



BLOOMING GLEN FARM

September 11

Newsletter

Issue #9

BloomingNow!

Features Fresh from the Farm

Community

Supported

Agriculture

From the field...

After yet another long stretch of wet rainy weather, we are again waiting for the fields to dry out. As the summer days and nights grow shorter and cooler, we are busily tending crops for fall, replanting the small hoophouses and making preparations for next year. We picked up our strawberry plants this week and they will soon begin their journey here at the farm. The variety is a June-bearer called Chandler. Described as having a "jam on the vine" flavor, how could we resist? The other major undertaking for next year is GARLIC! We are currently researching varieties—talk about tough decisions. The garlic will be planted in early to mid-October and will be harvested the beginning of next July. We have always had a special fondness for garlic, and not only for its intoxicatingly delicious flavor. Of all the vegetables we grow

none stay in the ground as long as garlic. Anything that endures the fall, winter, spring, and early summer, before offering its bounty is definitely something special. Nine months in the ground, nurtured by the earth and sun, just like a human baby! So keep your ears out for these last few major projects that we'll be needing help with. As some of you may have either read or heard this week the issue of farmland preservation is heating up in Hilltown. We are all touched by this issue because our farm is situated on land preserved by our friends and partners, Henry and Charlotte Rosenberger. Their passion for preserving the local landscape and sustainably producing high quality food for the local community has benefited us all. We encourage you to support them in their continuing efforts to preserve their land. Farmland preserved

today will be the land that feeds the generations of tomorrow. The Rosenbergers have a website: www.hilltownfarmlandpreservation.org that outlines the issues and provides a way to express your support. Check it out. On a final note, as many of you know farmer Tom has been out with a back injury for the past two weeks. Wonder mom and farmer Tricia has kept things moving along with help from her dad, Dale, as well as Kota's grandmom's—Carole and Carole. Extra thanks to them and to everyone who has helped us out with massage, reiki, doctor references and dinners.... We have an awesome community here at Blooming Glen! Thanks! I'm on the mend now... but Tricia figured this was the perfect opportunity for me to write a newsletter. Enjoy!

- Tom and Tricia

News and Notes:

- ♦ Saturday, October 14—Harvest Festival, 2-6 pm. Rain Date October 21. Lots of fun stuff in the works: relay races for all ages (potato sack race!), pint size scarecrow making, crafts, hayrides, face painting, farm blessing, and more. We will go as long as people want to stay. It will still be a potluck, so bring a dish to share. We are looking for members who would like to share their art, crafts, talents, music, businesses, ideas, etc. Please let us know if you're interested in this. You can set up a table, a workshop/demo, or contribute a gift certificate or item to be used as a raffle prize.... Otherwise just come and have fun!
- ♦ Work hours—If you still haven't done your 4 hr. work requirement, we have a few big jobs on the horizon before our season winds down. Planting strawberries and garlic, and harvesting sweet potatoes. We will send out an email letting you know when this is happening.

Thoughts on Food Security...

Monday marks the fifth year since the tragic events of September 11, 2001. That day forced us all to reevaluate our place in the world as individuals and as a country. One issue I thought about was food security. As many of us have observed while buying food, what we eat usually travels a long distance to be in our local markets. All that food travels by planes, trains, trucks and ships. Observing the empty skies after 9/11, I had one recurring thought: Give thanks that we live on a farm! I knew

that the source of most of our food was not going to experience any of the transportation issues related to the attacks. The value of our local food system took on a new dimension. Gratitude didn't even begin to describe the feeling I had for farmers and farming at that time. Since then the concept of homeland security has been at the forefront of the public mind. I find it interesting that with all the talk about increasing domestic production of oil, we never hear about securing the domestic production of food. It

would be a real pain if I couldn't fuel up my car, but if I couldn't feed myself and my family, that's when things would get a little crazy. This is an important concept to consider when deciding whether to shop for local food or vote for farmland preservation. A country is only as strong as its ability to provide the basic needs of its people—clean water, clean air, and healthy food. Securing the ability for local food systems to thrive is a concept worthy of inclusion under the umbrella of homeland security.

Curried Beans and Potatoes

3 T mustard oil or vegetable oil
 1 tsp mustard seeds
 (black if available)
 4 cloves garlic (finely sliced)
 Heat oil in medium frypan over medium-high heat. When hot, add mustard seeds. As soon as mustard seeds begin to pop, add garlic. Stir for a minute until garlic turns golden.
 1/2 tsp ground tumeric
 1/8-1/4 tsp. ground red pepper
 1/4 tsp pepper

Dilly Beans

2 pounds green beans, trimmed
 1 tsp Cayenne pepper
 4 cloves garlic
 4 heads dill
 1/4 Cup canning salt
 2 1/2 C vinegar
 2 1/2 C water

Pack beans lengthwise into hot, sterilized pint jars, leaving 1/2 inch headspace. To each pint add 1/4 teaspoon cayenne pepper, 1 clove garlic, and one head dill. Combine salt, vinegar, and water in a kettle and bring to a boil. Pour boiling hot over beans, leaving 1/2 inch headspace. Adjust caps. Process pints in a boiling water bath for 5 minutes. For best flavor, let the canned beans stand for at least 2 weeks before serving. This allows the flavor to develop. And don't worry if they look shriveled right after processing—they'll plump up in a few weeks.

Yields 4 pint jars.



1 medium potato (quartered and thinly sliced)

Add and stir 1 minute

4 Cups green beans (whole or cut)

Add and stir until mixed. Salt to taste. Add small amounts of water to keep from sticking and allow it to steam. Cook until potatoes are tender, stirring occasionally. When done, increase heat to evaporate remaining liquid.

Serves 4-6. From Simply in Season

Onion Soup

2 tbsp. butter

4 large yellow onions, slice thinly

1 tsp Salt

1/2 tsp. dry mustard

Pinch or two of thyme

4 cups water

2 tbsp Soy sauce

2-3 tbsp dry white wine

A few dashes of pepper

Toppings:

Thin slices of swiss cheese

Croutons

1) Melt the butter in a kettle. Add onions and salt, and cook over medium heat about ten minutes, stirring occasionally.

2) Add mustard and thyme; stir and cover. Continue to cook very slowly for about 35 minutes. The onions will be exquisitely soft and simmering in their own liquid.

3) Add water, soy sauce, optional wine, and pepper. Simmer at least 10 minutes more. Taste to adjust seasonings. Serve topped with croutons and swiss cheese.

Serves 6

From Moosewood Cookbook

Thai Green beans

Try this sauce with other steamed or stir-fried seasonal vegetables

5 cups green beans

Steam 8-10 minutes until bright green and lightly crunchy

1/2 onion-chopped

2 tbsp ginger root-peeled and minced

3 cloves garlic-minced

In frying pan or wok sauté in 2 tsp. of sesame oil over medium heat until onion is tender, 5 minutes

3 tbsp soy sauce

2 tbsp Thai sweet chili sauce

Add to taste

1 cup extra firm tofu

Add and cook 5 minutes. Add steamed beans and stir to coat with sauce. Simmer over medium-low heat for five minutes. Serve over rice. Garnish with lightly toasted cashews, sesame seeds, or slivered almonds.

Potato-Leek Soup

6 cups chopped leeks

1 cup diced celery or celeriac

4 cups peeled and cubed potatoes

1 teaspoon virgin olive oil

6 cups water

1/3 cup uncooked basmati rice

1/4 teaspoon pepper

1 teaspoon dill

1/2 teaspoon salt, or to taste

In a large pot over medium heat, sauté the leeks, celery, and potatoes in the olive oil for 5 to 7 minutes. Add the water, rice, pepper, dill and salt. Bring to a boil, lower the heat and simmer until the rice is cooked and the potatoes are very soft, about 15 minutes. Puree the soup 2 to 3 cups at a time in a blender or food processor until smooth. Return the mixture to the pot.

Serves 6

From Vegetarian Times Cookbook