



this week's

HARVEST

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

Arugula
 Basil
 Beets
 Braising or lettuce mix
 Cilantro
 Dill
 Haricot Verts Beans
 Islander Peppers
 Patty Pan squash
 Zucchini

Add-On Choices

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



Week of July 13, 2009 ~ Issue no. 8

IN THE BAG *tidbits from Fred*

If variety is indeed the spice of life, then insects are the spiciest creatures on earth. On Thursday evening, July 16, from 5:30 – 7:30 pm, don't miss the opportunity to catch, observe and learn about insects at Rushton Farm.

Most of us have a love/hate relationship with bees- we love their honey, but hate their stings. And most of us don't know much else about them. Jan Cauffman, Rushton's own beekeeper, will teach us how to better appreciate these hard-working and fascinating insects.

If you have ever been stung by a wasp, stabbed by a mosquito or had the leaves of your favorite plant eaten by a Japanese Beetle, you've probably wondered... "what good are insects?" Although it is true that insects can cause damage, they can also do wonderful things. Farmers know that there are many helpful bugs that earn their keep by eating other bugs and we call them "beneficial insects." Find out more about their job descriptions with the talented staff from Riverbend Environmental Education Center (Gladwyne, PA).

-Fred and Lisa



THE DIRT *report from our field managers*

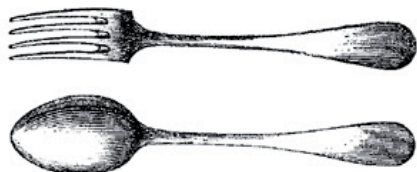
Rushton Farm is home to a diverse range of insect species and much of our time as farmers is spent identifying and managing them. We hope you'll join us this Thursday for our special "Bug Out" session, where you'll learn more about these special creatures from several experts, including Jan Cauffman, our own beekeeper, and our friends from Riverbend Environmental Center.

Because our job is to grow healthy and ideally aesthetically pleasing vegetables for you to enjoy, we tend to classify insects by how they affect our crops. There are pollinators, predators, soil builders, and of course, pests. Our job as farmers is to encourage the populations of beneficial insects and control the damaging pests.

There are many ways to control insect pest populations without the use of harmful chemical pesticides. One method we use is to provide a physical barrier using special fabric (termed row cover) to protect the crops from insects while they are young and vulnerable. Another is to introduce biological controls such as beneficial nematodes to control onion fly maggot. Our favorite pest management tool is providing habitat for predator insects. For example, we plant sweet alyssum and yarrow, and let our dill and cilantro go to flower because their blossoms provide the perfect platform for lady beetles, hover flies, and lacewings. In their adult form these insects feed on the nectar produced by the flowers, and when their young are born, the larvae prey on aphids and other soft bodied pest insects.

The importance of pollinators on the farm can not be over emphasized. Many of our fruiting crops (all of our cucurbits for example) are completely dependant on insects to transport pollen from the male flowers to the female flowers, which is necessary to initiate the growth of the fruit. One reason many farmers have honeybees on their farm is to insure the fruit set of their crops. We are blessed at Rushton with a healthy population of native bees in addition to our busy honey bees.

-Ashley



RECIPES *what to do with those veggies*

Sauteed Beets with Haricots Verts and Lemon

Ingredients

1 bunch of beets, trimmed and peeled
2 tablespoons olive oil
1 bunch (~ pound) of haricots verts (slender green beans), trimmed
1/4 cup (1/2 stick) butter
2 tablespoons fresh lemon juice
1 1/2 teaspoons finely grated lemon peel
1/2 cup fresh Italian parsley leaves

Preheat oven to 375°F. Toss beets with oil in roasting pan. Sprinkle with salt. Cover pan with foil. Bake until beets are tender, about 30 minutes, depending on size. Uncover and let beets stand at room temperature 20 minutes. Cut beets into quarters (or halves if very small).

Cook haricots verts in large pot of boiling salted water until crisp-tender, about 4 minutes. Drain and transfer to bowl of ice water to cool. Drain and pat dry. Melt butter in large skillet over medium heat. Add lemon juice and peel, then beets. Toss well. Stir in haricots verts and parsley; sauté until heated through, about 3 minutes. Season to taste with salt and pepper. Serve hot or at room temperature.

- Adapted from *Bon Appetite*, April 2007

**Come to
Bug Out !
A Day of Insect Appreciation
on
Thursday July 16**



5:30pm- 6:15 pm: Rushton's own beekeeper, Jan Cauffman, will provide an observation hive so you can see the honeybees at work up close. You will have the opportunity to learn how the delicious Rushton Farm honey is made.

6:15pm – 6:45 pm: Riverbend will teach us where to look for insects as kids, young and old, will have the opportunity to collect insects from different habitats at the farm.

6:45pm – 7:30 pm: Riverbend Environmental Education Center will teach us how to identify the insects that we come across and give us a new appreciation for their diversity

Register ONLINE at www.wctrust.org

HAPPENINGS

July 16, 2009 - Insect Appreciation Day, 5:30

August 16, 2009 - Summer Celebration and Tomato Tasting, 5:00 pm

October 24, 2009 - Harvest Celebration, 5:00 to 8:00 pm

See wctrust.org for more info