



LONG MEADOW FARM CSA

Weekly News

Week Fourteen www.longmeadowfarmmaine.com

August 30, 2007

This week in the garden~ by Michele Roy

What beautiful weather we've had this summer. Dry, yes, but can you imagine how much more zucchini and yellow squash we'd be dealing with if it had rained? I'll have to give you all my chocolate zucchini cake recipe if the plants don't stop pumping out the zukes.

I am very grateful to all the people who have offered to help us out for the remainder of the season. Anna G. will be back on Monday to help out for at least September; we're hoping to get at least one more full-time apprentice on board for the rest of the season. In the meantime, we could definitely use all the help we can get! Brianna, a friend of my daughter's, came Monday afternoon and picked beans, tomatoes, and squash.

A number of CSA members have stepped forward to help this summer. Cathie Murray and Paul Pidgeon came over Tuesday and

helped put shares together and did lots and lots of watering. Paul promised to return on Thursday morning to help pick vegetables and spread mulch. Hurray! Lottie Schlegel has come out a number of times and has pledged to come back in September. Jamie Thompson came out to pick peas. If anyone else would like to get in on a little garden work, give a call and we'll find a job that suits you—watering, weeding, spreading compost and mulch, harvesting, wheelhoeing; planting garlic in October.

Having to do so much hand-watering this week made me more determined than ever to improve our irrigation capabilities for next year. As soon as things wind down a bit we'll start researching wells and water systems. I imagine we'll be drilling a well; we want to install plumbing in the share room/apprentice house; most importantly,

we want to get the water out to the front garden so we can expand our drip irrigation to cover the entire garden. You've all seen the big barrels out there—we fill those with water pumped from the pond. Obviously there aren't enough of them! We also water by hand. It wouldn't be so bad, especially when we have a sociable crew doing it together, but in that case the pump can't keep up with the crew! Also, we can only run the pump for 45 minutes at a time before we have to rest it for 10-15 minutes. There is lots of room for improvement! If any of you have any experience with water systems or know someone who does, please contact us. We'd also like to incorporate a greywater system in the apprentice house, re-using vegetable washing water by channeling it into as-yet-unbuilt raised beds where we will grow herbs handy to the shareroom for members to help themselves to. I can't wait!

Curried Beans and Potatoes -Serves 4-6

3 Tbls. Vegetable oil

1 tsp mustard seeds (black if available)

4 cloves garlic (finely sliced)

Heat oil in medium frypan over medium-high heat. When hot, add mustard seeds. As soon as mustard seeds begin to pop, add garlic. Stir for a minute until garlic turns golden.

1/2 tsp ground turmeric

1/8—1/4 tsp. ground red pepper

1/4 tsp pepper

1 medium potato (quartered and thinly sliced)

Add and stir 1 minute.

4 cups green beans (whole or cut)

Add and stir until mixed. Salt to taste. Add small amounts of water to keep from sticking and to allow it to steam. Cook until potatoes are tender, stirring occasionally. When done, increase heat to evaporate remaining liquid.



Brianna, picking beans.

Ben's farewell—a shareholder's puzzle

Ben is off to Oxford. Before he left he created his final signage in the share room. I took the liberty of smudging out the words, and Denis created the clues, so you could have the fun of figuring out what's in your bags this week. We'll post his work in its entirety next week.

A disclaimer: We sometimes take advantage of having the 2 separate

share days to distribute vegetables at staggered intervals. For example, this week the Tuesday folks got some lovely broccoli, but no potatoes. The Thursday folks will get the potatoes, but no broccoli. I just don't want the Tuesday folks puzzled about not having potatoes, and the Thursday people wondering where their broccoli is. It all works out in the end. Also, if you have a



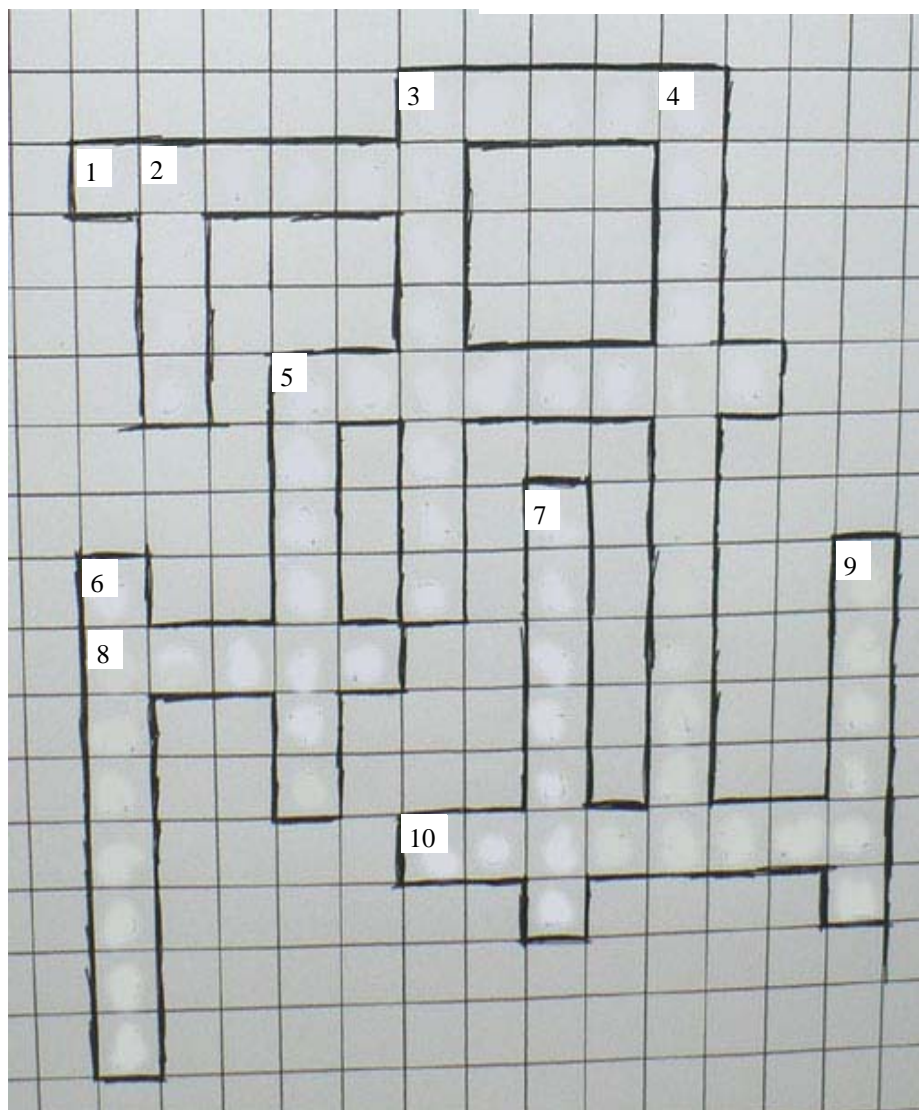
FDA inspection: Last Friday, FDA staff person Becky Toulouse visited our farm and collected one kilo of carrots (2.2 pounds) to send out for pesticide testing. Her random study is aimed at an overview of food safety in Maine. (Michele and Anna are digging the carrots)

special request for an herb or vegetable, let me know. We can help!

Last week was unusual in that we had 3 shareholder mix-ups. Someone took the wrong basket, leaving the rightful people wondering where their share was; 2 members were total no-shows, leaving us wondering what to do with their vegetables. *Please*, let us know if you'd like us to put your share in the cooler overnight, or if we should find a home for it if you suddenly find yourself unable to get here. If we haven't heard from you in 24 hours, we will send the veggies elsewhere. Generally it all works out, and hopefully it was just an odd week!



Hornworms, found in the greenhouse this week. The first sign of them is usually their excrement ("frass"), scattered on leaves or beneath the plant, or else large gouges in the tomatoes or finding entire branches defoliated! They blend right in with the plant and can be hard to locate. We haven't had too much trouble with them so far this year. The best remedy is handpicking. I'm afraid I generally squish them, since even the chickens are repulsed by them!



Across

1. Sgt. _____'s Lonely Hearts Club Band
3. We're all human _____.
5. Cool as a _____.
8. Presidential brain.
10. Lock your car doors, it's _____ season!

Down

2. _____actly!
3. Brassica
4. Stir fry!
5. Umbelliferous
6. Nightshade family
7. _____ pray.
9. Russian Red