

Subject: Farm Newsletter Week of Sept 17th-22nd 2008
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From: Tracie M. Smith <farmertracie@hotmail.com>
Conversation: Farm Newsletter Week of Sept 17th-22nd 2008

It is now officially fall! There is only two weeks of deliveries left after this week since we started a week earlier this year. The leaves are beginning to change, the plants are slowing down, and the weather is cooler. The clean-up of the fields is continuing where crops have died out, and that will continue for another month. Once we clean an area out, we are planting winter rye.

Thanks to all who made it to the harvest potluck this past weekend. We had a great turn out and an amazing variety of yummy food! If you weren't able to make it we still have plenty of pumpkins left so you are welcome to stop by and pick yours out. They are right under where the sunflowers are growing.

If you'd like to stalk up on Recipe Books (\$10 each), Honey (\$5 each or 5 for \$22), Maple Syrup, Garlic (\$10 per bunch) or Red or Sweet Onions (\$1 per lb) for gifts or for the winter. Let me know if you'd like me to send any in your basket. We still have lots of canning tomatoes for sale for those who are interested.

If you are having a problem using any of your produce don't forget about checking the recipe book that is at www.traciesfarm.com.

I created an end of the year survey that can be accessed at the address below. We appreciate any feedback you can give. It helps with next year's decision making on what to grow and how to do things.

http://www.surveymonkey.com/s.aspx?sm=bJHGTPzc6foFPYrYNkNSyg_3d_3d .

Free, 15 yr old, Sears, 15 cubic feet, chest freezer. 847-3206, ask for Rick. In Nelson.

Fitz Gritz Co-op is a, not for profit, buying club that has been based in Fitzwilliam for many years. We place orders through United Natural Foods, Inc., in Chesterfield and they are delivered to Fitzwilliam.

At this time we are placing orders every other month, hoping that with a larger membership we could place orders every month.

This is some background information on how membership works. Please contact me should you have any further questions.

- There is no fee to join. For those that place an order, in a given month, there is a \$3.00 fee that is applied to the delivery/fuel charge that UNFI charges all buying clubs. That fee amount could go up as the delivery/fuel charge goes up. With more members, it's possible, that fee could go down.

- Members, once signed up, enter their own orders on the UNFI ordering web site. After the scheduled order cutoff date I finalize the order and send it to the warehouse.
- Delivery is the following week. Right now delivery is scheduled for a Thursday, early morning. Pick up is at Concord Industries, Inc. on Route 12.
- At delivery you will be given a detailed invoice to pick your order from. Payment is made at that time by check or cash.
- Out of town membership is welcome. If you can't pick up your order at the time of delivery it is requested that you still pick your order up that day, as it will be held at another member's home.

Why belong to a food co-op?

- Items bought in bulk are usually less expensive (members can split bulk items).
- It's almost a one stop shopping experience (we do not order fruits/veggies at this time).
- There is an incredible amount of offerings – gluten free, vegetarian, organic, natural earth friendly products, dairy, even meats.
- One truck, one delivery.....many families.

For more info., please contact me at 585-6956

Mary Ann Marino, Fitz Gritz Coordinator.

Elephant Rock Farm Trail Clearing!

We'd like to invite all members of the community to come help us blaze and clear a walking trail at Elephant Rock Farm. This trail is an exciting addition to our ongoing conservation project. We envision a place that welcomes hikers, nature lovers, dog walkers, and families.

We've marked out a pleasant walk from Jaffrey Rd to Route 119 that will begin at the "Tree Farm" gate next to the Elephant Rock farmhouse and then continue through the woods behind the farmhouse and onto land that is part of Tracie's Farm. There are some interesting features to see: the trail will pass through old bar ways in stone fences, over an old stone bridge, and by a small granite quarry.

When: Saturday October 19, 1:00 – 5:00 pm

Where: Meet at Elephant Rock Farm, 90 Old Jaffrey Rd. (just past Tracie's Community Farm)

What: Tools like handsaws, shovels, rakes will be useful.

Note: Drinks will be provided for volunteers.

This week's harvest: Mesclun?, Radishes?, Tomatoes, Kale, Turnips, Spinach?, Peppers, Broccoli?, Celery, Cilantro, Winter Squash or Pie Pumpkins

Next week's harvest: Mesclun, spinach, lettuce, radishes?, tomatoes, leeks, beets, basil, let me know if you'd like chives, lemon balm, mint, parsley, dill, oregano, savory, sage, or thai, lemon or lime basil, or a big bag of basil for pesto.

Last Week's Harvest: Mesclun, Spinach, Lettuce, Radish?, Tomatoes, Green Tomatoes, Carrots, Brussel sprouts, Potatoes and/or Sweet potatoes (you need to let sweet potatoes sit for a few weeks after harvest to sweeten up so please be patient before eating-they aren't good freshly harvested!),

Oven Roasted Tomatoes

6 medium tomatoes, sliced crosswise 1/2 - to 3/4 inch thick

Olive oil

Salt, pepper and sugar

Heat oven to 300° F. Line two baking sheets with aluminum foil; generously rub with oil. Arrange tomato slices in a single layer on prepared baking sheets. Sprinkle with salt, pepper and sugar. Roast until the tomatoes shrivel, the edges start to turn brown and most of the liquid around the tomatoes has caramelized, about 1 hour. Roasted tomatoes will keep 4 or 5 days in the refrigerator.

Tracie Smith

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