

Subject: Farm Newsletter Week of August 6th-11th
Date: Tuesday, August 5, 2008 7:57 AM
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Conversation: Farm Newsletter Week of August 6th-11th

After cleaning up the pea vines and trellis, we tilled in and planted lettuce, spinach, cilantro and mesclun for the fall. Soon we will be planting radishes as well. In areas where we wanted to smother weeds, we planted buckwheat a cover crop that smothers weeds and improves the soil by adding organic matter and preventing erosion.

If you get the chance make big batches of things and freeze what you can't use right away so you can enjoy the bounty during the winter. Some ideas of things to freeze (all in the recipe book online www.traciesfarm.com <<http://www.traciesfarm.com/>> or in the Printed Recipe Book): Pesto, Tomato Sauce, Tomato Green Bean Curry, Peppers pre cut as you will use them

The broccoli, cabbage, and cauliflower may have cabbage worm "refuse" on it. It is greenish. We do not use pesticides on our farm so hence you will find this from time to time on the broccoli family plants. It will not hurt you. All you need to do is wash it off before you use it. We don't wash it here as it will hasten rotting of your veggies so it is better to leave it be.

We have a lot of cucumbers coming in more than we can fit in the already overloaded baskets so we are selling pickling cucumbers at \$1 per lb for bulk pickling cukes. Give me a call to arrange pick up. We have already donated over 350 pounds to the Keene Community Kitchen and still have a lot left.

The farmstand is open and fully stocked with peppers, eggplant, summer squash, zucchini, cucumbers, sunflowers, garlic and whatever else we have around in abundance.

Watermelons and melons are beginning to come in. There are yellow and red watermelons and cantaloupes including a smaller one with white/green skin that almost tastes like a cross between a cantaloupe and a honeydew. It is tricky to know whether a watermelon is actually ripe for sure until you cut into it. If you get a watermelon that is not ripe, please let me know and I will replace it with a ripe one the next week.

This week's harvest:

-Lettuce, Summer squash, Cukes, Peppers, Eggplant, Tomatoes, Beans, Melons/
Watermelons or cabbage, Cherry Tomatoes?, Kale

Next week's harvest: Mesclun, lettuce, cukes, beans, summer squash, peppers, eggplant, tomatoes, melons, chard Let me know if you'd like any other herbs like

chives, lemon balm, mint, parsley, dill, oregano, savory, rosemary, thyme, sage, thai, lemon or lime basil, or basil. No more fennel left!

Following Recipes from Yellie Rothberg!
Broccoli fritters.

1 inch fresh ginger, chop it really fine
5 Tbs yogurt mayonnaise, or make your own

2 Tbs sherry

1 little clove of garlic

broccoli

1 egg

4 Tbs sesame seeds

3.5 oz ice cold water

flour

oil for frying

Whisk the ginger, garlic yogurt mayonnaise, sherry with salt and pepper till a sauce.

In a low flat bowl whisk ice cold water together with the egg, a little salt, sesame seeds and than add enough flour to make a sticky butter. Coat the broccoli with the butter.

In a wok heat up the oil till you see damp coming of the pan. Fry the broccoli heads (if to big cut them in half) 4 at the time in the oil for 3 minutes. Drain on kitchen paper.

Serve with the ginger sauce.

Kale soup with kielbasa. Serves 4.

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4 potatoes

1 onion

2 cloves of garlic, or more

2 Tbs oil

1 can tomatoes

7/8/9 kale leaves without the stems

4 cups chicken or vegetable stock

1 kielbasa, cooked or use vegetable sausages. At the food co-op they sell them without preservatives.

Wash the potatoes and cut them in bite size pieces with or without the skin. Do the same with the kale. At first the kale seems a lot but it is wilting down.

In a soup pan fry the chopped onion and garlic till soft. Add the tomatoes, potatoes and kale and after a minute add the stock.

Bring to a boil. Lower the heat and with the lid on but not completely covered let the soup simmer for 25-30 minutes until the vegetables are tender.

Slice up the kielbasa and warm it in the soup for the last 5 minutes, add salt and pepper to taste.

This year we are canning food for the extra tomatoes, cucumbers (pickled) and peppers.

I found this website www.canningusa.com <<http://www.canningusa.com/>> .

The website has very good video's on how to can, with very clear and easy instructions.

Make a simple salsa with tomatoes, onion, and peppers, you can use that for so many things in the winter time. Just add beans for a chilly, corn or beans and put it in a pie crust with some cheese, use it as a pizza sauce, for soups, tortilla's.

RED GAZPACHO submitted by Becky Cummings, Yield: 6-8 servings, Time: 30 minutes plus chilling time

4 large red tomatoes (peeled & coarsely chopped) or 28 oz. can diced tomatoes, 2 medium cucumbers, coarsely chopped (peel if skins are tough), 1 medium onion, coarsely chopped, 1 medium green pepper, cored, seeded and coarsely chopped, 2 stalks celery, coarsely chopped, 2 cloves garlic, minced, 3 cups V-8 juice, 1-4 cup red wine vinegar (or more to taste), 2 medium to large red tomatoes, peeled & finely diced or 14.5 oz. can diced tomatoes (or more), 1 small cucumber, finely diced (peel if tough skinned), 1 medium green bell pepper, cored, seeded & finely diced, 4 scallions, finely diced

In blender or food processor, combine the coarsely chopped vegetables & garlic with 1-4 cup V-8 juice. Blend until almost smooth. Pour the vegetable mixture into a large bowl. Stir in the remaining V-8 and vinegar. Add the finely diced vegetables, salt, pepper and hot sauce to taste. To make the soup thinner, add water and adjust the vinegar and seasoning. Cover and chill thoroughly. Serve icy cold.

I also make pesto variations with parsley & mint together, arugula, and cilantro. Try pecorino instead of parm and toasted walnuts instead of pignoli for more variations! (by Jenny Norman)

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