



FARM NEWS

July 12-15, 2010

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Around The Farm

This week should be a hustle with two of our interns away on their honeymoon- we're going to have to work extra hard to get all the harvest in, weeds hoed and plantings done. The crops are all growing extra fast right now, it seems every time I walk by a given bed the plants seemed to have grown inches. Certainly this is true of our tomatoes- finally! We're all so ready for them to get ripe but that whacky spring weather has put us a month or so behind schedule. Normally we'd be picking a few by now. I guess we all have to be a bit patient this year.

The farm is looking full and rich right now and it's a pleasure to behold. I love walking around in the cool mornings looking at all the rows of lively plants. As the surrounding landscape dries up, I feel grateful for the little oasis we work so hard to maintain here.

We had a really productive week last week. We planted out virtually all of our fall broccolis, cabbages, cauliflowers and collards which was a big endeavor. Jeremy, our irrigation maestro, has been extra busy trying to keep everything wet and happy. Our whole crew has been working really hard and I know we're all looking forward to it calming down a bit around here.

This week we're picking beets, more carrots, dino-kale, lettuces and broccoli. Our cucumbers are also just now starting so you should be seeing some of those as well. Enjoy!

Cooking the Harvest

For the hot week of weather, here are two simple cold soups which will refresh you.

Chilled Beet Gazpacho From *Vegetable Harvest* by Patricia Wells

2 large beets
4 garlic cloves, peeled, halved and minced
1 onion, peeled, halved and thinly sliced
1 teaspoon French mustard (Dijon)
1 tablespoon sherry- wine vinegar
Sea salt
Several teaspoons finely minced chives for garnish.

Steam the beets whole until they can be pierced with a sharp knife, about 20-40 minutes. Drain and let cool just long enough so you can handle them. Most of the peel will just slip off, but stubborn patches can be peeled off with a sharp knife. Cut off the root end and dice.

In a food processor or blender, combine the beets, garlic, onion, mustard, vinegar and 2 cups cold water. Process thoroughly to blend to a very smooth-textured puree. Taste for seasoning. Add salt. Cover with plastic wrap and refrigerate for at least 2 hours. At serving time reblend the soup, taste again for seasoning and ladle into chilled bowls, garnish with chives- a dash of yogurt or crème fraiche is nice as well.

Chilled Cucumber and Yogurt Soup with Dill and Fresh Mint From *Vegetable Harvest* by Patricia Wells

1 large cucumber
1 teaspoon fine sea salt
2 cups plain yogurt
1 large clove of garlic, minced
1/3 cup finely minced fresh dill
1/3 cup finely minced mint leaves.

Trim and peel the cucumber. Cut into chunks. In a food processor or blender, combine the cucumber, salt, yogurt, garlic, 2 tablespoons of dill and 2 tablespoons of mint.

Puree. Taste for seasoning. Transfer to a bowl and cover with plastic wrap. Refrigerate for at least 1 hour. At serving time, reblend the soup, pour soup into chilled soup bowls and garnish with remaining mint and dill.

Reminders

Find our newsletters and recipes online at <http://mountainbountyfarm.com/news.cfm>! Produce is donated promptly at the close of pickup hours. If you can't make it in time, have a friend pick up your box(es).