

Greetings Friends!

July 1, 2003

This weeks goodies:

- Baby Beets - these cuties are high in vitamins A and C and carotenes. The greens are also high in Vitamin C, plus iron and calcium. No need to peel, just scrub clean - trace minerals lie just below skin surface. If you're not intending to use the greens soon, remove them - the beets will store a looong time in the fridge without the greens. Steam baby beets lightly, and serve at room temperature tossed in olive oil with a dash of salt and pepper, or a simple vinaigrette.

-Sugar Snap and Snow peas - great raw snack, or steam lightly and add to stir-fries. Sweet!

Snap Peas - edible podded peas. Try them raw! If cooking, cook quickly, no more than 2 minutes. Add to chilled vinaigrette - style salad.

Snow Peas - classic stir-fry vegetable. Add in the last few minutes of cooking time so as not to overcook. Also nice lightly cooked/steamed in a variety of salads.

-Scarlet Turnips - last of the season. This was one of those experiments with a new variety that we are very pleased with.

Everybody has enjoyed these beautiful turnips, and we'll be planting them again next year.

-Spring Mix - we've gotten so used to having a big bag of this in the fridge, I'll be sorry to see it end, whenever that may be! We've got some beautiful head lettuce coming on in the next few weeks as well.

-Broccoli - so sweet this year! We've seen some white cabbage butterflies flying over the patch, so you might want to soak broccoli with heads upside down in cold, salted water for a few minutes to remove hidden "protein sources" (Your kids will thank you!).

And of course, some herbs to brighten up your salads...

From the Fields:

I can't believe it's actually July! A most beautiful day out there to harvest in the garden, and pretty much to do anything outside...

The fields are looking good! Tomato plants have made giant leaps upwards and outwards, and will be trellised this week to get them

ready for a heavy fruit load. Even the eggplants are looking sturdy and are beginning to flower under their protective cover of reemay.

For those unfamiliar with reemay, or lightweight row covers, they are an important part of our pest control approach. This lightweight materials is draped over low hoops over crops that are susceptible to certain insect damage, or those crops that prefer a warmer, more protected home. Currently our eggplants, melons and some squashes are under these covers, and enjoying the micro-climate it provides, as well as the protection it offers from insects.

The ground dried out quickly once the rain stopped, and we've tilled under some buckwheat cover crops and seeded more green beans, soybeans (first planting failed to germinate in cold ground), chard and flowers. We've even run our irrigation on some crops over the last couple of days to help them adjust to the unexpected stress of strong sunlight.

The chickens which were to be available this week are behind schedule, and will not be available until next week. A feed delivery error delivered feed with a lower protein content, and resulted in slower weight gain. If you've pre-ordered, we'll let you know when they'll be ready.

Enjoy!,
Sabine and Tom

Human Guinea Pigs?

The Environmental Protection Agency is considering allowing human testing to determine pesticide safety levels. Pesticide manufacturers say testing for toxicity in humans can be done safely and will yield useful data. The companies are willing to pay the human subjects up to \$1000 for their troubles. Public health advocates oppose the idea. Yikes! Where do I sign up?

Curried Broccoli Soup

1 tablespoon butter
3/4 cup chopped onions
2 garlic cloves, minced
3/4 teaspoon curry powder
1/8 teaspoon freshly ground pepper
2 cups vegetable stock
chopped broccoli
1 1/2 cups cubed potatoes
1 cup milk

Melt butter and sautee onions and garlic until tender. Add curry powder, pepper, stock and 2/3 cup water; bring to boil. Stir in broccoli and potatoes. When mixture returns to boil, reduce heat, cover and simmer until veggies are tender - about 20 minutes. Puree soup in batches in food processor. Return puree to soup kettle, stir in milk and heat slowly. Six servings.

_ The City Gardener's Cookbook

Garlic Stir-Fried Snap Peas

3 cups sugar snap peas
1 teaspoon olive or canola oil
2 large garlic cloves, minced
2 teaspoon fresh lemon juice
salt and pepper to taste
cooked rice (optional)

Heat oil in skillet. Stir in garlic. Add peas; cook and stir 2-3 minutes on medium heat. Remove and sprinkle on lemon juice, and salt and pepper. Serve over rice, if desired. Makes 3-4 servings.

- Oak Ridge Farm

Sabine Carey

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