



# FARM NEWS

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## *Around The Farm*

Most of the garlic was harvested last week. The interns spent the better part of a day forking, bundling and hanging the garlic in the barns for drying. Last year we had a devastating loss of our garlic crop largely due to our own neglect, so this year we were much more attentive to our garlic beds.

Each year for the past 15 years, we've been saving garlic seed from our summer crop and planting it in the fall. Since we lost most of our crop last year, we purchased a bunch of new garlic seed from various garlic suppliers in the country. We tried out a number of new varieties and now are able to tell how they performed. A couple of our favorites thus far seem to be Susanville, Chesnok Red and German White.

Now that the harvest is mostly all in, minus a late variety which still has to mature further, we will let them dry and cure in the barn and then will trim them and sort them. As we sort the bulbs, we will save the biggest and best for seed for next year. This is our insurance that we'll have good garlic again. Of course having high quality seed is only one step to a successful garlic crop. Garlic requires a very long growing season and thus needs to be planted in the fall. We usually plant ours in the middle of October.

One of my farming mentors, Orin Martin, once described garlic as a holiday crop. You plant it on Halloween, weed it around Christmas, feed it and weed it again around Valentines day, feed it again on Memorial day then harvest it around the 4<sup>th</sup> of July. We feed our garlic with either a combination of fish and kelp or a dusting of blood meal. Keeping the patch well watered is also important after the winter rains stop however you don't want to keep watering your garlic once the bulbs mature otherwise you'll cause your bulbs to rot. All things considered and you too can grow your own garlic crop successfully- it really is worth it.

This week on the farm we're planting out our first round of fall brassicas- cabbages and broccoli. It's hard to believe we're already planting for the fall but the time has come. We're also seeding more rounds of carrots and beets in the field as well as some seeding in the greenhouse of more fall crops. Most notably this week we will all be gearing up for Pat and Diane's wedding- two of our well loved interns. We're all looking forward to celebrating with them this Saturday. Blessings to you Pat and Diane!

In your boxes this week you'll find our scrumptious carrots, cabbage, more summer squash and zucchini, lovely lettuces and of course some of our amazing garlic. Hope you enjoy.

## *Cooking the Harvest*

### **Carrot Puree with Caraway and Cumin**

From *The Art of Simple Food* by Alice Waters

Algerian in origin, this recipe makes a colorful and tasty hors d'oeuvre. Serve it at room temperature with toasted croutons or pita bread with marinated olives.

Bring a large pot of salted water to a boil and add a **bunch of carrots, peeled and cut into ½ inch- thick slices and two garlic cloves, peeled.** Cook until the carrots are tender. Drain. Heat in a small heavy pan: **2 teaspoons olive oil.** Add: **1/2 onion, diced fine.** Cook until soft, about 7 minutes. Crush in a mortar and pestle or under a heavy skillet, **½ teaspoon ground cumin and ½ teaspoon ground caraway. Add this and salt to the sautéed onions.** Add the drained cooked carrots and garlic and cook for a couple minutes more. Off the heat, mash into a coarse puree with a potato masher or fork. Add: **1 to 2 teaspoons fresh lemon juice** and taste for salt. Adjust as needed. If you like garnish with **cilantro.**

### **Summer Squash Gratin**

from *The Art of Simple Food* by Alice Waters

Preheat the oven to 375. Wash, dry and slice the squash very thin. Arrange a layer of the squash in a medium size baking dish. It's best if you can make 3 layers. If you have fresh or dried basil, add this to the layer, then add salt and pepper. Repeat with the remaining squash to make two more layers. Sprinkling each with basil, salt and pepper. After 3 layers pour in: ½ cup cream and ½ cup half and half. The liquid should just come to the top of the squash. Bake until bubbling and browned on top, about an hour. For even browning, press down on the squash with a spatula once or twice while the gratin is cooking.

Variations: Sprinkle with ¼ cup Parmesan cheese (or other grating cheese) on the layers while assembling. Use other herbs like summer savory, parsley or marjoram.

## **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).