



this week's

HARVEST

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

Beans
Eggplant
Melons
Onions
Pea Sprouts
Peppers
Tomatoes
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 August 10, 2009 ~ Issue no. 12

IN THE BAG *report from Fred*

Every summer there comes a time when one needs to stop and reflect on the beauty of the farm. As we approach the peak of the season we would like to stop and take time to celebrate the summer harvest. This Sunday, August 16th from 5-7 we welcome everyone to join us for the second annual Rushton Farm Summer Celebration. It is an opportunity for community members to gather and experience the ambience of the farm while tasting the fresh vegetables grown in the fields of Rushton. There will be a tomato tasting accompanied by wine, local beer, local cheeses, artisan bread and a selection of dishes celebrating Rushton Farm food. It is also an opportunity take a walk through the rich woodland habitat of Rushton Woods and learn about our vision for the proposed Rushton Preserve. Tickets are \$25 per person, \$30 day of the event. The celebration is casual and will take place rain or shine. RSVP online at www.wctrust.org.

We have started harvesting the cantaloupes! Last week we pulled the first 'lope from the vine and it was delicious. Due to the fact that cantaloupes ripen in the field over the course of a couple of weeks we will be distributing them to families over the next few pick up days. When you pick up look to see if you have "melon" written next to your name. If you do, please take a melon. If you don't you will receive one on an upcoming pick-up day. Not to worry, everyone will get a wonderful Rushton melon.

-Fred



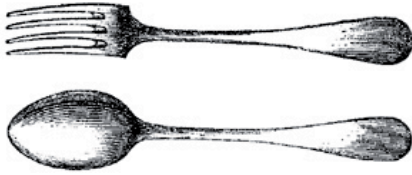
HERBAGE *report from the Farmshed Garden*

Greetings from the Farmshed Garden crew! Hopefully most folks have strolled through the garden this year and shared in the herbs, flowers and other edible plants growing within the confines of our post and rail fencing (safe for most small children to explore freely!). The predominant purples of the lavender, hyssop and catmint, all quite popular with the pollinators, have given way to the yellow and oranges of the calendula (2008 herb of the year!) and marigolds ('Lemon' and 'Tangerine Gem'... try crushing the leaves in your fingers and then smell the citrus!). The basil has finally started to grow and the cherry tomatoes are starting to ripen and ready for small fingers to pick. You will find plenty of parsley (make sure you look for caterpillars as you pick!) mixed in with the marigolds and thyme, rosemary and bay growing in the middle Mediterranean bed. Stevia has also been popular this year. On the other side of the garden, our medicinal beds include spilanthes (toothache plant!!!), echinacea, lemon balm and wormwood to name a few. The native plants have been moved to the front entrance where they are lovingly tended by Derek and Amory Stedman and Sarah Hutchin.

All of the plants are marked (although the tags are fading). Feel free to ask any of us working in the garden for guidance...we needed to be a bit more careful about cutting earlier in the season, but can harvest more freely now. We welcome anyone wishing to join us as part of the regular crew!!!...just let Ashley ("our fearless Farmshed Garden leader") know. We've started an "herb of the week" notebook this year. Take a look and feel free to offer recipes, fun facts or other ideas by sending them to me at sandiez@verizon.net

Happy harvesting!

*—Sandie Sutherland and the
rest of the crew (Barb Blynn, Steffi Bennett and Liz Strawbridge)*



RECIPES *what to do with those veggies*

French Laundry Gazpacho

Mix all the ingredients except the balsamic glaze together in a bowl or other container, cover, and let sit in the refrigerator overnight.

The next day, remove the thyme and blend all the ingredients in a blender until the gazpacho is smooth. You will have about 2 quarts. Refrigerate the gazpacho until ready to serve. Ladle the cold soup into bowls and squeeze dots of balsamic glaze over the top.

Balsamic Glaze: Heat 2 cups balsamic vinegar in a heavy saucepan over medium heat until steam rises from the liquid. Place the saucepan on a heat diffuser or the lowest possible setting on your stovetop and let the liquid reduce very slowly (it shouldn't simmer) for 2 to 3 hours, until it has reduced and thickened to a syrupy glaze. There should be approximately 1 cup of glaze. Keep the glaze in a squeeze bottle at room temperature for garnishing: if the glaze is too thick, warm the bottle in hot water to loosen the glaze.

Ingredients

(adjust vegetable quantities to what you have on hand)

- 1 cup chopped onions
- 1 cup chopped green bell pepper
- 1 cup chopped English cucumber
- 1 cup chopped and peeled tomatoes
- 1 1/2 teaspoons chopped garlic
- 1 1/2 teaspoons kosher salt
- 1/4 teaspoon cayenne
- 1/4 cup tomato paste
- 1 tablespoon white wine vinegar
- 1/4 cup plus 2 tablespoons e.v. olive oil
- 1 tablespoon fresh lemon (or lime) juice
- 3 cups tomato juice – (Spicy V-8 is an interesting option)

Sprig of thyme

1/2 to 3/4 cup minced celery

SPICY OPTION: 1 small jalapeno minced

For the Balsamic Glaze

2 cups balsamic vinegar

-adapted from *The French Laundry Cookbook* by Thomas Keller

Don't forget to
RESERVE your spot
for the Summer
Celebration at
wctrust.org!

HAPPENINGS

August 16, 2009 - Potato dig, 9:00 am rsvp to jds@wctrust.org

August 16, 2009 - Summer Celebration and Tomato Tasting, 5:00 pm, RESERVATIONS required at wctrust.org

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

See wctrust.org for more info