



*this week's*

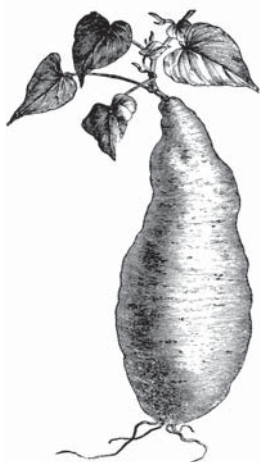
## HARVEST

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

Basil  
Beans  
Beets  
Chard  
Peppers  
Tomatoes

### 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 20, 2009 ~ Issue no. 9

## IN THE BAG *tidbits from Fred*

For the first time this weekend I finally felt like summer had arrived. With this season's cool temperatures classic summer crops have been delayed in their arrival. Sweet corn and tomatoes are just getting started while the first peaches of summer are just now being picked from the tree. It was the opportunity to taste one of these early peaches that brought on that summer feeling. It was a Garnett Beauty from Barnard's Orchard and it was superb.

Beginning in August, Rushton Farm will be partnering with Barnard's Orchard to provide our members with fruit as an "add-on" item. Barnard's is a third generation, century old farm located in Unionville that uses sustainable growing practices in the production of their fruit. Although they are not organic they are very responsible in their management practices as can be witnessed by their legacy of successful farming.

Barnard's grows a large variety of fruits ranging from plums, pears and peaches to apples, raspberries and blackberries. We are currently taking suggestions for what our members would like to see in the way of fruit through the rest of the summer. Let us know what you would like to see offered and if the weather and the land comply we will try to make it available.

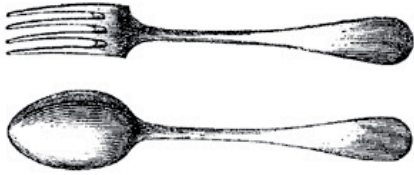
-Fred



## THE DIRT *report from our field managers*

An old grower I used to work with liked to say that when the weather was good, you looked like a genius, and when it was bad, you looked like an amateur. This year the weather has been...strange. The cool, wet spring that brought us such an early season bounty has developed into a cool, somewhat damp summer. The result has been that our leaf crops have continued to produce well into July but our summer crops, such as our melons, tomatoes, peppers, and eggplant, have been taking their time. Locally, sweet corn production is far behind normal and, regionally, farmers are all casting a wary eye on headlines concerning widespread outbreaks of late blight, a fungal disease common in weather conditions akin to what we have been experiencing. So far at Rushton, however, our disease pressures have been mild, and our biggest challenges have been weeds. Things are growing well, and the overall fruit set for many of our crops is excellent. If we get just a little more heat, particularly at night, we'll be in line for some nice harvests heading into August and September. This week, we're excited to be picking tomatoes. Also, we'll be giving out the last of what has turned out to be quite a beet crop. Yumm! In the fields, the push is on to get our fall crops planted to set us up for a delicious autumn. So far, so good. The rutabagas and fennel are up, the winter squash are vining, and the broccoli has been transplanted. It is hard to believe that we only have a couple more weeks before we will have finished the vast majority of our planting for the season. Where does the time go? In the immortal words of Charlie Brown, "Summers fly, winters walk."

-Aaron & Ashley



## RECIPES *what to do with those veggies*

### Herbed Pasta Salad with Farm Fresh Veggies

#### Ingredients

1/4 cup olive oil  
1/4 cup of red wine vinegar  
4 garlic cloves, finely chopped  
1 tablespoon Dijon mustard  
1 teaspoon honey  
1 cup chopped fresh basil leaves  
1/2 cup chopped fresh parsley leaves  
kosher salt and ground pepper

Assorted farm fresh veggies, such as:

- Ripe tomatoes, cut into bite sized pieces
- Cooked green beans
- Chopped onions
- Sliced grilled squash
- Sliced grilled red and green pepper

1 pound of penne, or other short pasta  
More fresh basil for garnish

While you are cooking the pasta, make a vinaigrette with the first six ingredients. The vegetables should be cut in bite sized pieces, mimicking the size of whatever shape of pasta you are using. Add the vegetables and let them marinate until the pasta is cooked. Drain the pasta and add to the veggies while still hot. Stir to coat. Serve either warm or room temperature, with more chopped basil and parsley as a garnish.

- Jodi Spragins

### Marinated Beet Salad

Peel beets and cover with enough water to cover; bring to a boil. Cover pot, and reduce water to a gentle simmer until beets are tender, 30 to 35 minutes. When cool enough to handle, cut the beets into thin slices.

In a medium bowl combine sliced beets, garlic, vinegar, and oil; season with salt and pepper and toss to combine. Cover and refrigerate several hours or overnight. Remove and discard garlic. Serve beets topped with mint and goat cheese.

#### Ingredients

5 medium beets (about 1 pound without greens), ends trimmed, halved  
1 clove garlic, smashed  
1 tablespoon sherry vinegar  
2 tablespoons olive oil  
Coarse salt and ground pepper  
1/4 cup fresh mint, coarsely chopped  
1/4 cup goat cheese, crumbled

-Adapted from Martha Stewart

## HAPPENINGS

**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](http://wctrust.org) for more info*