



this week's

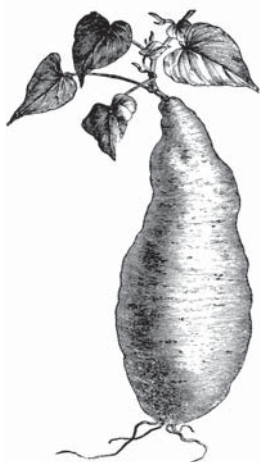
## HARVEST

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

Beans  
Chard  
Eggplant  
Onions  
Peppers  
Potatoes  
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 August 3, 2009 ~ Issue no. 11

## IN THE BAG *tidbits from Fred*

I have often looked upon the "old timers" in the farming community with a certain amount of awe for the passivity and calm they are able to maintain season after season. When a harvest is good and the weather is fine they may show a confident smile but are careful not to celebrate too much because Mother Nature is always watching. When the weather turns bad and the fields look ugly these same old timers will calmly reflect upon the season with statements like "it could be worse, I remember back in ..." This restraint and humility is admirable but is a little frustrating for the more temperamental farmer who might not be so readily able to control their emotions in a bad year.

This is a year that is beginning to test the maturity of the Rushton Farm Staff. We are looking to maintain the calm reserved nature of the old timers in what is becoming a difficult season to farm. This week's farm report in "The Dirt" describes some of the challenges facing us. Part of the reward of belonging to a CSA is members get to experience the reality of a growing season through interaction with the farm and the farmers who tend the land. This season has seen great success and we hope it will continue but our harvest (and in some cases our demeanor) is weather dependant. Still, we can always count on Ashley's reassuring smile and Aaron's resolve to get us through the tough times. Besides it could be worse, I remember back in 1999...

-Fred

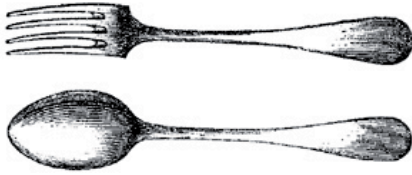


## THE DIRT *report from our field managers*

Sunday morning we slept lightly, listening to the roll of thunder in the distance gradually swell to a series of tympanic crashes overhead. We got up during the downpour, put on our mud boots, and drove over to the farm at nine a.m. through an eerie, mid-morning night. We arrived to a scene of mild devastation. Hundreds of feet of tomato trellises, stakes and twine holding up the vining plants, had crashed over. Some of the stakes had splintered under the weight of the fruit and force of the wind, but most had simply succumbed to gravity as the soil in which they were driven turned the consistency of a thick soup. The paths between our raised beds had become troughs of water, and in some places our boots sunk down in the mud up to our ankles.

After the next front moved through, the farm staff worked diligently for a number of hours, pulling up what could be resurrected, and cutting our losses in other places where plants and stakes and twine were jumbled together in inextricable knots. In the end, we got a remarkable amount of the trellises more or less vertical again, and we were also able to harvest over eighty pounds of fruit for shares. Unfortunately, we also got a good look at the late blight disease that has been sweeping the northeast this summer and has just recently appeared at Rushton. It's difficult to say right now how severely our tomato crop will be affected by this blight, but the appearance of the disease might mean digging our potatoes a bit early. Close relatives, potatoes and tomatoes share many of the same pests. We will keep you posted about this potential early harvest in case any of you were planning on coming out to the potato dig later on this month.

-Aaron & Ashley



## RECIPES *what to do with those veggies*

### Oven Dried Tomatoes

Preheat the oven to 250°F. Arrange the tomato halves cut side up and close together on a baking sheet. Season with salt and pepper. In a small bowl, combine the 6 tablespoons olive oil, the herbs, and the garlic. Spoon a little over each tomato half, stirring the mixture as you go.

Bake until the tomatoes are soft and shriveled but still retain some moisture, 5 to 8 hours. Timing will depend on how large, meaty, and juicy the tomatoes are. Let cool completely, then arrange the tomatoes in a plastic container, making no more than two layers. Add olive oil to cover completely, then cover tightly and refrigerate.

#### Ingredients

24 tomatoes, halved lengthwise (plum are best, but any type will do)  
Sea salt, preferably gray salt, and freshly ground black pepper  
6 tablespoons extra-virgin olive oil, plus more for storing  
2 tablespoons basil, parsley and thyme  
1 clove garlic, minced  
Extra-virgin olive oil

-adapted from Michael Chiarello

### Potatoes ala Contadina

Preheat the oven to 350°F. Bring the stock and salt to a simmer in a medium saucepan, then add the potatoes. They should be barely covered with stock; if not, add boiling water. Simmer gently, uncovered, until about three-quarters done, about 8 minutes. Drain, reserving the stock. Let the potatoes cool enough to handle.

#### Ingredients

4 cups chicken stock  
1 teaspoon sea salt, preferably gray salt  
1 1/2 lbs potatoes, sliced 1/4-inch thick  
Boiling water, if needed  
Olive oil for the baking dish  
12 Oven-Dried Tomatoes  
2 tablespoons extra-virgin olive oil or oil from the dried tomatoes  
Several grinds of black pepper

Oil an 8-by-10-inch oval baking dish, or a baking dish of equivalent size. Working from the outside toward the center, arrange the potatoes in a ring of overlapping slices, inserting a tomato half after every 4 slices. Fill in the center of the ring with more potatoes and tomatoes. You may not need all the potatoes. Moisten with 1 cup of the reserved stock, drizzle with the olive oil, and season with pepper.

Bake until the potatoes absorb most of the liquid and begin to color on top, about 1 hour, rotating the dish halfway through. Let rest for a few minutes before serving.

-adapted from Michael Chiarello

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](mailto:jds@wctrust.org)

**August 16, 2009** - Summer Celebration and Tomato Tasting, 5:00 pm, RESERVATIONS required at [wctrust.org](http://wctrust.org)

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

See [wctrust.org](http://wctrust.org) for more info