

Week # 12 Timken Farm Community Supported Agriculture

Under the Apple Tree– by Mark

It was hot. 4 days of 90's and finally it is cooling down. I am not sure what this will do to the farm produce but it seems it will speed up an already burgeoning hot farm. Timken Farm is usually about 2 weeks "ahead" of other farms. What will this heat do to the fruit on our farm? We will just have to wait and see but one thing I do know, it is getting really hard to grow salad mix.

We sat under an apple tree in the old orchard on Saturday and told stories and dunked our feet in a cool pool. Looking up at those apples we started to think about ways we could preserve all that fruit. It brought back lots of great memories. Then we started thinking about all those tomatoes, beets, beans, corn, and cucumbers. It's time to start squirreling away for winter. Last year we had salsa, Ketchup, tomato sauce, pesto, apple sauce, blackberries, corn, jams and many other delights frozen in our freezer. It is really easy and fun to preserve food and the best thing about it is that nothing is wasted. I always wonder why we don't harvest great gobs of blackberries and give them to food banks. When I look around and see lots and lots of something it makes me want to preserve enough for my family and then give it to my community, so we all start saving food and learn more traditions from the past.

After a while sitting under the apple tree in the orchard we heard a *thud* and I looked over and noticed our translucent apples (further down the hill) were ripe, which reminded me of my favorite desert when I was in boarding school– Apple Brown Betty with hard sauce. After a little Googeling, I produced a quick and easy recipe and with B's help cutting the apples we created an amazing hearty desert– on which we gorged ourselves! This is the time to cook and bake and preserve and eat but also to think about that cold winter which will come and lean times for local food. With some thought and preparation you can open up your freezer or pull a jar of tomato sauce and remember when it was 95 for 4 days last summer– while enjoying a great taste of summer.

Apple Brown Betty with Hard Sauce
(we will have apples next week– ran out of time harvesting)

Brown Betty: (can be all organic)
Toast cubed, approx. 9 slices
5-6 apples, peeled, cored & sliced with star in middle

1 1/2 c. sugar, mixed with cinnamon (save half cup for hard sauce)
1/2 c. melted butter
1 c. orange juice plus more to make it juicy

Hard Sauce
1/4 c butter softened
Granulated sugar (1/2 cup saved)
Confectioners' sugar
1 tsp. vanilla

Brown Betty: Grease baking dish. Place layer of toast cubes. Drizzle butter over toast. Layer of apple slices. Drizzle with orange juice and 1/2 sugar and cinnamon. Repeat until deep dish is filled, ending with toast layer. Bake at 350 degrees for 20– 30 minutes until apples are done. Serve warm topped with Hard Sauce and drizzle with cream.

Hard Sauce: Mix Granulated sugar and butter until grainy. Add vanilla and confectioners' sugar until smooth. Refrigerate until used.

Food System Factoid:

26 million tons of food waste are generated annually in the U.S.- \$43 billion worth of uneaten fare.

Less than 3 percent of that waste is reclaimed for uses like composting and animal feeding.

What's in your box:

Lettuce– Mixed baby greens (Not Washed!)
Basil– Sweet, mamouth
Carrots– Mookum or Nantes Fancy
Beets– Detroit, Red Ace, Chioggia (last for season)
Tomatoes– Sun Gold, Stupice, Mortgage Lifter, Oregon Spring, Sweet Million, Yellow Brandywine, Early Girl, Black, Green Zebra, Black Plum, Fantastic.
Parsley
Beans– Provider, Indy Gold, Violet Podded, Helda
Squash– Sunburst, Crookneck
Cabbage– Sharmant
Cucumbers– X– Country & Marketmoore (x-country are pickling cucs in the brown bag– you can eat fresh but peel first.