

## Week # 13 Timken Farm Community Supported Agriculture

### Farm update– by Mark

The heat of last week has caused some problems. A lot of our tomatoes actually cooked on the vine. This is sad news but not to worry as more tomatoes are coming on and they appear not to have been damaged. And unrelated to the heat but related to the early cold wet conditions, we have had a difficult year for onions, potatoes, and garlic– so anticipate lower quantities. This is the start of week #13 and the farm is just about at its peak. Boxes are filling out and beds are being cleared and cover cropped with Buckwheat to help build the soil while we wait for the fall rains to come. We are barely transplanting anymore and the time freed up has been devoted to weed control. Harvest days are long and we are grateful for the cooler temperatures.

There has been a very mixed response to both the Biobag and the cellophane bag. We have settled on plastic until another alternative develops, However we have found a bag that is #2 recyclable so it will keep your produce fresh and then hopefully you will recycle it and limit the amount of waste in the world. If you have boxes at home we need them so please bring them in. And for the Tuesday people who get delivered boxes, we are struggling to get them there by 5:00. We are trying but with the longer harvest days it is becoming more challenging. Thanks for your understanding.

### Gazpacho Soup

**3-4 ripe tomatoes**  
**1 cucumber, peeled**  
**1 onion**  
**1 pepper**  
**2 cloves garlic**  
**Olive oil**  
**Lemon Juice**  
**Vinegar**  
**Salt/ pepper**

#### Food System Factoid:

*Swiss chard is full of vitamin A, folate, fiber, and minerals like calcium, potassium, iron, and magnesium. One cup of cooked chard contains 3 grams of protein, 7 grams of carbs, and 35 calories.*

**Combine ingredients in a cuisinart or blender and crush until you have a nice soup consistency. You can serve this soup at room temperature or chilled. The key is to have lots of toppings like: Chopped cucumber, hard boiled egg- finely chopped, croutons, chopped onions. The combination of smooth, crunchy and cold is irresistible.**

### Chard Wraps

**Bring large stockpot of water to a boil. Place six to eight chard leaves (with stems) into the water and cook until tender, 3 to 4 minutes. Remove the leaves from the water and pat them dry. Cut off the stems at the base of the leaves. Using each leaf as a wrap, stuff it with your favorite filling, rolling it up as you would a burrito.**

### Pickled Dilled Beans

**Pack lengthwise in hot sterile jars, leaving 1/4-inch headroom:**

**2 lbs beans (your bag is 3 lbs)**

**To each pint jar add:**

**1/4 teaspoon cayenne pepper**

**1 clove garlic**

**1 head dill or 1 1/2 tablespoons dill seed**

**Bring to boil:**

**2 1/2 cups water**

**2 1/2 cups vinegar**

**1/4 cup salt**

**Pour the mixture over the beans, leaving 1/4– inch headroom. Seal the jars and process 15 minutes in a boiling - water bath.**

#### **What's in your box:**

Lettuce– Buttercrunch (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– Marketmoore

Corn– Spring Treat

Chard– Argentata