



this week's

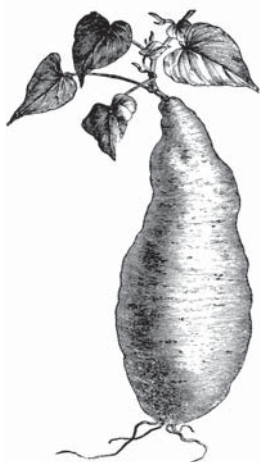
HARVEST

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

Basil
Cilantro
Eggplant
Onions
Peppers
Potatoes
Summer Squash
Tomatoes

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 27, 2009 ~ Issue no. 10

THE DIRT *report from our field managers*

This week we begin giving potatoes and onions. These crops should make occasional appearances for the next month or two, depending on the success of our plantings. The onions we are giving this week are called Candy. They have just begun curing and are still very fresh. Because of this they will have a higher moisture content than store bought onions. This also means they will have a slightly 'hotter' taste. It also means that they will cook more quickly than usual. They can be eaten raw, though a brief immersion in vinegar might help to bring out the sweetness of the onion and tone down its sulfuric content. We also like them grilled.

The potatoes you'll receive this week are our earliest variety, called Dark Red Norland, and are suitable for roasting or boiling. We like to slice them thinly, coat with olive oil, salt, and pepper, and roast on a cookie sheet at 350 or so until just turning brown. Because of the consistent moisture in the fields (due to the consistent rains in the air), these potatoes will have a more tender skin than you might be used to. Handle with care.

A lot of folks helped us plant our potatoes in the spring, and we welcome them and anyone else who might be interested to come back and help us dig much of this crop on the morning of Sunday, August 16. Our start time will be nine a.m., and the end time will be dependent on how many folks show up and how many potatoes there are to dig (the event will likely go no later than noon). Hopefully, we'll even get to taste a few of the tubers for lunch. Yum! See you then!

-Aaron & Ashley

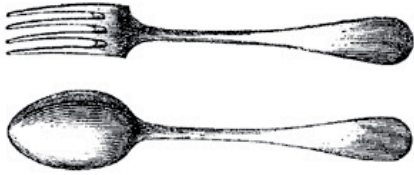


PAW PRINTS *report from special guest correspondent Max, Farm Dog*

The other day, while wandering around a random hedgerow, I bumped into a Shar Pei. After sniffing each other a bit, I commented to him that it might be the year of the ox in China, but out at the farm it's the year of the rabbit. I then lamented to him about all the bunnies on the farm; how they bounce about all day all through the fields—right under the humans' noses!—and how there's nothing I can do about it, because of this dumb electric string strung up all over. The Shar Pei, after listening to my whimpering for a minute or two, simply turned to me and barked. I think it was like a Zen thing. You know how Shar Peis are.

So, the next day I was out at the farm, again, and the guy I live with was messing around with a bunch of plants, again, and I was watching a bunny chew on some leaf about ten feet away from me, again, and all that familiar frustration rose up in me like a giant, colossal wave. This time, though, instead of bottling it up, I let it out. I barked. And let me tell you, it was amazing. I mean, once I started, I couldn't stop. I must have barked non-stop for hours! And even though I didn't catch a rabbit, or even appear to frighten one, at the end of the day, I really felt like I'd accomplished something. I highly recommend this. The next time you're feeling powerless about something in your life, and it feels like that sensation might just overwhelm you, possibly sending you into a puddle-slurping, compost-eating, shame-spiral: bark. Bark like you mean it.

-Peace and Bones, Max



RECIPES *what to do with those veggies*

Eggplant, Potato and Pepper Casserole

Place eggplant slices on 2 baking sheets. Lightly salt eggplant on both sides. Let stand 1 hour. Using paper towels, pat eggplant dry, wiping off salt.

Heat 1 1/2 tablespoons oil in large skillet over medium heat. Add onion and garlic, sauté until golden, about 10 minutes. Add tomatoes with their juices and thyme sprigs; bring to boil. Reduce heat and simmer until mixture is reduced, breaking up tomatoes with back of spoon, about 20 minutes. Season sauce with salt and pepper. Discard thyme sprigs.

Preheat oven to 350°F. Add oil to 2 large skillets to depth of 1/4 inch. Heat over medium-high heat. Working in batches, add eggplant to skillets and cook until golden, adding more oil to skillets as necessary, about 5 minutes per side. Transfer to paper towels and drain.

Working in batches, add potatoes to skillets, cook until golden, about 3 minutes per side. Transfer potatoes to paper towels. Add green peppers to same skillet; sauté until almost tender, about 5 minutes. Transfer to paper towels.

Layer all the vegetables in buttered glass baking dish with sauce, thyme, and salt and pepper in between each layer. It shouldn't be too saucy...dry is better because the veggies will give off more juices as they bake.

Press down with a spatula to lightly pack vegetables together. Bake uncovered until vegetables are tender, about 40 minutes. Let stand 15 minutes before serving.

Ingredients

(adjust quantities based on what you have on hand)

2 or 3 eggplants, thinly sliced crosswise
 1 1/2 tablespoons olive oil
 1 large onion, chopped
 5 large garlic cloves, chopped
 Several fresh, ripe tomatoes
 2 large fresh thyme sprigs
 olive oil (for frying)
 3 pounds potatoes, peeled, thinly sliced
 3 bell peppers, cored, thinly sliced
 5 tablespoons minced fresh thyme

-adapted from *Bon Appetite*

Don't forget to
RESERVE your spot
 for the Summer
 Celebration at
[wctrust.org!](http://wctrust.org)

HAPPENINGS

August 16, 2009 - Potato dig, 9:00 am rsvp to jds@wctrust.org

August 16, 2009 - Summer Celebration and Tomato Tasting, 5:00 pm, RESERVATIONS required at wctrust.org

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

See wctrust.org for more info