



*this week's*

## HARVEST

*This list may change, but it's our best guess at printing time.*

Basil  
Carrots  
Cucumbers  
Red Cross Lettuce Heads  
Salad Mix  
Scallions  
Spinach  
Swiss Chard  
Zucchini

### Add-On Choices

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



Week of July 6, 2009 ~ Issue no. 7

## THE DIRT *report from our field managers*

We hope everyone enjoyed their holiday and were able share some of the farm's bounty with friends and family over the weekend. Here at Rushton, we have been looking forward to July 4th because it is usually the time of year when the first tomatoes of the season can be spotted, ripening to red and asking to be picked off their green vines. Despite the cooler temperatures, this season proved to be no exception. One of our youngest and most dedicated volunteers, Daniel Rodgers, has been faithfully monitoring the progress of the tomatoes for weeks now and on Friday, found the first ripe tomato of the season. The Islander peppers are also ripening to their distinctive purple color and it won't be long before we will have enough to fill your shares. With all the summer bounty soon to come, we have decided to take down the peas before they become vectors for mildew and disease that could then spread to the other crops. What an amazing yield they have given us! Please feel free to gleam as many peas as you would like this week and try freezing them for a winter treat.

Thank you to all the volunteers who have offered extra hours to help out while Aaron is away at school for his 10 day writing workshop. He's beginning the final semester of an MFA program for fictional writing at Warren Willson College. We miss him already and hope he comes back next week refreshed and inspired.

- Ashley

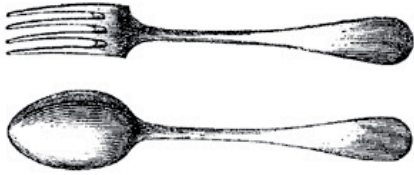


## IN THE BAG *tidbits from Fred*

Summer has truly arrived. July 4th saw the first red tomatoes picked from the vine, the first pepper plucked from the plant, and our future "seed" garlic pulled from the ground. It is the beginning of our summer harvest and the garlic represents the start of next season's crops. It is one of the most rewarding times on the farm and a time where the hard work of the winter and spring comes to fruition.

This week our members will see the harvested garlic hanging to dry from the barn beams of the Rushton Farmshed. The garlic, when dried, will be planted in the fall and hopefully will reward us with a crop six times more bountiful than the individual bulbs pulled from the earth. Each bulb represents approximately six cloves and each clove, when planted in October, will bring a new bulb come next summer. In this way the garlic represents a transition between the seasons, one where the labors of the past season bring fruit the next. It is one of the beautiful parts of farming, knowing that the land is always providing for the present and the future. As the tomatoes and peppers make their way into the CSA shares we will have to wait until next season for the spicy hardneck garlic. That is just another beauty of farming- patience for future rewards.

-Fred



## RECIPES *what to do with those veggies*

### Zucchini with Parmesan

#### Ingredients

8 medium zucchini  
 Good olive oil  
 2 large yellow onions cut in half and sliced 1/2 inch thick  
 Kosher salt  
 Freshly ground black pepper  
 1/2 cup freshly grated Parmesan cheese

Remove the ends of the zucchini and, if they are large, cut in half lengthwise. Slice the zucchini diagonally in 1/2-inch slices. Heat 2 tablespoons of olive oil in a large (12-inch) saute pan and add the onions. Cook for 10 minutes on medium-low heat, until they start to brown.

Add half the zucchini, 1 teaspoon salt, and 1/4 teaspoon pepper to the pan and cook, tossing occasionally, for 10 to 15 minutes, until just cooked through. Sprinkle with Parmesan and cook for 30 seconds more. Remove to a serving platter and repeat with the rest of the zucchini. Serve immediately.

Note: If you cook too much zucchini in one pan, you end up steaming rather than sauteing it. I prefer to cook it in 2 batches.

-Ina Garten, *Barefoot Contessa Family Style*

### Carrots in a Chermoula Sauce

This is a wonderful Moroccan mixture of aromatics which can be used for vegetables or a marinade for fish.

If carrots are very thick, cut each chunk in half lengthwise. Put carrots into a saucepan and just barely cover with boiling water. Cook, partially covered until they are soft and tender—about 15 minutes.

Meanwhile chop the garlic and mix with cilantro, parsley, salt, paprika and cumin. Beat in the oil and lemon juice. Taste and adjust, adding more salt or lemon juice if you wish.

As soon as carrots are done, drain and while still hot pour the chermoula sauce over. Stir gently to cover the carrot pieces with sauce. Set aside to marinate at least 30 minutes before serving. serve at room temp/ makes 6 to 8 servings.

#### Ingredients

2 lbs carrots, peeled and cut into 2 inch chunks

#### Chermoula Sauce:

1 garlic clove crushed  
 2 T minced cilantro  
 2 T minced flat leaf parsley  
 1/2 t salt  
 1 t sweet paprika  
 1/4 t ground cumin  
 3 T extra virgin olive oil  
 juice of one lemon

--Nancy Harmon Jenkins, *The Mediterranean Diet*

## HAPPENINGS

**July 16, 2009** - Insect Appreciation Day, 5:30

**August 16, 2009** - Summer Celebration and Tomato Tasting, 5:00 pm

**October 24, 2009** - Harvest Celebration, 5:00 to 8:00 pm

*See wctrust.org for more info*