

July 1, 2004

Monday and pick up your share out of the cooler) We

**This week's share:**

- Baby salad mix\*
- Lettuce: Red oakleaf OR Freckled green Romaine\*
- Purple scallions
- Easter Egg radishes
- Redbor Kale or Swiss Chard\*
- Kohlrabi OR Pac Choi\*
- Peas: U-pick for farm shares
- Zucchini (snacks at farm)\*
- Herbs: mint

\*=items from the hoopouses

will still leave unclaimed shares in our cooler (#11) in the main garage space of the building where you normally pick up, but the refrigeration will be turned off. Please make every effort to claim your share on Thursday between 4:00 and 6:30, or have a friend pick up for you during that time if you can't make it, rather than planning to pick up on Friday or Monday.

**Announcements: in case you missed these last week:**

**1. Refrigeration Station**

**Situation:** The coolers at the Horticulture Farm will be out of commission for at least the next four weeks. Fortunately we have backup cooler space available if necessary, but only on Thursdays. For you CSA members who pick up at the farm (not those who pick up on campus), this means that if you miss Thursday pick-up, your share will NOT be refrigerated until you pick it up. (Normally if you miss Thursday pick-up, you can stop by the farm Friday or

**2. Volunteers wanted! Three volunteer opportunities:**

1) The last two Thursdays in July, 7:00-11:00 a.m., we need harvesters. Please call, email, or ask in person beforehand, so we know who to expect, and hopefully you can even come harvest at least once before then, to get an idea of what to expect.

2) Weekend watering: thanks to those who have volunteered to water on weekends, and we can still use more help – please call or email to set up a time to learn the ropes – the walk-through takes about half an hour; the

actual watering takes close to two hours, early in the morning.

3) Would you like to meet your fellow members and learn how CSA pick-up works? Come volunteer to staff the pick-up table at the farm Thursdays from 3:30- 6:45 (includes set-up and take-down). Call, email, or ask in person if you're available and would like to work one or more Thursdays this summer.

### **What's up at the farm? A Wish List:**

We've been working up a SOF Wish List – mostly items that we could buy, but prefer to reuse if you've got them and are not using them. Check your garage, basement, shed, etc. and see if you can donate any of these items:

1. Used pickup truck or van, to be used on-farm only (i.e. not for use on roads), for running produce and supplies from the back to the front of the Hort Farm and vice versa. We've been using my truck, which is fine as long as I'm here, but I'll be leaving next year.
2. A tune-up, oil change, and car wash for my truck ☺
3. Two-burner camping stove (preferably with refillable fuel tank) to be used both in our farm

“kitchen” and for cooking demonstrations.

4. Large coolers (ice chests, not walk-ins, though one of those would be nice, too!)

5. A walk-behind lawnmower, preferably the human-powered reel mower style, but any push-mower will do

6. Useful hand tools:

shovels/spades, a large mulching pitchfork, digging/spading forks, a machete, a heavy-duty old-fashioned hoe, fencepost pounder

7. Paint: preferably bright colors, for painting signs and stenciling our tools and bins. Any old partial gallons or quarts laying around? Also: paintbrushes!

8. Weatherproof shelving unit, i.e. plastic Rubbermaid upright shelves with locking doors

9. 5-gallon plastic buckets, preferably from food products

10. A large Gardenway cart

11. Wheelbarrows

12. Sawhorses

13. A battery-operated drill

14. Extra-long (150 ft. or more) tape measure

15. A 4-ft. segment of 18-24” diameter PVC or other heavy-duty pipe (not concrete)

16. Miscellaneous: old towels/rags, large (long) knives, large (1/2 gallon or more) glass jars with lids, sponges, rubber boots, watering cans, and snacks – thanks so much to those of you who have brought snacks out to

the farm! The farmers appreciate any and all snacks all the time.

17. Massages: we'll take donations or barter extra produce for massages for farmers.

### New veggies?

**Purple scallions**: These are a variety called "Deep Purple," just like regular white ones, but purple! Enjoy.

**Lettuce**: OK, so it's not new, but we haven't had lettuce outside of baby salad mix for a while. You'll get either a red oakleaf called "Dano" or a speckled green Romaine called "Freckles" as well as baby salad mix – hope we're not overloading you on salad, but it was all ready this week, and we didn't want to wait in case it all decided to bolt by next week. We do not usually wash the baby mix, as it stores longer dry, but we do wash lettuce in heads because dirt tends to accumulate between the leaves at the base, (as do slugs, sometimes). You should always wash produce before eating it. If it ever starts to look wilted in the refrigerator before you enjoy it, it's from dehydration. Soak it in ice cold water (with ice cubes thrown in) for 10 min or so, dry off, and either prepare or store in airtight plastic until you need it.

**Kohlrabi OR Pac Choi**: Again, not new, but so cool, they're worth mentioning: I like to eat the inside of kohlrabi bulbs raw, with a little salt, like carrot sticks. The skin is a little fibrous, but perhaps chopped very finely is edible. The greens you can use just like kale, etc. Pac choi you know what to do with – steam, stir fry, sauté, put in soups, eggrolls, etc. Same for kale and chard, of course.

**Zucchini** is just starting to come in from the plants in the hoopouses, but there's just enough for snacking, not to put in all 50 shares. Soon, the field plants will start yielding, assuming they got over their root-bound shock at being planted, finally, after patiently waiting and waiting in the greenhouse for the ground to dry out enough to till for planting....

That's it for this week. Please come out and see us – we're happy to take visitors on a tour or point out the U-pick peas. Happy Our Nation's Birthday to you.