

**In This Box**

- Estiva tomatoes
- Merlin beets
- Cantelope from Tipi Produce
- General Lee cucumbers
- Summer squash
- Green cabbage
- Ace green pepper
- New York Early onions
- Empress green beans for some dropsites

**Next Week?**

- Watermelon
- Kohlrabi
- Swiss chard
- Tomatoes
- Zucchini
- Onion
- Garlic

**A DAY IN THE LIFE**

Growing up I always loved my parents' and grandparents' gardens. To work in them seemed to be peaceful, solitary occupation. Farming, however, is not a solitary act. From our worker shares that bravely have been swatting mosquitoes for the past two weeks, to our faithful members, and our regulars at the farmers market, and our chef customers, and fellow farmers, people fast become more than acquaintances, they become friends and part of a wonderful community, who help make this endeavor a worthwhile experience.

**FIELD NOTES**

I have never seen weeds grow so fast. Pigweed that was a foot tall last week has easily doubled in size. Weeds and grasses that had laid dormant probably for decades and suddenly appeared in June 2008 after the heavy rains are flourishing again this year. The perpetual wet weather not only has caused crop losses, but the loss of time in the fields. We cultivate young weeds with tractor equipment and with a wheel hoe. And if we loose four days due to wet fields, the weeds are too big to cultivate and we are back to hand pulling, a very time

consuming job. But we persevere. It all seems worth it when we can look down a row and see the crops.

The wet warm weather is also great for germinating vegetable seeds. Seeds that normally take five days to germinate are popping out of the ground after two. We are thrilled to report that most of our first planting of fall carrot seed has germinated.

**SUMMER FESTIVAL**

On Sunday August 29th we will be hosting our annual festival from 11 a.m. to 4 p.m. A farm tour starts the day followed by a pot luck lunch. It's always a great time for members to meet their farmers and other members. Please remember to bring a generous dish to pass. We'll supply the farm and beverages.

**BOX NOTES**

This box should have included some lovely cherry tomatoes, but the surviving plants are only producing about 10 pints a week. So instead we have included a cantelope from Tipi Produce. Tipi is a certified organic farm in Evansville, Wis. You may recognize the name because they are the largest supplier of produce to the Outpost stores. I called Steve at Tipi looking for carrots to replace the ones we lost, but he had lost his carrots too. We hopefully will have melons in a couple of weeks, but we thought a melon on a

**Art and Farming**

Artists have a keen sense of focusing on an essence of a complex subject. It is born with a gut feeling, I suspect, a vaguely formed image and sense of something almost tangible there. How a poem, a painting or a performance is going to end is a mystery to the artist. Art is as much about the creating as it is about the created.

Art should grab us, hold us, and compel us to ask why or how or what else or what next. Artists have done this forever and everywhere, but especially where the rest of us have refused to look.

Farming is part art but it is also part science and part business. Science and business, however, with their emphasis on technological fixes and their surety in approach, have dominated agriculture of late. And the practice of farming that includes art, that embraces the complexity of something even if it's not well understood, is losing ground.

What farmers can learn from artists is to recognize that gut feeling and embrace the mystery. Good farming, like good art, is as much about the method as it is in the outcome. I think too often farmers are swayed by the confidence of the engineer and fooled by short-term gain. Good art and farming reach well beyond the bounds of economic reckoning, and are too big to push through the calculator to the bottomline. Lasting art is never the result of expediency nor should a lasting farm be.

This world is in a sorry state of near-sightedness. Farming is for certain. We need good farms and good farmers more than ever, just as we need more good artists. While good farmers may be the best teachers, it's artists that may be the farmers most important ally. Farmers may not need science less in this climate changing, hungry world, but we will need artists more.

## Recipes of the Week

### MARINATED COLE SLAW, *Gourmet Mustards* by Helene Sawyer

|                           |                            |
|---------------------------|----------------------------|
| Slaw:                     | Dressing:                  |
| ½ red cabbage, shredded   | ½ cup white wine vinegar   |
| ½ green cabbage, shredded | ¼ cup oil                  |
| 1 red onion, diced        | 1 tsp salt                 |
| 1 bell pepper, diced      | 1 Tbsp Dijon style mustard |
| 1 carrot, grated          | 1 tsp pepper               |
| ¼ cup sugar               |                            |

Mix the slaw ingredients together and toss. Boil the dressing in a saucepan for 3 minutes, stir well and add to slaw mixture. Other veggies work well in this slaw.

### TOMATO AND CUCUMBER SALAD, Annie Wegner, Serves 4

|  |                        |
|--|------------------------|
| 5 small tomatoes, cut into wedges                                  | Dressing:              |
| 1 cucumber, peeled with "stripes" and cut into ¼" thick half moons | 1 Tbsp. oregano        |
| 1 small onion, peeled, cut in half and sliced into rings           | 1 Tbsp water           |
|  | ½ cup olive oil        |
|  | ½ cup red wine vinegar |
|  | salt and black pepper  |

Whisk dressing ingredients until well blended. Put all vegetables into a bowl and toss with the dressing. The longer it marinates, the better. Serve chilled or at room temperature.

### GINGER CANTELOUPE SOUP,, Annie Wegner, Serves 4

|                                      |                                      |
|--------------------------------------|--------------------------------------|
| 4 cups cut-up canteloupe             | ground ginger                        |
| 1 cup orange juice                   | Plain yogurt sweetened with a little |
| 1 Tbsp fresh minced ginger, or ½ tsp | honey (optional)                     |

In a 2-quart saucepan, bring the canteloupe, orange juice, and ginger to a boil. Reduce heat and simmer 5 minutes. Place mixture in a blender or food processor container fitted with a steel blade. Cover and process until smooth. Chill before serving with a dollop of honey sweetened yogurt.

### CHOCOLATE BEET BROWNIES, Annie Wegner

|                             |  |
|-----------------------------|--|
| ½ cup butter                | ½ tsp nutmeg                           |
| 4 oz. unsweetened chocolate | 1 tsp cinnamon                         |
| 4 large eggs                | 1 t.spbaking powder                    |
| 1 cup packed brown sugar    | 1 lb. cooked beets, mashed or shredded |
| 1 cup applesauce            | ½ cup almond meal (or finely chopped   |
| 1 t. vanilla extract        | almonds)                               |
| 1 ½ cup all-purpose flour   | ½ cup wheat germ                       |
| ½ tsp salt                  | Powdered sugar (optional)              |

Preheat oven to 350. Melt butter and chocolate over low heat. Set aside to cool. In a separate bowl, beat eggs until light in color and foamy. Add sugar and vanilla and continue beating until well creamed. Stir in chocolate mixture, followed by applesauce and beets. Sift together flour, salt, spices and baking powder and stir into creamed mixture. Fold in wheat germ and almonds. Pour into greased 9x13-inch pan and bake for 30 to 40 minutes. Cool before cutting into squares. Dust with powdered sugar if you prefer.

### BEET AND BULGAR SALAD, Annie Wegner

|   |                                       |
|---|---------------------------------------|
| ¾ lb. beets, stems trimmed                    | ¼ cup chopped fresh flat-leaf parsley |
| 1 ½ cups bulgur wheat                         | ¼ cup chopped fresh dill              |
| 8 green onions, including green part, chopped | 1 cup olive oil                       |
| ¼ cups chopped fresh mint                     | Juice of 2 lemons                     |
|   | salt and freshly ground pepper        |

Cook beets until tender, then cool. Peel and cut in half. In a bowl, cover bulgur with cold water for about 30 min. Drain, press out excess water. Mix ingredients and chill. Serves 4

warm summer day would be a welcome treat.

The peppers are early peppers that I thinned from the bottom of the plants to encourage more flowering and fruit set on the rest of the plant. Also the coleslaw recipe is one of my standard and favorite recipes and a pepper really adds to the flavor of the dish.

The tomatoes are from our "greenhouse," which really isn't a greenhouse because the plastic blew off the structure during one of those gorgeous spring days in April when we had strong southwest winds. In a way we were lucky that it blew off because the plants probably would have baked under plastic. In early May 150, healthy plants were transplanted into the fertile 96-by-100-foot space and carefully pruned and trellised by my dad, Neal using the greenhouse structure as a trellising support. We are glad they are doing so well as the few surviving field tomatoes are just starting to turn red.

### GARLIC LOVERS

Garlic will be in your box about every other week. We will bring extra garlic to your site in a bag with your name on it if you would like more garlic. Please email or call us to order.

### FARM FRESH DINNER

We hope everyone got a chance to peruse the Farm Fresh Atlas that was in last week's box. It's a great resource and needs your support. We hope some of you will consider attending the fundraising dinner or donating an item to the silent auction. Tickets can be ordered online at [www.farmfreshatlas.org/southeast](http://www.farmfreshatlas.org/southeast) or by contacting us.