



Field Notes

In The Harvest Room:

LETTUCE

Red Salad Bowl and Rouge d'Hiver

GREEN PEPPER

New Ace and Revolution

CARROTS

Nelson

TOMATOES

Sungold and Juliet

CUCUMBERS

Olympia, Little Leaf, and Tasty Jade

KALE

Winterbor

CILANTRO

Bouquet

ONIONS

Cipolinni (Gold Coin)

SUMMER SQUASH

Raven, Success PM, Zephyr, and Patty Pan

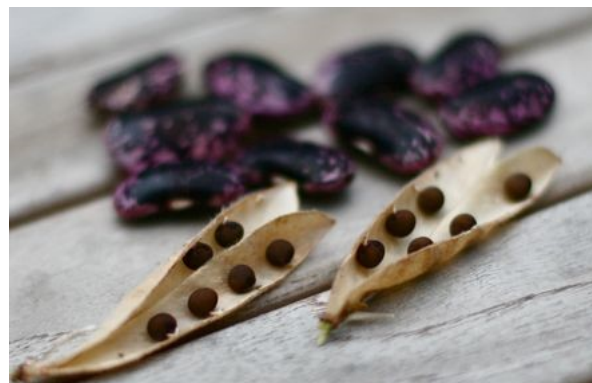
BEANS

Jade and Dragon Tongue

(U-PICK)

Saving Seed

Our greenhouse sowings have officially ended and only half of the tables remain full. In the next couple of weeks we will be planting out the last of our root crops, fall brassicas, and final lettuce sowings. With that, our work there will have ended for the season, and as a consequence, my greenhouse specialization will have become obsolete.



Having gotten used to enjoying an aspect of the farm where I could focus my attention, I didn't like the idea of finishing my season here without being able to contribute something unique to the Phillies Bridge. I had discussed seed saving with Anne in the past, and so it made sense that I could spend my last few weeks here focusing on saving and collecting seeds for the next season. After all, saving seed provides the rare opportunity to see the plants at their fully mature stage, completing the cycle that starts when we sow the seeds in the greenhouse. Anne was excited about the idea so I immediately started doing some research.

It turns out that there's a lot more involved with saving seed than just cracking open a bean pod and dropping the seeds into a labeled paper bag. I always knew there would be complications, but I had no idea how much had to be considered. One of the biggest obstacles to saving seed is cross-pollination. We almost always have more than one variety of a vegetable growing in the field at the same time, and if these flower at the same time, insects may be cross-pollinating the different varieties. This isn't necessarily bad. Many new varieties have come about this way, but you're not going to get the plants you want if this takes place. I'll be trying various techniques to isolate the flowers to prevent this from happening. Another challenge to saving seed on the farm scale is actually giving the plant the time it needs to go all the way through its life cycle. It's hard enough to keep the weeds back on a bed of lettuce until they're harvested. Imagine doing that for twice as long just so a few of the remaining plants will reach maturity!

The challenges are many, but I'm hoping the results will be worth it. If all goes well and we can collect seeds on even just a handful of items, we'll be saving money and the resulting plants should be hardier and more tuned to our specific environment. As a personal benefit, I'll be happy knowing that I've been able to make a contribution to next years season at Phillies Bridge. And I hope all of you will be able to reap the benefit.

If you're interested in learning more about seed saving, make sure to mark Saturday, August 21st on your calendar. That's when Ken Greene of the Hudson Valley Seed Library will be giving a class on seed saving techniques here at Phillies Bridge Farm.

—Will Martin

Phillies Bridge Farm Project

Notes on This Weeks Vegetables

one of my all time favorites. Juliet is a sweet, grape tomato. If either make it past the car ride home (best eaten super fresh, still on the farm...) throw them in a salad, or you can make a wonderful Tabouli by mixing them with bulgur, diced cucumbers, chopped green peppers, and sliced cipollini onions. Maybe even season it with your cilantro?

Green Peppers: Given time, these peppers would have eventually become red. Every green pepper is a pepper that was picked just little earlier than the plant would have intended. We couldn't wait, and were to excited to add some bell peppers to our shareholders' diets. Later in the season you will know these peppers in their fully ripened, red state.

Kale: But what do I need to know about kale? I get it every other week. Enough kale! Or maybe you love the kale and don't need any new ideas. HOWEVER, this is most likely the last week of kale until our fall succession comes into bearing. We just transplanted it yesterday; it should be quite some time before we are harvesting it. One last spring kale hoorah!

Tomatoes!: The first of this season's tomatoes—we offer you this first taste. Sungolds (the orange cherry tomatoes) will soon be offered as U-Pick (as soon as we have enough) and is



Nate's Tips on Kale



Eat your spring greens! Getting sick of Kale and/or Chard? Some ideas: Kale Chips (drizzle with olive oil and salt and bake); put the kale under a piece of meat you are cooking, let the drippings marinate and cook it—delicious! Wrap the kale around goat cheese and grill or bake it.

Honey Glazed Cipollinis

I made these onions last week for the rest of the crew and they haven't stopped talking about them since. Caramelizing the onions on the skillet and then roasting them with honey makes for an almost candy-like side dish.

Ingredients

- 8 cipollini onions
- 1 tablespoon canola/ vegetable oil
- 1 garlic clove (crushed)
- 1 tablespoon honey
- ¼ cup chicken stock
- 2 sprigs thyme
- salt and pepper to taste



Directions

- Preheat onions to 400 degrees
- Trim the onions, making sure to end up with a flat surface on both sides.
- Heat the oil on medium-high in a cast iron skillet (or any oven-safe, heavy-bottomed pan) on place the cipollini onions on the pan in a single layer.
- Cook till browned on the bottom before flipping to brown the other side (this should take about 6 minutes. I know it's hard, but try to refrain from checking on them too much.
- Once browned on both sides, add the stock, honey, and thyme. Cook for a few minutes until the mixture thickens.
- Put the skillet in the oven for 20 to 25 minutes. Let the pan cool for a few minutes and then they're ready to serve.

*Recipe adapted from Ad Hoc at Home

Bacon, Lettuce, and Cherry Tomato Salad

Too many people trick themselves into thinking they're eating something healthy when they dig into a plate full of iceberg lettuce chunks topped with croutons, a creamy ranch dressing, and a couple unripe tomato wedges for color. Why not embrace the unhealthy salad and make the flavor worth your while?

Ingredients

- ½ pint of cherry/ pear tomatoes, halved
- 1 diced green bell pepper
- 1 head lettuce (works best with a hearty lettuce like a romaine, but any lettuce will do)
- 6 slices bacon
- 1 garlic clove
- 3 tablespoons mayonnaise
- 1 ½ tablespoons white wine vinegar
- salt and pepper to taste



Directions

- Cook the bacon until crisp. Wait until it cools and crumble into pieces. Pour off most of the bacon grease from the pan, leaving enough to still coat the bottom (about 1 tablespoon).
- Toss the lettuce, tomatoes, and green pepper in a large bowl
- Heat the bacon grease, add the garlic, and then add the mayo and vinegar. Wisk until blended and add the salt and pepper.
- Pour dressing over salad and toss to coat. Sprinkle the crumbled bacon on the top. Serve immediately.