



LONG MEADOW FARM CSA

Weekly News

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Veggies and weeds, a race to the top! ~ Michele Roy

It's been just gorgeous outside. All weekend; all summer! It's so nice to know that things get better...last summer is finally fading from my memory, replaced by this glorious season. What a difference a year can make!

Saturday was my 52nd birthday. That means I stayed away from anything resembling regular work. Denis was very accommodating! We had quite an outing. First we went to Johnny's Selected Seeds in Winslow to return our flameweeder, which we had purchased this spring and quickly realized we would never use. If you are interested in knowing what a flameweeder does ask us sometime. We got 50 pounds of buckwheat and a few new tools while we were there. Then we went to Skowhegan on a back road we'd never been on, and it was lovely. Our first destination was the Farmers' Market, which we enjoyed very much. Then we attended the Kneading Conference's Artisanal Bread Fair at the Skowhegan Fairgrounds. Wood-fired pizza and bread, with all the associated vendors. Very cool. Back home by way of Barrels Market in Waterville, and a nice farmstand in North Augusta. All along the way we purchased lovely local food, so by the time we got home we had the ingredients for a wonderful



Once and future garlic — Mike and Caitlin bring in the garlic crop last Thursday. Over 2,200 heads were hung up in the shed to cure until September, when we will make another distribution to our members.

supper of corn on the cob, hot lamb sausage with onions and peppers, salad with our first little red tomatoes, and some great local beer. Then it was on to our weekly scrabble game, and I WON. A perfect day!

Today, the first day of August, was a continuation of the same perfect summer activity. Big lovely breakfast (with more local food!), garden puttering, and then a really nice kayak up the Cold Stream. I'll be putting the finishing touches on this newsletter and I'm going back out to the garden to enjoy the evening. It just does not get any better. Hope you all are having the same kind of weekend that we are!

Back to the garden: Mike, Caitlin, and Anna, plus visitor/volunteers Betsy Holland and Keri Stouch worked really hard last week to get on top of weeds, and had wonderful success. We also got more late season stuff planted: mesclun greens, lettuce mix, salad turnips, carrots and beans. Anna planted oats for cover cropping and to harvest at the milky green stage for tincture and teas. We'll be planting many more oats for

cover crops as we pull vegetables into late summer.

Our onions are spectacular this year. I hope you are enjoying them. The garlic is pretty great too. This week you'll be getting some red cabbages for a change of color! I've put a few ideas for using them on the recipe page. Cabbage, beets, onions, summer squash, cucumbers—and let's not forget kale.

KALE! I know some of you are groaning when you see it yet again in your baskets—I also know some of you are pleased to have it every week. We have an abundance of it and I hate to see it wasted. Since it is so easy to freeze for winter use, I hope you will put it to good use and get full value from your CSA share.

Speaking of full value—be sure to take advantage of the pick your own. Basil is particularly plentiful now, as is the mint. There is also cilantro and dill. Don't hesitate to ask questions about the pick your own area either by e-mail or when you are here.

I hope to see you all in the garden this week!



Garden feature — the Skowhegan Farmers' Market has a "Children's Garden" featuring some great artwork.

At last, we're finally in the loop ~ Denis Thoet

After seven years of farming/gardening, and two years of writing a biweekly column in the Kennebec Journal, I think I'm finally in the loop.

Here's an example: I've been getting free bimonthly issues of "Spudman," a national potato industry publication out of Sparta, Michigan.

Two other examples: Two emails over the last month, one from a Monsanto, Inc. PR person, and another from the president of the Corn Refiners Association, Washington, DC.

The latest issue of Spudman highlighted Aroostook potato farmer Greg Garrison. Greg grows 600 acres of potatoes in rotation every year. He grows half an acre in Red Norlands and Superiors so his kids can learn how to sell potatoes from their roadside stand.

However, his biggest crop — Russet Burbanks — goes to McCain Foods



Coming soon — Green Jet Star tomatoes are on their way to red. Stay tuned!

(90%) and Naturally Potatoes in Mars Hill (10%). That means the bulk of his crop is turned into a nonfood item (chips) or a marginal food item (fries).

Greg's farther, Wayne, who is my age (65+) dreams of the day when Greg can sit in his GPS-guided tractor and not even move the steering wheel while ground is limed and fertilized and the potatoes are planted.

They would both get a kick out of Long Meadow Farm, with its wheel hoes, pick-mattocks, and human power. And I'll bet we produce more healthy food on our two acres of ground than the Garrisons on their 600!

In July, there appeared a letter in the KJ from "Kimberly Morin, Monsanto Co, Greenfield, MA," refuting my assertion that genetically modified seeds from her company were bad for farming, bad for people and bad for the environment — and also not "sustainable" as Monsanto alleged in its MPBN sponsorship.

While Ms. Morin is the Northeast PR person for Monsanto, the company headquarters is actually Creve Coeur, MO. "Creve Coeur" means "heartbreak" in French.

So I had to use my power of the press to challenge her and her company to grow healthy food like we do here. While she didn't take up the challenge, I did get an email from Audrae Erickson, president of the Corn Refiners Association.

Ms. Erickson wanted to speak with me about my opposition to High Fructose

Ducks in a row

Our Khaki Campbell ducks are now available for anyone who enjoys locally raised free-range duck meat.

The ducks will be priced between \$12 and \$15, depending on weight. There are eleven available. Please give us a call (582-4817) or email (longmeadowfarm@roadrunner.com) to reserve your personal duck. Thanks!



Balti's quest — Balti (aka Spawn of the Devil) waits patiently for the above chipmunk to lose hope and fall into his grasp. We diverted his attention while the rodent made his escape.

Corn Syrup "if my schedule permits."

She also attached studies from the American Dietetic Association and the American Medical Association which said that HFCS is the nutritional equivalent of sucrose and is not harmful to our health.

It took me about 10 minutes online to come up with two studies contradicting the ADA and AMA. One noticed the correlation between obesity and HFCS use (obesity went from 15 to 33% of population while use of HFCS increased by 1000% since the 1970s). The other, out of Princeton, reported that rats fed HFCS were 48% fatter than those fed another sweetener.

So great to be in the loop!

Check it out!

<http://lawsonseatlocal.blogspot.com/>