



this week's

HARVEST

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

Okra
Basil
Cucumbers
Zucchini
Patty Pan Squash
Tomatoes
Beets
Flowers

Add-On Choices

Eggs from Rushton Farm
 Co-op
 Goat Cheese from
 Shellbark Hollow
 Beef from Crum Creek
 Farm
 Bread from Talula's Table

Week of July 7, 2008 ~ Issue no. 7

IN THE BAG *tidbits from the farm staff*

A recent interview in *Yale Environment 360* with Michael Pollan, best selling author of *The Botany of Desire* and *The Omnivore's Dilemma*, talks about the need for a paradigm shift in environmentalism. Instead of focusing on the preservation of wilderness, Pollan believes environmentalists should be working to create sustainable societies. Pollan believes that "the project now is very much more the gardener's project, or the farmer's project, which is how to use nature without ruining it." We agree with Pollan to a degree, but we believe the priority of environmentalists should be in striking a balance between sustainable societies and wilderness. The wilderness has given rise to countless medicines, the ancestors of all our cultivated crops, and the forerunners of all our domesticated animals. Our forests continue to be the largest carbon sinks on earth, as well as the most effective means of purifying our water and air. The wilderness alone, however, can not meet the needs of such an extensive human population. We need agriculture to support ourselves. The trick is to create an agriculture that mimics the wilderness in function, which honors the lessons the wilderness has taught us and the gifts it has given us, while also providing more food than nature would provide alone. We need to preserve wild landscapes not just for some abstract aesthetic, but for the very real services and lessons they provide. But we also need to learn to use the land to provide ourselves with sustenance. We believe that understanding and managing this balance is the environmentalism of the future.

Rushton Farm may be seen as an example of this balance between the wild and the cultivated landscape. The trees and grasslands that surround our fields provide important habitat for numerous species of plants and animals. Some of these species are beneficial to our crops, some are detrimental, but the ecosystem which they create provides the sort of complexity and stability that help an organic farm thrive. It is this integration of the wild as a support for the cultivated that can give rise to truly integrated, sustainable landscapes.

Willistown Conservation Trust has taken a bold new direction with the Community Farm Program. Embracing both organic farming and preservation, we recognize that we are a part of the landscape and are working to create ways of interacting with it sustainably for both agricultural and environmental purposes.

-Fred, Aaron & Ashley



THE DIRT *farm notes from special guest correspondent Max, farm dog*

This weekend Fred and Aaron pulled the spring peas as they were beginning to mildew and disease concerns necessitated their removal. They also removed the old broccoli and Asian greens plantings and are all set to make a nice compost pile with the combination of the green materials and some local horse manure. I am looking forward to rolling around in the manure sometime later this week. The winter squash and pumpkins are popping up, too, as are a multitude of weeds. Keeping ahead of those weeds, I'm guessing, is going to be the humans' greatest challenge in the weeks ahead.

As our tomatoes begin, I would like to assure you all that there is no need to worry about salmonella, or e. coli for that matter, in any of our crops. These food borne diseases occurring in our food supply have nothing to do with the genetics of the fruits and vegetables being cultivated. They are, rather, the sad result of an agro-industrial complex increasingly divorced from notions of nutrition, health, ecology, and accountability. Know your farmers! I would, however, caution anyone considering rooting around in the compost later this week from eating their findings. Dogs have very different digestive systems and are more prepared to handle such fare than you more delicate people types.

Peace and Bones,

-Max



HAPPENINGS *upcoming events at the farm*

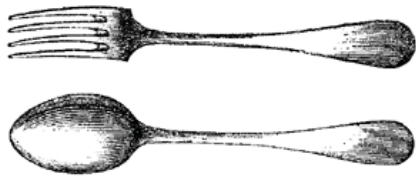
Mark your calendars! Details forthcoming here or on the web site.

July 12, 2008 - Pollination Celebration at Trust offices 10 am - noon

July 27, 2008 - Summer Celebration - 5:00 - 7:00 pm

September 7, 2008 - Community Farm Dinner - 5:00 pm

October 18, 2008 - Final Harvest Celebration



RECIPES *what to do with those veggies*

West African Groundnut Stew

Serves 6

2 cups chopped onions
 2 tablespoons peanut or vegetable oil
 ½ teaspoon cayenne or other ground dried chiles
 1 teaspoon pressed garlic cloves
 2 cups chopped cabbage
 3 cups cubed sweet potatoes (1-inch cubes)
 3 cups tomato juice
 1 cup apple
 1 teaspoon salt
 1 teaspoon grated peeled fresh ginger root
 1 tablespoon chopped fresh cilantro (optional)
 2 chopped tomatoes
 1 ½-2 cups chopped okra
 ½ cup natural peanut butter

Sauté the onions in the oil for about 10 minutes. Stir in the cayenne and garlic and sauté for a couple more minutes. Add the cabbage and sweet potatoes and sauté, covered for a few minutes. Mix in the juices, salt, ginger, cilantro, and tomatoes. Cover and simmer for about 15 minutes, until the sweet potatoes are tender. Add the okra and simmer for 5 minutes more. Stir in the peanut butter, place the pan on a heat diffuser, and simmer gently until ready to serve. Add more juice or water if the stew is too thick.

Adapted from *Sundays at Moosewood Restaurant*

Skewered Vegetables with Cilantro Sauce

4 tablespoons olive oil
 1 clove garlic, finely minced
 1 tablespoon freshly grated or minced gingerroot
 Cherry tomatoes
 Pattypan squash or Zucchini, cut into 1/2-inch chunks
 Red onion, quartered and separated into 3-layer pieces
 Red & green bell peppers, seeded and cut into 1-inch square chunks
 Corn on the cob, cut into about 1/2-inch rounds
 Salt and freshly ground black pepper

Soak 8 wooden skewers in water for one hour. Preheat charcoal grill or grill pan. In a small bowl stir together the olive oil, garlic and gingerroot. Arrange the vegetables on the 12 skewers and baste with the olive oil mixture. Season with salt and pepper. Grill the vegetables, basting occasionally, until browned and tender, about 8 to 10 minutes. Serve with the cilantro sauce.

Cilantro Sauce:

1 cup packed cilantro leaves
 1/2 cup packed parsley leaves
 1/3 cup coarsely chopped scallions
 1 garlic clove
 2 teaspoons lime juice
 1/2 cup plain yogurt
 1/2 cup sour cream
 Salt and freshly ground black pepper

In a food processor combine the cilantro, parsley, scallions, garlic, and lime juice and puree until finely chopped. Add the yogurt and sour cream and continue pureeing until smooth. Season to taste with salt and pepper.

Adapted from *Gourmet Magazine*