



**In The Harvest Room:**

**LETTUCE**

*Jericho (romaine)*

**SALAD MIX/  
BABY SPINACH**

*Includes Purslane!*

**SUMMER  
SQUASH**

*Raven, Success PM, Zephyr, and Patty Pan*

**CUCUMBERS**

*Olympia, Little Leaf, and Tasty Jade*

**CHARD**

*Bright Lights*

**DILL**

*Bouquet*

**BUSH BEANS**

**(U-PICK)**

*Provider*

**FLOWERS**

**(U-PICK)**

**Pickling Season**

Pickle season is here! One of the joys of seasonal eating is the surprises; of course if I thought about it long enough I would remember what mid-summer pickles tasted like last year, but after an autumn of the last of the tomatoes and hot peppers, a winter of squash, potatoes, onions and beets, and the sweet spring greens we've had so far, the first sour crunch of fresh-pickled cucumbers was like a cool rain during a heat wave. Pickled okra joined the table too, both competing with kimchee chilling in the cellar of the farmhouse. There is so much to eat!



The last few years I've come to a point in my life where I appreciate very fine foods but often don't have the money to buy them. Farming then is a great shortcut to great flavors, and is as compelling a reason to farm as the joy of working outside in the sunshine. I like to troll [epicurious.com](http://epicurious.com) for inspiration, but the best recipes are often the simplest, best highlighting the complex flavors of fresh picked ingredients.

In other news our chick project is progressing well - the fifteen chicks have been moved outside to their new home, a chicken tractor modified from an existing coop. They are close to being completely feathered and looking more and more like Light Brahmas every day. This morning I saw two of them, for the first time, facing off as they establish their pecking order, a sign of growing up for any species. The different rates of growth are quite astounding. I'm very curious to see, as they grow, how much of that difference has to do with size and how much with the sex of the chick. It's great to be able to get them out on fresh grass all the time, and when they get a little bigger we will begin rotating them through our fields, eating bugs that might prey on the crops. Simple systems like that are great for everyone - we have fewer pests in the soil, the chickens get plenty of nutrients with a lower feed cost, their manure fertilizes the field for next year, they're easier to take care of for us, and they are happy as can be, just doing what a chicken wants to do.

This weeks recipe is for fermented pickles, prepared in much the same way as kimchee, but with a lot less preparation time!

See you in the distribution room!

—Nate Anderson



**Upcoming Events**

**Canning & Pickling Workshop**

Thursday, July 15, 2010

6:30 to 8:00 PM

Free!

Learn how to preserve the harvest and enjoy the delights of summer throughout the year. Taught by two local canning experts: Susan Loxely-Friedle and

## Phillies Bridge Farm Project

### Notes on This Weeks Vegetables

**Dill:** We thought this would be a perfect week to add dill to the share—along with the beans and cucumbers in your share, it is a pickling heaven! Some of the dill has begun to flower—the flowers are beautiful and delicious in pickling/canning projects.

Otherwise, you can chop this fresh herb up, slice up your cucumbers, and make this

**delicious fresh cucumber salad. Great to help beat the heat. Slice 1 and 1/2 pounds cucumbers (double recipe for farm share portion of 3 pounds cukes), and coat in 1 TBSP salt—let sit for 15 minutes. For dressing, mix 1/2 cup distilled white vinegar, 1/4 cup finely chopped fresh dill, 3 TBSP sugar, and 1/2 tsp black pepper. Stir until sugar dissolves. Dress cucumbers with dressing, and let sit 15 minutes to 2 hours in fridge—serve cold.**

**Cucumbers:** Still the three types to choose from: Slicing (Olympian and Marketmore), Asian (Tasty Jade), and Pickling (Little Leaf and National). The Pickling cucumbers are also great for salad and eating raw, but have proved to give your pickles the most crunch if you do plan to turn your cucumbers into pickles.

**Purslane:** We are offering Purslane as part of the salad mix this week. Purslane is best known by us farmers as not only a weed we deal with in between our intentionally planted crops, but also—a nice, refreshing snack at any time during the farm day. Recently featured in the New York Times, it is described as having a pleasant crunch and a lemony tang. (<http://www.nytimes.com/2010/07/07/dining/07purslane.html>)

**Spinach:** We are excited to have this small offering a spinach. Spinach was the one crop that we had a lot of trouble with in the spring—low germination rates, eventually driving us to transplant plugs out a little late in the season. This is it! We are hoping for a good fall crop of spinach. We hope you enjoy this little bit, and continue to enjoy the chard—also known as “the spinach of the summer!”



45 Phillies Bridge Rd, New Paltz NY 12561  
(845) 256-9108 [www.philliesbridge.org](http://www.philliesbridge.org)

### Lacto-Fermented Pickles

*This recipe is even simpler to prepare than a cabbage-based ferment. As the ingredients can be cut larger, it's easier to keep them submerged! I like to make these pickles right in the glass jars they will be stored in..*

Pack as many cucumbers, whole or sliced into rounds or spears, as you can into a glass jar. If fermenting cucumbers whole, poke them with a fork to allow moisture to penetrate quicker.

Add other ingredients to taste. A tablespoon of chopped dill per pint jar is about right, but I like to add a lot more. Onion and garlic are also popular choices, either whole or chopped. If adding whole garlic cloves they can be saved and used to add a pickle-like punch to another dish! Again, any spices can be added - use pre-made pickling spice or create your own! For spicy pickles, add hot peppers. For variety, mix in other vegetables - try okra or beets.

Prepare a brine. Add salt to water and mix well. Again here, the saltiness of the brine will determine how salty the pickles are, so it's better to add a little at a time. For sweet pickles, add sweetener to taste. I like spicy pickles sweetened with honey or maple syrup. Pour the brine over the cucumbers.

Device a way to keep the solids submerged. With a wide-mouth quart or pint jar, a 12-ounce glass bottle filled with water (take the label off first) fits just right. Cover with a towel and put in a cool place. Taste every few days, and when they're as soft as you like them, cap and put in the fridge, where they will keep for months.

—Nate Anderson

### Dilly Beans

#### Ingredients

- 3/4 cup water
- 2 TBSP pickling salt
- 3/4 cup distilled white vinegar
- 1 head fresh dill weed
- 1 TBSP pickling spice
- 1 TBSP mustard seed
- 1 dried red chile pepper
- 2 cloves garlic
- 3/4 pound fresh green beans, rinsed and trimmed



#### Directions

1. Sterilize your jar(s) in boiling water for at least 5 minutes.
2. Combine the water, pickling salt, and vinegar in a large pot, and bring to a boil. When it begins to boil, reduce heat to low, and keep at a simmer while you pack the jars.
3. In each jar place the following: 1 head of dill, 1 TBSP of pickling spice, 1 TBSP of mustard seed, 1 dried chile pepper, and 2 cloves of garlic. Pack beans in the spiced jar(s) in a standing position.
4. Ladle the hot brine into jars, leaving 1/2 inch of space at the top. Screw the lids onto the jars, and process in a hot water bath for 6 minutes to seal. Store for at least 2 weeks before eating.