



this week's

HARVEST

The list may change, but this is our best guess at printing time.

Zucchini
Cucumber
Peppers
Tomatoes
Cherry tomatoes
Eggplant
Okra
Hot Peppers
Corn
Beans
Chard
Basil

Pick-your-own:

Flowers
Dill
Sage
Parsley
Rosemary
Thyme

Add-On Choices

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



IN THE BAG *tidbits from Fred*

The local food movement is hot. Turn on the TV, open a paper or surf the web and you will find commentary extolling the virtues of buying local. Supermarkets that once contracted with the west coast and foreign countries for their produce are now seeking out local farms to supply their needs. Local farm markets, farm stands and CSA's are seeing the benefits of this movement with increased sales and many small farms that were barely getting by are now seeing fair prices and income for the tireless work they do. With all of this excitement around the local food movement, I think it is important to understand what buying local means.

The word "local" printed on a package of food does not necessarily mean it is from a farm down the road. For the sake of marketing, many larger produce sellers are creating their own definition of local, one that may include farms as much as a hundred miles away. The closer you are to your food supply, the better. If one wants to stay truly local then I believe you need to be buying directly from the farm. When that's not possible, support local markets that clearly state the names and locations of the farms where their produce, meat, dairy and eggs come from. You should know your region and look for quality produce that has travelled the shortest distance to market. Learn about the farms you are buying your food from. Find out if they use sustainable agricultural practices and if they are organic or conventional. With today's farming practices I think if it comes down to a choice of buying locally from a conventional farm or buying organically from abroad, one should choose local. What is important is that we support the small farms directly around us for the health of both our bodies and our communities. Our "locavore pledge", which we adapted from www.eatlocalchallenge.com, may be helpful when making these food buying decisions.

If not **LOCALLY PRODUCED**, then Organic.
 If not **ORGANIC**, then Family Farm.
 If not **FAMILY FARM**, then Local Business.
 If not a **LOCAL BUSINESS**, then East Coast,
 If not **EAST COAST**, then United States,
 If not **UNITED STATES**, then Fair Trade

A comprehensive list of farm stands and markets (Rushton Farm to be added soon) can be found at www.chesco.org/agriculture/farmmarkets.

-Fred

HAPPENINGS *upcoming events at the farm*

Mark your calendars! Details forthcoming here or on the web site. RSVP required.

September 7, 2008 - Rushton Farm CSA Potluck Dinner - 4:00 pm

October 18, 2008 - Harvest Celebration and Owl Prowl - 5:00 - 8:00 pm



THE DIRT *report from our field managers*

This morning Aaron and I harvested all the Early Girl and New Girl tomatoes. We pulled every tomato, from ones that were just turning color to the fully ripe. These were the first tomatoes that went in the ground this season, and they have produced abundantly for us. However, now that the plants have aged, their production is slowing and they have become vectors for disease. Our plan is to remove these plants so that they will not spread disease to our last succession of tomatoes which are located in the same field. So pull out your recipes for fried green tomatoes and green tomato chutney because we have green tomatoes in abundance.

The tomatoes, peppers and eggplant in South Field seem to be at their peak this week which should make for a colorful harvest. However, I think this week will be the last week for cucumbers and green zucchini as the plants are now starting to succumb to powdery mildew and pest pressure. But not to worry, our final succession of summer squash is now flowering and setting fruit. Next week you will receive "Eight-Ball" squash in your share instead of green zucchini. These perfectly round globes make perfect single size serving bowls when cut in half and stuffed with other goodies from the farm.

We are keeping a close eye on our other cucurbits. The winter squash and pumpkins are flowering and setting fruit. We already have a small number of mature Delicata and the acorn squash are not far behind. These crops are particularly vulnerable to powdery mildew, especially in the very dry conditions we have been having this summer, and we are hoping to get a sizable fruit set before they inevitably get hit by disease or pests. Our other fall crops are doing very well and enjoying the cooler weather. It won't be too long before we have beets in your share, again, and our late season carrots seem to be doing much better than our spring plantings. Other fall crops coming along include turnips, leeks, celeriac, spinach, arugula, broccoli, cauliflower, and cabbage. Although it might seem summer is on the wane, there is still much to look forward to in the next couple of months.

-Ashley



RECIPES *what to do with those veggies*

Have a great recipe you'd like to share? Email it to rushtonfarm@wctrust.org

GAZPACHO

1 cucumber, unpeeled, halved and seeded
 2 red (or green) bell peppers, cored and seeded
 4 plum tomatoes
 1 red onion
 3 garlic cloves, minced
 24 ounces tomato juice (3 cups)
 1/4 cup white wine vinegar
 1/4 cup good olive oil
 1/2 tablespoon kosher salt
 1 teaspoons freshly ground black pepper

Roughly chop the cucumbers, bell peppers, tomatoes, and red onions into 1-inch cubes. Put each vegetable separately into a food processor fitted with a steel blade and pulse until it is coarsely chopped. Do not overprocess! After each vegetable is processed, combine them in a large bowl and add the garlic, tomato juice, vinegar, olive oil, salt, and pepper. Mix well and chill before serving. The longer gazpacho sits, the more the flavors develop.

-adapted from *The Barefoot Contessa Cookbook* by Ina Garten

ROASTED SUMMER VEGETABLE SALAD

1 ear corn - grilled, shucked, and cut off the cob
 1 red pepper -- roasted, peeled, and cut into a 1/2-inch dice
 1 tomato -- grilled, peeled, seeded, and cut into a 1/2-inch dice
 2 zucchini or other summer squash -- cut into 1/2-inch slices, grilled, and cut into 1/2-inch dice
 1 small eggplant, grilled and cut into 1/2 inch dice
 1 tablespoon lime juice
 1 tablespoon lemon juice
 2 tablespoons white wine vinegar
 2 ounces extra virgin olive oil
 Salt and pepper

Combine all ingredients. Marinate for 30 minutes. Adjust seasonings to taste.

-adapted from Chef Bill Telepan, Judson Grill