

# *The Wild Carrot*

June 30, 2009

**Harvest List:** Salad mix, Little Gem romaine, peas, carrots, beets, broccoli or cabbage, zucchini, cucumbers.

## ***In The Bag; Tidbits from Fred***

Summer has arrived and as the spring crops begin to fade we wait with anticipation for the first tomatoes to ripen. We have had a tremendous season so far with almost every crop meeting harvest expectations. Aaron, Ashley and I have truly been enjoying the fruits of Rushton Farm and we have taken pleasure in sharing the weekly harvest with our CSA members. We deeply appreciate those who have volunteered in the fields and all of you who have taken an active interest in the farm.

As the season continues the time required to maintain the farm and to harvest the many crops will increase significantly. We hope that Rushton Farm CSA members will understand the many limitations placed on the farm staff due to the busy harvest schedule. Because of this, we ask that members abide by their designated pick up days and times (2-7) and notify us if they are not able to pick up their weekly share. For those families splitting a share we ask that you coordinate pick up accordingly. We have balanced the Tuesday and Friday pick up days so that we can evenly distribute the harvested fruits and vegetables. Knowing that a share is not going to be picked up saves us precious time in the field.

I hope that all our members get the chance to visit and spend some time at the farm in the upcoming weeks. When picking up your share please feel free to walk the farm, the gardens and the 30 acre Rushton Woods. In addition the farm is open Sunday from 12-4 for the Rushton Sunday Farm Market. We welcome all who want to volunteer their time to come out on Wednesdays. Rushton Farm is a community farm and we want our members to share the harvest season with us whether it is in the fields or at an event. There is nothing like a summer on the farm and we hope you have the opportunity to enjoy it with us.

## ***The Dirt***

Some of you might have wondered why our newsletter is called *The Wild Carrot*. As this is the first week of our carrot harvest we thought it was an appropriate time to share the story of one of the farms most prevalent weeds, *Daucus carota*. Common names for this plant include, birds nest, bishop's lace, Queen Anne's lace and, of course, wild carrot. The domesticated carrots that we grow on the farm are the cultivated descendants of the wild carrot. Most likely cultivated in Afghanistan, *Dacus carota* was selectively bred to reduce bitterness, increase sweetness and minimize the roots' woody core. The resulting subspecies, *sativus*, is the sweet and crunchy root crop we hope you enjoy in this

week's share. Although at times the wild carrot has made growing our cultivated variety challenging, the name of our newsletter is our attempt at recognizing and honoring the "wild" ancestral roots of all our crops.

The passing of the longest day of the year has marked a welcome turn in the weather. The re-emergence of the sun has allowed us to do some much needed field work, particularly in preparing and planting our raised beds with our fall storage crops (winter squash, pumpkins, Brussels sprouts and the like) and our final successions of tomatoes and peppers. By the end of this week, we hope to have finished planting about three quarters of all our available field space.

The peas are beginning to senesce on their trellis, and the broccoli raab is now just a strip of towering flowers. We give thanks for a most productive spring and can only hope that the rest of the season proves as fruitful.

-Ashley and Aaron

### Chilled Cucumber Yogurt Soup

4 cups peeled, seeded, chopped cucumbers  
2 cups yogurt  
2 cups water  
1 clove garlic  
several fresh mint leaves  
1 Tbs honey  
1.5-2 tsp salt  
¼ tsp dill weed  
chopped scallions or chives

Puree everything together in the blender  
(save the scallions for the garnish)

Serve very cold. Serves 4-6

From the original Moosewood Cookbook, Mollie Katzen

### **Happenings**

**Thursday, July 16<sup>th</sup> 5:30 – 7:00 pm**

**Bug Out! A Day of Insect Appreciation**

Admission is \$10 per family or \$5 per person. Register online at  
[www.wctrust.org](http://www.wctrust.org)