that has allowed for the emergence of the multitude of plant species we have today, from Brussels sprouts to palm trees (if you believe Darwin, anyway). When we grow o.p. seed varieties, we are growing plants whose seeds will likely express characteristics typical of their parents. The implication of this is that we can save seed from our crops, thereby reducing our seed costs and allowing us to select plants that produced particularly well on our farm, given our own unique soil and climate.

Hybrid seed, on the other hand, is produced by seed companies under carefully controlled conditions by inter-breeding two genetically different parents. A seed from a hybrid plant will not dependably reproduce the same plant in the ensuing generation due to the heterozygous nature of its genetic makeup. The great advantage of hybrid seed, however, is the phenomenon of 'hybrid vigor', the tendency of many hybrids to be larger, more vigorous, and better yielding than either parent plant. Another advantage of hybrid seed is that due to their genetic uniformity, hybrid crops tend to flower and fruit more or less simultaneously, allowing for large, concentrated harvests as opposed to smaller, more extended harvests in many o.p. varieties. This is particularly advantageous in a venture such as a CSA, where a critical minimum is required from a planting in order to be able to easily distribute a crop in a given week.

At Rushton Farm the choice over whether to use an o.p. variety or a hybrid is based on a number of factors, including cost of seed and what type of crop we are considering growing. Few people would consider growing an o.p. sweet corn, for example, while it is pretty customary to grow o.p. lettuce varieties. Ultimately, we have to balance our need for production with our respect for our environment and our knowledge of each crop's characteristics. Not touched on in this discussion, but worth mentioning, is that we have not, in our crop-planning discussions, ever considered growing genetically-modified crops (or 'GMO's), but that is a discussion for another day.

-Aaron



## RECIPES *what to do with those veggies*

Have a great recipe you'd like to share? Email it to [rushtonfarm@wctrust.org](mailto:rushtonfarm@wctrust.org)

### SALT POTATOES WITH BUTTER AND HERBS

2 lbs. small potatoes  
2 cups sea salt  
1/2 cup unsalted butter, melted  
1/4 cup finely chopped mixed herbs: rosemary, sage & thyme (all available as pick-your-own Rushton Farm)  
freshly ground pepper

Scrub the potatoes, but don't peel them. Bring 3 quarts water to a boil with the salt. Stir to dissolve the salt, then add the potatoes. Boil over medium heat until the potatoes are fork-tender, 15 to 30 minutes, depending on the size of the potatoes. Drain the potatoes, then toss them in a bowl with the butter and herbs. Season with pepper and serve.

-adapted from *Local Flavors* by Deborah Madison

### CHILLED CUCUMBER YOGURT SOUP

4 cups cucumber, peeled, seeded, and grated  
2 cups water  
2 cups yogurt  
1/2 - 1 t salt  
small clove garlic, minced  
1 T fresh dill  
1 T honey (optional)  
fresh herbs for garnish (e.g., mint, chives), minced

Mix everything but the garnish in a bowl. Chill for at least an hour, then serve topped with garnish herbs.

-adapted from *The New Moosewood Cookbook* by Mollie Katzen