



this week's

HARVEST

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

Basil
Eggplant
Hot Peppers
Melons
Sweet Peppers
Swiss Chard
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 August 24, 2009 ~ Issue no. 14

IN THE BAG *tidbits from Fred*

There comes a time in every farm season where I fully grasp how much effort it takes to operate a farm and find myself exceedingly grateful to the people who come together to keep it running. Every year has its challenges and this one has certainly tested the Rushton Farm staff. We are blessed with two talented farmers, Aaron de Long and Ashley Brister, who have tended the crops and maintained the fields that feed our members. Often working 12 hours a day, they have mucked through wet and soggy conditions to bring in a bountiful harvest week after week. As brothers, people are often surprised that Aaron and I work together as well as we do. Farming can be trying, especially among brothers, but Aaron's farming knowledge, skill and perseverance keep us grounded. And Ashley's steadfast focus on the farm helps keep us all on track.

In addition to Aaron and Ashley, we have a strong complement of volunteers and one excellent intern who help with the workload. The reliable commitment of the volunteers has demonstrated how much can be accomplished when a community comes together. As our first full time summer intern, Chelsea Allen has been invaluable with her tireless dedication to a very difficult endeavor.

As September approaches there are still wonderful crops to be harvested and great things to come before the season is finished, but it seems like a good opportunity to take stock of where we are, and to thank those who have gotten us here.

-Fred

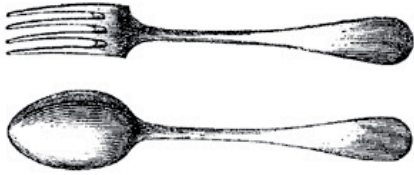


THE DIRT *report from the field*

One of the consequences of some of the torrential downpours we've experienced over the last few weeks has been erosion of our raised beds. As a result, we have lost a succession of directly sown turnips and twenty feet or so of our fall beets. However, without the raised beds, losses throughout this very wet season could have been far worse. The raised beds have helped to keep our crop's 'feet' dry, preventing the roots from drowning and averting the loss of soil due to more dramatic field-scale erosion. Awoken once again by rolling thunder and pounding rain in the pre-dawn hours this past Saturday, we feared the worst. Surely our newly sown turnips, collards, and kohlrabi had been washed out by the heavy rains. To our relief, this morning we noticed our fears were unfounded. Two green lines of newly germinated seedlings had successfully made their journey to the surface of the soil, seeking and finding the life giving energy of the sun. Now if we can just protect these young plants from the brassica loving Harlequin Beetles we should get a nice crop come October. Thank goodness for row cover.

The passing storm system (Bill) seems to have taken with it the hazy, hot and humid weather pattern we have been in for the past week or so and we are relieved to see a dry and sunny forecast for the next five days. The last of our summer crops are ripening quickly now, but our thoughts have long since turned toward fall. The broccoli, cauliflower, and cabbage are quite sizable and not far from heading up. The winter squash and pumpkins have taken over the lower North field, vining out into our eggplant and peppers and, despite some disease pressure, there seems to be a good fruit set. This week we will let the soil dry down and sow a cover crop in the fields that are no longer in production. We'll sow a mixture of winter rye and vetch for erosion control and to cycle valuable organic matter and nitrogen back into to the soil, preparing the fields for next year's crop of delicious farm treats.

-Aaron & Ashley



RECIPES *what to do with those veggies*

Grilled Ratatouille Salad with Feta Cheese

Brush thick slices of country bread with olive oil to grill alongside the vegetables.

Preheat grill (medium-high heat). Place eggplant, zucchini, red bell pepper and onion on baking sheet. Drizzle with oil and sprinkle with salt and pepper; turn to coat. Place vegetables directly on grill and cook until tender and tinged with brown, turning frequently, about 6 minutes for eggplant and zucchini and about 10 minutes for red bell pepper and onion.

Arrange vegetables on a platter, drizzle with vinegar. Sprinkle cheese and basil over and serve.

Ingredients

(adjust vegetable quantities to what you have on hand)

- 1 12- to 14-ounce eggplant, cut into 1/2 inch-thick rounds
- 1 zucchini, quartered lengthwise
- 1 red bell pepper, cut lengthwise into 6 strips
- 1 medium onion, cut into 1/2 inch thick rounds
- 3 tablespoons olive oil
- 1 clove of minced garlic
- 2 to 3 teaspoons balsamic vinegar
- 2/3 cup crumbled feta cheese
- 2 tablespoons slivered fresh basil

-adapted from *Bon Appetite*

RUN-A-MUCK



October 4, 2009 - Run-a-Muck. Family-friendly cross country race & ramble through the Willistown Countryside



HORSE TRIALS

October 10, 2009 - Horses & the Radnor Hunt Countryside ~ Radnor Hunt Horse Trials. Pig Roast Party at the Palace after the last horse. . www.radnorhuntht.org



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

See wctrust.org for more info