



this week's

HARVEST

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

Beans
Eggplant
Kale or Chard
Napa (Chinese) Cabbage
Onions
Potatoes
Spinach or Arugula
Sweet Peppers
Tropicana head lettuce

Add-On Choices

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



Week of September 14, 2009 ~ Issue no. 17

IN THE BAG *tidbits from Fred*

Last night the rains finally cleared away and the farm was lit with the sort of soft golden light that speaks of the end of summer and the coming of fall. CSA members gathered at the farm for our annual potluck, bearing trays full of delectables to be shared by all, and we all enjoyed connecting in the context of okra stew, sweet pepper soup, chicken fajitas, and watermelon sorbet. A warm day passed into a cool evening. Down near the lower south field a spirited wiffle ball game was struck up, wherein the only thing wilder than the pitching was the base-running. Max ate well at many unattended plates, and I talked to folks about vacations passed, crops to come, and recipes prepared. The season is entering its final stage, a time of harvest, but also a time of preparation for the coming year, for even in the waning light of this growing season there lies the seed of spring. We thank everyone who took part this past Sunday and look forward to sharing the rest of the season with all of our members. This week marks the end of the green beans, but the fall greens are just beginning and our first edamame crop is right around the corner...

-Fred c/o Aaron

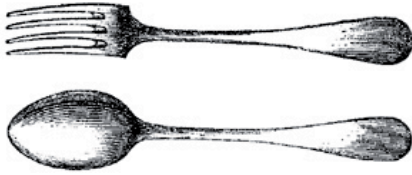


THE DIRT *report from the field*

Last week we were engaged in a lot of cover cropping activities. What is "cover cropping"? Cover cropping is the process by which we try to protect our soil from erosion while also hopefully improving its physical and chemical properties. When a crop is finished, we clear the field, either by hand or by tractor, and sow seeds onto the exposed earth by hand, raking soil over the seeds in a light layer. The rains cause the seeds to germinate and before too long a bright green field of oats and vetch is growing where once there were squash and potatoes. What do these crops do for our soil's health? Oats are a cereal crop, basically a grass, that helps build organic matter in our soil, important for retaining nutrients and aiding drainage. Vetch is a legume that can climb up the oats while fixing nitrogen down in its roots. Legumes are the only plants that are able to assimilate nitrogen out of the atmosphere. By tilling the vetch back into the earth in the spring, we hope to produce a flush of nitrogen for our early crops to take advantage of when growing.

There are many different kinds of cover crops, each with specific abilities able to fill specific needs. Winter rye is another cereal crop we use in much the same way as oats. We use the oats in our early fields, though, as they will winter kill and be easier to clear in the spring. The rye, by contrast, should survive the winter and resuming growth next spring and providing additional organic material for next summer's fields. In an operation such as Rushton Farm, where our fertility input options are limited, designing and implementing an effective cover crop regime is instrumental to the long term productivity of the soil.

-Aaron & Ashley



RECIPES *what to do with those veggies*

Napa Cabbage Slaw

This week we're excited to give napa cabbage in the shares. Napa cabbage is an Asian green, like a cross between bok choy and European cabbage. It's the cabbage of choice for kim chi, the spicy pickled Korean specialty that the Rushton Farm staff loves. Kim chi recipes are readily available on the web, for anyone interested. The recipe below is for a cole slaw with napa cabbage that we found on-line at www.sheknows.com.

Ingredients

2 Cups diced mango or other ripe fruit
 1 finely diced jalapeno
 1 cup mayonaise
 2 cups shredded napa cabbage
 4 T. rice or red wine vinegar

Napa cabbage slaw has a subtly different flavor and texture than classic cole slaw and is particularly tasty if you add fruit.

Combine 2 cups diced mango or other ripe fruit, a finely diced jalapeno, 1 cup mayonnaise, 2 cups shredded napa cabbage, and 4 tablespoons rice or red wine vinegar. Refrigerate for a couple of hours or overnight and serve.

Napa cabbage is also wonderful stir-fried and can be used for wraps.

-www.sheknows.com

HAPPENINGS

RUN-A-MUCK



October 4, 2009 - Run-a-Muck. Family-friendly cross country race & ramble through the Willistown Countryside. Advance registration only on www.wctrust.org



HORSE TRIALS

October 10, 2009 - Horses & the Radnor Hunt Countryside ~ Radnor Hunt Horse Trials. Pig Roast Party at the Palace after the last horse. . www.radnorhuntht.org



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

See wctrust.org for more info