



this week's

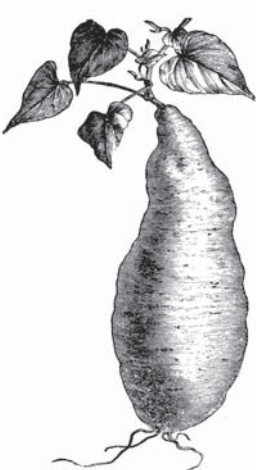
HARVEST

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

Basil
Beans
Cucumbers or Zucchini
Eggplant
Hot Peppers
Kale or Chard
Mei Qing Choi
Sweet Peppers

Add-On Choices

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



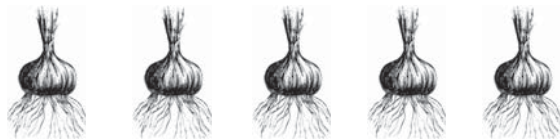
Week of August 31, 2009 ~ Issue no. 15

IN THE BAG *tidbits from Fred*

As September arrives, summer fades, and autumn approaches, the staff at Rushton Farm would like to invite our CSA members to join us at the farm for a special evening. On Sunday, September 13th at 5:00 pm we will be hosting a potluck dinner. It is an opportunity to spend time and share food with fellow CSA members in the idyllic setting of Rushton Farm. Last year was a great success and the food was amazing, showing off the many culinary talents of the community. Dishes for the potluck can be simple and need not include ingredients from the farm, but if you are able to make use of Rushton produce, all the better. An email invitation will be sent out this week asking for RSVPs. We hope to see all the families and friends who have supported us so well this season.

Also, a reminder to mark Saturday, October 24th as the date for the Harvest Celebration. It is an end of season celebration featuring an "owl prowls", hay rides, pumpkin carving, a bonfire and more. Watch for more details in the weeks to come.

-Fred

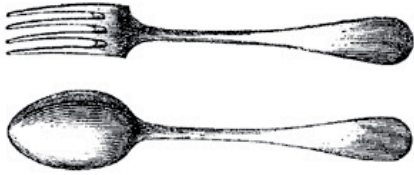


THE DIRT *report from the field*

Flooding signs from the weekend's deluge were evident in Lower South Field this morning, but the crops in general appeared to have weathered the storm okay. The cucumbers down there are desperately trying to give us some fruit, while the beets and chard seem to be hitting their stride. The Asian greens are having some issues with wet feet, but not so much that we shouldn't be able to get a few harvests from them, while up the slope, in Upper South, the celeriac is sizing up. The final few melons lie covered by weeds, but we'll see if we can't extract a few for a late summer treat. The basil got touched by the cold last night, and we'll be giving out a good bit this week in case it doesn't bounce back. Sweet potato harvest is right around the corner.

Across the farm, the early spring fields are winding down. Rock field was sown with cover crop last week, while in Greenhouse Field the tomatoes, after fighting through a difficult season and producing a respectable crop, appear to have finally 'bought the farm.' Our last onions are soon to be harvested out of North Field 2, just over from the Brussels sprouts, while in Lower North Field, the winter squash are in a race against time to crop; orange pumpkins and golden spaghetti squash dot the rows between yellowing leaves and rambling vines. At the bottom of the North Fields, the rabbits recently discovered the edamame, while the fennel appears to be enjoying itself down alongside the parsnips and leeks. The yellow zucchini are having a tougher time down there, and we're simply hoping they give us a single good week before they, too, go the way of this summer. Here's wishing a happy and joyous Labor Day weekend to all.

-Aaron & Ashley



RECIPES *what to do with those veggies*

Basil Pesto

*We've been meaning to get a pesto recipe in the newsletter for a while and, seeing as the basil might not make it much longer in these cool nights, here's one we like from **Joy of Cooking**.*

Generally, we make this pesto without the nuts and Parmesan, freeze the paste in ice cube trays, put the frozen cubes in freezer Ziplocs, and pull them out to use throughout the winter and spring. You can add the nuts and cheese upon thawing.

Another pesto tip we like is the option of substituting toasted, chopped sunflowers seeds, almonds, or hazelnuts, in place of pine nuts, if the latter is not available.

Instructions

Combine and process in a food processor and process to a rough paste:

- 2 cups loosely packed basil leaves
- ½ cup Parmesan
- 1/3 cup pine nuts
- 2 medium cloves garlic, peeled

With the machine running, slowly add ½ cup olive oil, or as needed.

Season to taste with salt and pepper.

-adapted from *Joy of Cooking*

HAPPENINGS



September 13, 2009 - CSA Potluck Dinner, 5:00 pm. CSA Members will receive an email invitation. Please reply online!

RUN-A-MUCK



October 4, 2009 - Run-a-Muck. Family-friendly cross country race & ramble through the Willistown Countryside. Advance registration only on www.wctrust.org



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