

In The Harvest Room:



Field Notes

LETTUCE

Nevada and Coastal Star

SALAD MIX

With bulls blood beet greens

SUMMER SQUASH

Raven and Success PM

CUCUMBERS

Olympia, Little Leaf, and Tasty Jade

CHARD

Bright Lights

BEETS

Chioggia and Touchstone Gold

SCALLIONS

Nabechan

RADISHES

KHOLRABI *or* FENNEL *or* CHINESE CABBAGE

PEAS (U-PICK)

Sugar Snap, Sugar Ann, and Oregon Giant

WXY Farm

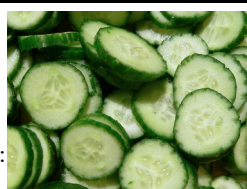
(Written by Devin Dinibanian)

Allis Chalmers built small cultivating tractors. But prior to that he was into nuclear reactors, helping build chemical processors for the US government during the First World War. Carbon, an element present in the chemical compounds of the foods we eat, is most plentiful, ironically, in weeds. Dandelion, Thistle, Amaranth and Lambs quarter all have their positive characteristics. Even though they can be root crowder's or sun blockers, we wouldn't be cultivators without them. Furrows often fill with Purslane, a tasty Succulent which can sometimes be sold to and found at mountainside restaurants. Glad is any farmer who can sit down at a fine dinner table and be served their own red lettuce. Head lettuce and humidity both have a warm place in and around my heart. Igneous rocks have a safe place beneath my feet, but are better suited to sit on house hold book shelves, everything in its proper place. Just as Jades grow in houses and Spades hang in tool sheds.

Keeping the hungry mice off of the seedlings is as much our job as feeding seed to the hungry chickens. Losing and finding hats, gloves, water bottles and harvest knives also constitutes a farmer's toil. Milk from the Old Ford Farm must be turned into cheese and yogurt and biscuits and butter. Never a dull moment on the working crew's roster. Opening coolers and coups full of chickens; Pick-up truck rear doors and letters from old friends. Quince trees! Rightly, deserve diverse orchards. Spinach plants, swallow's nests, these joys farmers can afford. Testing new theories brings us closer to knowing. Using old seed packs means we'll always be sowing.

Vetch is a legume with lattered leaves, purple flowers. We plant cover crop to increase our fertility powers. X off the days since we arrived till we're leaving, we work in the fields and sleep near the ceiling. Young Farmers chase strawberries, olives and grapes. Zookeepers beware, you're missing some apes.

Three Types of Cucumbers! Which Do I Choose?



Our cucumbers just started producing. We have three types:

Olympia: a slicing cucumber, great for salads and eating raw...the cucumber most of us grew up eating.

Little Leaf: a small pickling cucumber. Also good raw, but is the ideal cucumber for pickling (processing). Has more of a crunch!

Tasty Jade: An Asian cucumber—very sweet! These delicious fruits are a bit longer than cucumber we are used to seeing, and sometimes curl a bit. So delicious.



EDIBLE FLOWERS

Time to spice up those salads! Now you have cucumbers to add to the mix, why not add some flowers also? We have a number of edible flowers around the farm. There will be some already harvested for you to take from and add to your salad this week. Check out the informational board we have put together outlining the different edible flowers and where you can find them to harvest yourselves!

Phillies Bridge Farm Project



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Summer Squash!

Let the bounty of summer squash begin! For these first couple of weeks it will still be novel and exciting, and then we will all begin sneaking it into breads, pies, and other dinner items. Summer squash is a wonderful grillable—give it a little olive oil, salt and pepper, and throw it on the grill (along with your scalions)-voila! A wonderful vegetarian grill option. Also great in stir fries. And as Baba Ganoush!...who knew...



Baba-ga-squash

1/2 butternut squash, roasted
1 clove garlic, crushed
1 1/2 tbsp tahini
1 tbsp lemon juice
2 tbsp extra virgin olive oil
sea salt
cracked black pepper

1. Place the squash in a bowl, along with minced garlic, tahini, lemon juice (or vinegar), olive oil, sea salt, and crack pepper. Combine and taste. Adjust the seasonings to your liking. You can also go a step further by adding some parsley, basil, or fresh chilies. Serve simply with pita chips or as a spread on a bagel, a sandwich, or a falafel.



One last homage to the buckwheat...can you tell it is my favorite? A bee feasting on our stand. We will be sowing more cover crops—rye and vetch—in the next couple of weeks. More bee food!

Charred Chard Roll Ups

This recipe has been evolving other the course of the summer. Each BBQ I attend we augment it a little, so feel free to do your our experimenting.

Ingredients

8-10 large Chard leaves, stems removed (save for sauté, salad or snack for your pet rabbit)
1/4 C Olive oil
2 t sea salt
1 t crushed peppercorns
2 T Garlic Scapes, finely diced
3/4 C Farmers cheese (a blue cheese or feta will also work) cut or broken into 10 pieces.

Directions

Wash Chard and shake off excess water, set on dish rack to dry. Prepare a tin foil 'boat', shaping an 18" piece of tin foil so that the two long sides are folded up in the middle. This will be where you place your roll ups. Set aside. In a medium mixing bowl, combine the Olive oil, salt, pepper and Scapes, mixing well. Taking your first piece of Chard, rub it in the bowl covering both sides with oil. Place a piece of cheese at its narrow end and roll up the Chard around it, tucking the outer edges in as you go. Place in it the foil boat at one edge of side of the folded center. You may use a toothpick if you want to help the roll up stay together. Continue until you've made all your roll ups and the boat is full, then fold the 2 long sides of the foil up over the center, this should create a sealed package. Cook the boat on the grill (maybe alongside grilled zucchini) or in the oven (350-400 degrees) for 15-20 minutes, or until the foil is 'uber hot' to the touch. Serve on a platter, drizzling the remaining juices from the foil over the Roll ups.



—Devin Dinihanian