



this week's

HARVEST

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

Beans
Eggplant
Kale or Chard
Mei Qing Choi
Onions
Sweet Peppers
Sweet Potatoes

Add-On Choices

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



Week of September 7, 2009 ~ Issue no. 16

IN THE BAG *tidbits from Fred*

It has been a somber week at Rushton Farm, one focused on the fall crops to come but filled with sadness for the loss of a strong woman whose wonderful elegance and spirit graced the Chester County countryside for over 97 years. This past week the Rushton Farm staff was saddened to learn of the passing of Barbara Page Bartholomew, the beloved mother of Willistown Conservation Trust President Bonnie Van Alen. I was grateful to be able to share our harvest with her during her final years and saddened that I could not have known her better. In the past few years I have heard many stories of her connection to the land and her indomitable spirit that has been so plainly embraced by Bonnie. Her art exhibited the splendor of Chester County and more specifically the Willistown Community.

The seedlings that are planted in the fields of Rushton were started at the Willistown "Blacksmith Shop", what was once the studio of Mrs. Bartholomew. The art studio is where Mrs. Bartholomew created her artistic interpretations of the countryside she saw. This same space serves as the "greenhouse" for Rushton Farm where seeds are nurtured eventually bringing forth the harvest we offer our members each week. Working in that space among the many finished and unfinished works of Mrs. Bartholomew, I can not help but think how the art of the canvas so closely coincides with the art of the land, one form bringing beauty to the eye and the other bringing beauty and sustenance to the land.

It is with deep sadness that I, and the staff of Rushton Farm, could not have shared the pleasure of an early morning harvest with "Babs" Bartholomew, a woman who by all accounts knew her way around a garden. I think she would have brought great things to a young farm working to feed the community she so clearly cherished. We take solace in the fact that we have not only her children but her grandchildren and great grandchildren to share in the joy that Rushton Farm offers. She will be remembered by the rolling hills and fields that her daughter has fought so hard to preserve and that she captured beautifully in her depictions of the land that she so dearly loved.

-Fred

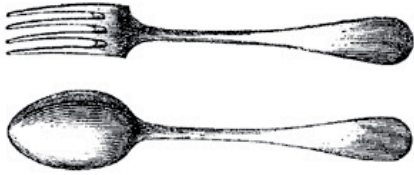


THE DIRT *report from the field*

This week we will be giving sweet potatoes for the first time in Rushton Farm CSA history. These are some good potatoes. I cut them into chunks and fries last night, put them on a cookie sheet, drizzled them with canola oil and sea salt, and baked at 400 for about fifteen minutes. I was very happy with the results. As Chelsea noted, the stringiness you may be accustomed to in store bought sweets just isn't there; instead there is a nice, creamy texture.

Sweet potatoes are actually not really potatoes. They are the enlarged roots of a plant that is distantly related to the bindweed morning glory--a vine that is a nuisance weed in many of our gardens. Digging sweet potatoes is especially tricky as they are actually quite fragile. This means a lot of culls, which means the farm staff gets to try them, too. We hope you enjoy them!

-Aaron & Ashley



RECIPES *what to do with those veggies*

Easy Stir Fry Recipe

Sliver the onion. Put in a skillet on medium to low heat with sesame oil. Dice the hot pepper. When the onion is translucent, add the pepper. Cut the Asian eggplant into strips and add to the mix. Cut the Mei Qing Choi into strips. Wait until the eggplant is almost done, browned but not mushy, add the Choi and soy sauce and cover the pan. Let it sit for thirty seconds or so, just until the Choi has brightened but not so that it's completely withered. Serve over rice. Steamed green beans, roasted sweet potatoes, and roasted sweet peppers make a fine accompaniment to this meal. The "bull horn" sweet peppers roast best cut in half and placed cut side down on an oiled cookie sheet.

Ingredients

(use whatever quantities you have on hand)

Onions
 Hot Pepper
 Asian Eggplant
 Mei Qing Choi
 Soy Sauce
 Green bean *(optional)*
 Roasted pepper *(optional)*
 Roasted sweet pepper *(optional)*

-Aaron de Long

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