



FARM NEWS

September 14-17, 2009

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Around The Farm

The rain has lifted our spirits. We woke up refreshed and feeling optimistic about the day ahead as we rifled through the backs of our closets for our rubber boots and rain gear. All of a sudden the summer seemed like a dream and I was brought back to memories of the cold, wet days of the early season. Soon we will be back to those kinds of days here this fall but rather than greenhouse work and planting; we'll be harvesting pumpkins, rolling up drip lines and seeding cover crops. Season to season as it goes.

For now, we are still enjoying the last days of summer and all of the summer crops are still at their peak. We have an awesome succession of sweet yellow corn we're picking as well as a gorgeous crop of sweet peppers. This year we're growing less of the bell peppers because of their tendency to sunburn and more of the long Corno di Toro types. The standout is a new variety called Carmen. It's fatter, sweeter and a great producer. We're also growing lots of our standby favorite, Gypsy. These peppers are kind of in between a bell and a Corno and have been very prolific for us over the years.

The Ailsa Craig onions are sweet and mild. We had a rough spring onion harvest but now we have a bunch of great red, yellow and white onions to give out for the rest of the season. The beets are from two different plantings. Some of you will be seeing the Chioggia's, the milder white and red striped beet, and others will have the monstrous Early Wonder Tall Top beets busting out of your boxes. Be careful, they do bite!

Our Harvest Festival is this Saturday from 3-6! I think it's going to be the best one yet. The Buffalo Gals are playing folksy tunes, Grog, the chef extraordinaire, is cooking up farm food to sell, Grant Ramey, our favorite wine-maker is selling wine and doing free tastings and our interns are planning radical kids games and activities. Of course we'll also be leading farm tours so you can get a chance to see some of our fields and talk to us about farming stuff. Oh yeah, for those who claim to be good at making salsa, be sure to bring your best concoction to enter it into our salsa contest (yes, there are prizes involved). Can't wait to see you there! For directions go to our website, please don't use mapquest or yahoo with the farm address since the site of the festival is different than our home address. Thanks!

Cooking the Harvest

Ratatouille

Chez Panisse Vegetables by Alice Waters

1 large eggplant
Salt
3 onions
3 red peppers
2-4 summer squash
5 tomatoes
6 to 12 cloves of garlic
Olive oil
1 large bunch of basil

Cut the eggplant into ½ inch cubes. Salt liberally and leave it to drain in a colander. Peel and cut up the onions and cut up the pepper, squash and tomatoes, keeping them all separate. Everything should be cut into pieces about the same size as the cubed eggplant. Smash and peel the garlic and chop it coarsely. Press down on the eggplant to extract more water and dry it.

In a heavy bottomed pot, heat some of the olive oil and fry the eggplant until golden. Drain and reserve. Add more oil and over medium-low heat sauté the onions until translucent. Add the garlic and a bouquet garni consisting of a bunch of basil wrapped with string- reserving a handful of leaves for the garnish. Stir for a minute. Toss in the peppers, and cook for a few minutes; next add the squash then add the tomatoes.

Cook for about 10 minutes, stirring occasionally. Finally, add the cooked eggplant and cook for 15-25 minutes more, until everything is soft and the flavors have melded together. Remove the bouquet garni. Let cool slightly before serving. Serve with a bit of finely chopped garlic, a drizzle of olive oil and chopped fresh basil leaves.

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).