



Charlestown FARM

www.charlestownfarm.org

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Charlestown Farm

August 2007 issue

August and the Harvest

The weekend of July 21st was SUMMER AT ITS BEST— big puffy clouds in picture-perfect blue skies, temperatures in the 80s with a slight breeze blowing, the crickets singing, the air smelling so great, a bit of rain, just enough to give the crops a proper drink and allow us to seed the fall beets into moist, crumbly soil that practically sung to us of germination. I am truly thankful for what Mother Nature has bestowed upon us this season. Those of you who have been with the Farm for several years have seen the ups and downs of different seasons, perhaps with different farmers. Last year was a challenging year. I am thankful this season to have timely, gentle rains, a year of experience under my belt and an incredible farm crew on board. It is a *great relief* to see the share room overflowing with crops. I am continually humbled by the intricacies of Nature.

When you become a member of a CSA you get to experience the bounty and the risk of farming. Certainly the cucumbers, zucchini and squash are having a great year this season. We’ve just started to harvest our fall onions and we are so pleased with the results of the plastic mulch. We have half the harvest curing in the hoop-house. (*Onions need to cure for at least a week before you can store them.*)



Volunteer Claire Stiener with the onion harvest.

Feel free to take a peek at them in the hoophouse and look forward to having them in the fall. They are just gorgeous this year. However, there are a few crops that did not do well this year. The garlic harvest fell short this year and since we keep a portion of each year’s harvest for seed for the following year, the distribution this year will be small. The warm 2006 winter may have had an effect on it. Parsnips also did not germinate well after our April 16th snow storm, so they will not be making an appearance this year. “Better luck next year” with these two crops.

The full summer bounty of August is just starting, bringing with it the wonderful vegetables of late summer. You can expect the juice from muskmelons and watermelons to be dripping down your chins soon. Eight varieties of heirloom tomatoes will make their season debut. We

have Cherokee Purple, Striped German, Brandywine, Arkansas Traveler, Super Sioux, Nepal, Double Rich, Jubilee, and some pink hybrids by the names of Pink Beauty and Mortgage Lifter. Green peppers, eggplants and potatoes (YUM!!) will start this month. Beets and carrots will continue along with sweet corn, chard, sweet white onions and scallions, cucumber, zucchini and squash. Look for a new variety of zucchini, a golden zucchini called Sebring to start up this month. New items that will appear in the U-Pick Garden will be those luscious sungolds, paste tomatoes, more green beans and some yellow wax beans. Edamame will ripen in August. Just pick the whole plant, strip the beans off, boil or steam the beans for about 2 minutes and then strain them and put some sea salt on the pods. They are fun to eat, just put the pod in your mouth and squeeze out the beans. Delicious!

A Fond Farewell to Ruth

We bade a fond and tearful farewell to Ruth in mid-July. Farming is hard work and sometimes your body just doesn't want to cooperate when you'd like it to.



Unfortunately, Ruth developed tendonitis in both her arms and needed to take some time to heal. The farm team misses her very much, but she is on the mend and thinking up new herb garden and restaurant businesses. We urge her onward with ideas and look forward to her returning for visits and events, and maybe if we are lucky some of her wonderful cooking wizardry. We are grateful to a number of volunteers who will be working with us in August to fill in for Ruth and in the beginning of September we will welcome Libby Voss to the farm team. More on Libby in September!

IPM in the Bean Patch

IPM stands for Integrated Pest Management. It means basically we fight bad bugs with good bugs. We still have a thriving population of Mexican bean beetles. If you've been in the bean patch you'll notice the leaves have gotten lacy because the Mexican bean beetle larvae have been munching on them,



Releasing Wasps for the Bean Beetle

much the same way the Japanese beetles do to the Edamame. There is a very tiny wasp, not much bigger than the head of a pin that will prey on those nasty little bean beetles and we are hoping to get the upper hand with them. We released two batches of these tiny wasps at the end of July and hopefully we will see later successions of beans in better health. Keep your fingers crossed!

Korean Exchange Students

We had the privilege of hosting six Korean exchange students and their professor this past month. The students were doing research and work at the Rodale Institute in Emmaus, PA. The



The Korean Students come for a visit.

Rodale institute offers an exchange with Gyeongsang National University, in conjunction with KASA (Korea Association for Sustainable Agriculture). The students wanted the opportunity to visit a couple of area farms, so John and Aimee Good, of Quiet Creek Farm at Rodale, sent them our way. The students worked and stayed on the farm for two days. They joined us harvesting, weeding, putting up the garlic, tying up tomato plants, dragging drip tape out of the fields, and spraying eggplant for Japanese beetles (organically of course). The days they worked with us were some of the hottest in July but the students tramped through. We fed them a fine spread of farm produce and they enjoyed a campfire complete with S'mores in the evening. It was great being part of the exchange.

Volunteers

Thanks go out again this month to everyone who volunteered their time with us... **Margaret Malagon, Claire Steiner, Lynn Trizna, Dylan Marshall, Zoe Warner, and the Andersen family.** A special note of thanks to member **Laura Petersen** who took it upon herself to pick Japanese beetles off of our Edamame and Beans in the U-pick by dropping them into a bottle of water. Thanks Laura!

If anyone is interested in volunteering with us, please feel free to email me (sue@charlestownfarmcenter.org) and we can set up a day for you to come out. Our routine includes harvesting every morning of the week and then prioritizing farm tasks to the late mornings and

afternoons. We start at 7:00am, break at noon for lunch and start back at 1:30pm and work until 5:00pm. You are welcome to join us at any point in the day for whatever amount of time you would like.

Eat Healthy Meats!

So you've joined the CSA and you are eating fresh, local, organic produce and talking to your farmers. But what about your meat?



This year the farm has started carrying local, sustainably raised meats that include ground beef, whole chicken, cut chicken (NEW!), pork chops, pork tenderloin, sweet italian sausage, and chorizo (hot sausage).

Do you know the source of your meats? We know all the farmers that we purchase our meat from. We know that they raise them without hormones or antibiotics. They are grass-fed, and pasture raised, enjoying their days in fresh air and sunshine with much care and attention devoted to them.

There are a lot of benefits to eating grass-fed meats and a wonderful cookbook that I use is *The Grassfed Gourmet cookbook*. It is a great source of information, as well as a cookbook. I'll give you just a few of their tips.

Free Range. Free range may—but not necessarily—indicate that the animal was put outside or in a barnyard sometime during its lifetime. It does not guarantee that the animal was raised on a diet of grass in a carefully managed pasture. Hence, some free-range eggs are better than others.

Health Benefits. Grass-fed meats are rich in “good fats” —notably, omega-3 fatty acids, which are linked to blood pressure reduction, healthy brain function, and the slowed growth of many types of cancer. In addition, grass-fed meats and dairy products are a rich source of conjugated linoleic acids, or CLAs, another “good fat.”

Environmental Benefits. The pasturing of animals encourages biodiversity, improves soil fertility, and eliminates the waste-management problems associated with confinement-feeding operations. Feeding animals on grass reduces greenhouse gases in the air due to a process called carbon sequestration, wherein the grasses and legumes found in well-managed pastures are able to draw excess carbon dioxide from the air and return it to the soil as carbon. Most important,

buying pasture-raised products from a farmer in your area helps keep the farm in business. Small-scale farms enhance the landscape, provide a local food source, and make good use of the land they occupy.

Economic Benefits. Although grass-based farms are more labor-intensive, farm inputs, such as fossil fuels, are kept to a minimum. Farmers are able to get a fair price for their product when they sell to informed, socially responsible consumers who are willing to pay the *true cost* of their food rather than relying on artificial price supports for the grain used to produce conventionally raised meats. Local farms hire local workers, contract with local service providers, purchase local goods, and participate in local activities. They are invested in the community.

So, think about checking out the blue freezer in the barn for your next meat purchase! I think you'll be pleased.

Coming in late August, sustainably caught Wild Alaskan Salmon from Bristol Bay, Alaska! We'll keep you posted.

—Sue Kilpatrick

Making a TV Pilot and Music at Charlestown Farm



Hoots and Hellmouth

It is amazing to see what can be accomplished in less than 2 months. That's how long it took for local band, Hoots and Hellmouth, to come up with an idea for a TV pilot, pitch it to their record label, and create it. In early June, the band played at local farm, Kimberton Hills, and it enlightened them about the importance of sustainable agriculture. Based on this experience, the band decided to create a pilot for a TV show that would integrate farming, food and music. Their music label, MAD dragon records, liked the idea, but they needed a farm to host the pilot. Sean Hoots approached us, and we agreed. Part of our mission is to help raise awareness about the importance of sustainable agriculture and the show could help accomplish our goals. The film crew was polite, the band members were enthusiastic, and their free concert was great! We hope to get a copy of the TV pilot and will show it at the Farm if we do.

DEAR ABY

Dear Aby,
WOW! This is a lot of stuff! I can hardly carry all of these vegetables. Why is there so much more this year than last year?

Phil A. Bundance

I was so pleased to be in the share room this past week to receive all of these wonderful comments. We are just as delighted as everyone that Mother Nature is providing such an abundance of crops this year. The number one answer to this question is weather. We have been extremely lucky thus far with no major rain storms and no long periods of drought. (Now, I want you all to knock on wood!) This is a great time to be canning, freezing and drying so that you can enjoy the fresh tastes of summer throughout the winter.

A great resource for guidelines on preserving is:

<http://www.uga.edu/nchfp/index.html>. I'd like to thank all of our members for supporting the farm and riding all of the tides with us. Sharing the risk of farming with your farmers is what makes a CSA special. Without you we wouldn't be out there doing what we all love so much — growing delicious food that keeps us happy and healthy!

—Best, Aby

FARM EVENTS

Sunday, August 5th—2pm to 4pm

A Walk in the Woods. Join Nathaniel Whitmore and Danielle Aubert from the Pocono Herb Foundation on an exploration of edible and medicinal plants native to the area. Meet at the Barn.

Tuesday, August 14th — North Star Orchard Fruit Explorer's Club Starts

If you signed up, it's starting! Remember fruit delivery corresponds with your P/U day.

Sunday, August 19th — 3-4 pm — Pizza — Family Cooking Workshop.

Cooks of all ages are invited to come make pizza with fresh tomatoes from the farm and simple homemade dough.

Tuesday, August 21st — 7pm Canning & Preserving Workshop

This workshop will demonstrate the basics of canning and freezing the bounty of the farm. It will be an informal session with lots of time for questions.

Monday, August 27th — 7pm — Cooking Workshop with member Julie Zlogar

Find out what Julie's cooking this month!

OCTOBER 6th — HARVEST CELEBRATION!! Put it on your calendars NOW!!!

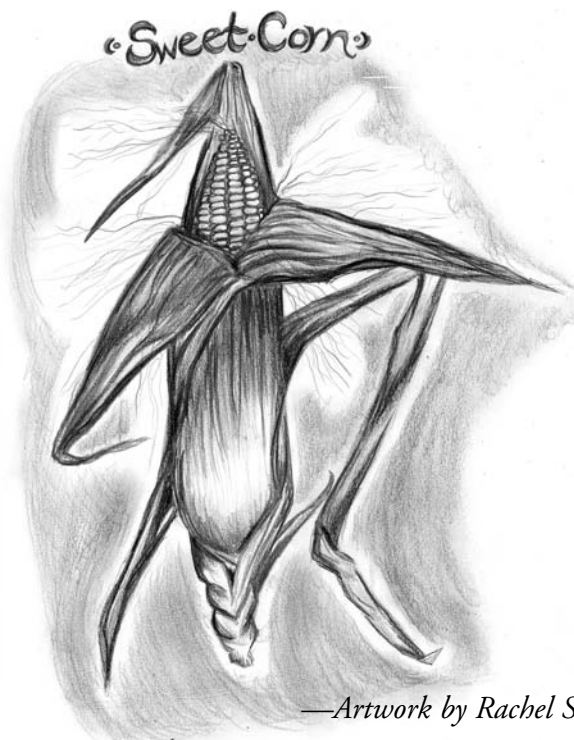
FARM FUN

Haiku Fun

Cherokee Purple
Juicy, burgundy beauty
Splitting at the seams

Hazy, humid, hot
Sweat pouring out of our
pores
Time for popsicles

Run clucky chickens
Our scraps are finger lickin'
Get 'em 'fore they're gone!



—Artwork by Rachel Stermer

Fermented beet treat
Chickens gulp with gusto
With lipstick red beaks

Sweet summer sweet corn
Shuck its husk and silken
threads
Munch it raw for snack

Muskmelons flying
At harvest time, toss and catch
But first, eye contact!

—Andrea Grom



These recipes are from the cooking demo this past Monday with Annmarie Butera of Cucina Verde. www.cucina-verde.com. We had a wonderful demo with her! We are hoping to have her back in the future.



Moroccan Carrot Salad: serves 4-6

1 pound carrots cut into sticks
 3 tablespoons olive oil
 Juice of 1 lemon
 1 garlic clove, minced
 1 teaspoon cumin seeds, toasted
 1 teaspoon ground cinnamon
 1 teaspoon paprika
 Small bunch cilantro, chopped
 Small bunch mint, chopped

Steam carrots until tender. Remove and place in bowl. Toss with olive oil, lemon, garlic, cumin, cinnamon, and paprika. Season with salt. Add cilantro and mint. Serve warm or at room temperature.

Indian Spiced Potatoes

1 large onion, cut into large dice
 1 pound potatoes, peeled and diced
 2 T Coconut oil, extra virgin olive oil or ghee
 1/4 tsp cumin seeds
 1/2 jalapeno (or more to taste), finely chopped
 1/2 tsp ground coriander
 1/4 teaspoon chili powder
 1/4 teaspoon turmeric
 sea salt and freshly ground pepper to taste
 1 teaspoon Garam Masala

Boil potatoes for about 10 minutes. Drain and set aside. Heat oil on large pan over medium heat. Fry cumin

seeds for about 2 minutes. Add jalapeno and fry another minute. Add onion and cook until it begins to soften, stirring for about 5 minutes. Stir in coriander, chili powder and turmeric. Add drained potatoes. Stir to cover with oil and spices. Cook another 7-10 minutes until tender. Season with salt and pepper and add garam masala. Serve immediately with cucumber mint raita.

Garam Masala – a blend of ground spices usually used in Indian cuisine. It’s name means “hot spice”, although it is more pungent than spicy hot. Garam Masala is usually added at the end of cooking, so as not to lose its full flavor. It is sold in ethnic supermarkets or health food stores. It is easy enough to make your own:
 Yield: 1/4 cup

1 tablespoon cumin seeds
 1 tablespoon coriander seeds
 2 teaspoons black peppercorns
 1 teaspoon cardamom seeds
 (from about 8 cardamom pods)
 1/2 teaspoon whole cloves
 1 cinnamon stick, broken up
 1 bay leaf, broken up

Combine all the spices in a small frying pan and place over medium-high heat. Toast spices, stirring, until the aroma releases and it turns several shades darker, about 6 minutes. Remove from pan and when cool, grind to a powder using an electric grinder. Store in a tightly sealed container in a cool place for up to 6 months.

Cucumber Mint Raita

1 cups raw yogurt*
 1 cucumber, peeled, seeded and finely minced
 1/4 cup mint leaves, mint
 Juice of 1/2 to 1 lemon (to taste) (or you can combine some juice and some zest)
 Sea salt to taste
**you can drain the yogurt by placing it in a cheesecloth set over a colander over a bowl in the refrigerator. The whey will drain and the yogurt will become thicker. For a thick yogurt, drain about 2 hours or more. You can then use the whey to soak grains, nuts and seeds.*

Beet Salad with Sautéed Beet Greens

5 red beets, tops removed, cleaned, chopped and set aside

Extra virgin olive oil

1 orange, cut into segments, reserving the juice

2 tablespoons balsamic, sherry, white wine, or champagne vinegar (or to taste)

Sea salt

Pepper

Extra virgin olive oil for drizzling

1. Peel beets and slice into very thin rounds using knife or mandoline. Set aside
2. Heat large stainless sauté pan.
3. Add olive oil and garlic. Cook garlic about 1 minute without browning.
4. Add beet tops and sauté until just wilted.
5. Season with salt and pepper.
6. In bowl, toss orange segments with reserved orange juice, vinegar, a splash of olive oil, salt and pepper.
7. Place greens on plate
8. Fan beet slices around greens.
9. Drizzle orange vinaigrette over top.
10. Serve immediately

Alternately, you can leave beets unpeeled. Scrub well and place in foil with a drizzle of olive oil, salt and pepper. Roast at 400 until soft when pierced. Let beets cool. Peel them and cut them into quarters. Toss cooked beets in bowl with orange segments (step 6) and top the greens with the orange and beets. (this is nice in the fall)

Variations:

Add soaked and toasted walnuts to the salad; add crumbled goat cheese, add roasted fennel

Sicilian Style Greens

2 T raisins

1-2 T extra virgin olive oil

2 garlic cloves, minced

2 anchovy filets (optional)

Pinch red pepper flakes

1 large bunch greens (kale, collards, swiss chard, spinach, escarole), washed and sliced

2 T Pine nuts, soaked and toasted

Salt and pepper to taste

To soften raisins, put them in a bowl and cover with warm water. Set aside Heat large sauté pan.

Add olive oil and garlic. Sauté to soften garlic without browning. Add anchovy and stir it in until a paste forms. Add red pepper flakes Stir in greens and coat with oil. Add a bit of water and simmer greens until soft. Add pine nuts and drained raisins. Add salt and pepper to taste. Serve at once.

Corn Salsa — to serve over grilled salmon, beef, chicken or grains

Fresh corn kernels cut off of 3 ears of corn

(preferably organic corn)

Extra virgin olive oil

1 pepper (red or green)

1 jalapeno, diced

1/2 red onion, diced

1/2 bunch cilantro washed and minced (or to taste)

optional herbs (mint or lemon or lime basil, minced)

sea salt

lime juice

Preheat oven to 375. Line baking sheet with parchment paper. Toss corn kernels in bowl with olive oil and a pinch of sea salt Bake until kernels soften and begin to brown slightly. (*alternately, you can place corn kernels in a grill basket lined with foil and grill*) Meanwhile, roast pepper over gas flame (or under broiler). Place in paper bag and allow to steam. When cool enough to handle, peel off the skin and cut pepper into dice Combine roasted pepper, jalapeno, red onion and cooked corn in bowl. Add cilantro and optional herbs. Season with sea salt and lime juice.

Sources for Products:

Sea Salt: Grain and Salt Society.

www.celticseasalt.com

Coconut oil:

www.tropicaltraditions.com

www.wildernessfamilynaturals.com

www.greenpasture.org