



this week's

HARVEST

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

Lettuce
Arugula
Kale
Melons
Peppers
Tomatoes
Summer Squash
Eggplant
Okra
Hot Peppers
Cilantro
Basil

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*

Labor Day has come and gone, fall is fast approaching but we are just getting into some of the best crops of the season. This week we will start harvesting our watermelon and cantaloupe. We have been watching the melons mature slowly, very slowly, all summer long and we look forward to the sweet taste of late summer melons. This week we also start harvesting from our last summer tomato field. This field has some of our favorite tomato varieties including Brandywine, Cherokee Purple, Striped German and Ramapo. Ramapo is the original "Jersey" tomato that has not been available for many years. Rutgers University recently decided to reintroduce the variety and Rushton Farm is one of the first area farms to grow it. We look forward to seeing if the flavor matches that of our heirloom varieties.

As the seasons change, so will the vegetable selection in the weekly shares. Next week we hope to begin harvesting the salad mix again. The fall crops will feature spinach, broccoli, cauliflower, winter squash, Brussels sprouts and leeks. Until then we still have the late summer peppers, tomatoes, lettuce, eggplant and 8 ball zucchini. September represents the peak of the season, so enjoy the harvest.

Just a reminder that the first annual Rushton Farm Potluck Dinner is this Sunday, September 7th at 4:00pm. Please sign up during your pick-up day if you plan to attend. We will try to provide any vegetables you may require; just let us know what you need.

-Fred



THE DIRT *report from our field managers*

A couple weeks ago, I wrote about the difference between hybrid and open-pollinated seed varieties. I also wrote that the staff at Rushton Farm would not, at this time, consider using GMO (Genetically Modified Organism) seed. What's the reasoning behind this decision? It is certainly true that human beings have been genetically modifying seed for millennia through selective breeding programs. The difference with GMO seed, however, is that rather than working within the naturally defined confines of a specific species' gene pool, scientists are inserting genetic material from completely unrelated organisms, sometimes as disparate as putting fish genes into a tomato. This is breeding not only across species lines but across kingdoms, something evolution could never do, nor even have the capacity for. The sort of impact such radical evolutionary jumps could have on the ecosystems in which these crops are inserted is not well understood, never mind the impact such crops could have on our own bodies.

Another reason we are not using GMO seed is a bit more political. The fact is, 95% of GMO seed is patented and controlled by one corporation: Monsanto. Monsanto has repeatedly filed lawsuits maintaining patent infringement on farmers who have saved seed that has cross-pollinated with GMO crops on adjacent lands. The end result is a corporation that not only believes it is entitled to patent life-forms, but that it is entitled to sue others based on the actions of mother nature.

A bigger question in this debate is whether we even need GMO seed. Here's a quote from Deborah Rich, an olive farmer and freelance journalist who lives in California: "[T]he dream of concocting drought-tolerant, insect-resistant, nutrient-dense supreme species ignores the reality of global markets already awash in food. Hunger and malnutrition result from poverty, not a lack of food in the world." For those interested in a more in-depth look at the topic of GMO crops in our food supply, check out *The Future of Food*, a 2005 documentary by Deborah Koons Garcia.

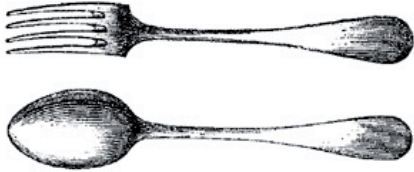
-Aaron

HAPPENINGS *upcoming events at the farm*

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

September 7, 2008 - Rushton Farm CSA Potluck Dinner - 4:00 pm

October 18, 2008 - Harvest Celebration - 5:00 - 8:00 pm



Have a great recipe you'd like to share? Email it to rushtonfarm@wctrust.org

RECIPES *what to do with those veggies*

ROASTED PEPPERS AND TOMATOES BAKED WITH HERBS AND CAPERS

Serves 4 to 6.

4 Big bell peppers: red, orange and yellow
1 Large beefsteak-type tomato or 1 1/4 pounds other ripe tomatoes
2 Smaller yellow tomatoes
6 Flat leaf parsley springs
1 Tablespoon marjoram or 12 large basil leaves
1 Plump garlic clove
2 Tablespoons capers, rinsed
12 Nicoise olives, pitted
3 Tablespoons olive oil, plus extra for the dish
Sea salt and freshly ground pepper

1. Roast the peppers until charred. Drop them into a bowl, cover, and set them aside while you prepare everything else. Then wipe off the blackened skin, pull out the seeds, and core and cut into wide strips. Trim off any ragged ends and set them aside for another use.
2. Score the ends of the tomatoes, then drop them into boiling water for 10 seconds. Remove the skins, halve them crosswise, and gently squeeze out the seeds. Cut the wall into wide pieces. Reserve the cores for a soup or sauce.
3. Pluck the leaves off the parsley stems. You should have about 1/2 cup. Chop them finely with the marjoram and garlic, then put in a bowl with the capers, olives, and the olive oil. Season with 3/4 teaspoon salt and some pepper.
4. Preheat the oven to 400 degrees. Lightly oil a small gratin dish. Add the tomatoes, peppers, and sauce and gently toss with your hands. Season with pepper.
5. Cover and bake for 20 minutes. Let cool before serving.

Roasting and Peeling Peppers

Choose peppers with thick walls if you want to char the skins. Thin walled peppers need to be watched very carefully and roasted only long enough to loosen the skins, not char them, or the flesh will be consumed along with the skin.

On the burner: Place whole peppers directly on a gas burner or gas grill. Roast peppers until the skin becomes wrinkled and loose, turning them frequently with tongs. For peppers that will end up soft and slightly smoky, roast them until the skins are completely charred. Put peppers in a bowl, put a plate on top, and set aside to steam for at least 15 minutes to loosen the skins.

In the oven: If you want to peel the peppers without cooking them too much, the oven is the way to go. Cut off the tops of the peppers, then slice them in half lengthwise, remove the seeds and veins and press down on each to flatten. Brush their skins with oil, then set skin-side up on a sheet pan. Bake at 400 degrees or broil 5-6" under the heating element until skins are wrinkled but not charred, 10-20 minutes. Remove and stack the peppers on top of one another to steam 15 minutes. (Use any of the delicious juice that collects from the steaming peppers in the finished dish or use it in a vinaigrette.)

Slip off skins with your hand or a paper towel. Don't worry about getting every little fleck of skin. Now they're ready to use.