



BLOOMING GLEN FARM

July 9, 2007

Newsletter

Issue #15

BloomingNow!

Features Fresh from the Farm

Community

Supported

Agriculture

From the field...

The last few weeks we have been working and watching as the farm officially transitioned from spring into summer— and the heat wave we are in the midst of is another reminder of that, and it will surely push those tomatoes along! Spring crops have been mowed and we are now constantly stooped over, harvesting squash and cucumbers, waiting anxiously for the rest of those heat loving crops to be ready. Every day I find myself walking up to the corn patch to inspect the

ears of corn as if magically one will size up over night. I close my eyes and remember how sweet it tastes just off the stalk. My eyes mist over and my mouth begins to water....but alas, like the watched pot that never seems to boil, the watched corn plant isn't ready yet— I must be patient and let the plants do their thing. But of course, this doesn't stop me from also checking the potatoes. My senses are on high alert as I approach the potato field, pitch fork in hand, buried

treasure in mind. As I begin to fork away the edges of the hill, I am only finding marble sized spuds that are telling me— "Not yet!" Once again the farm is teaching me important lessons, like patience. It reminds me of when I was young, and I would ask my dad what he prayed for in church. His answer was always the same. "Wisdom and patience." The longer I farm, the more I realize the value of both. I think I'll bring him with me the next time I go to check the corn and potatoes! —Tom

News and Notes:

- **New this week:** green beans, walla walla sweet onions, Italian eggplant, fresh shallots
- Next **farm potluck** is July 14 at 6pm.
- We are looking for a **database programmer** to help us with additions to the website, like a farm calendar of events and work opportunities. If you have these abilities, or know someone who could donate their time and expertise, please let us know.
- Blooming Glen Farm has made their debut at the new **Headhouse Farmers Market** in Philadelphia, located at 2nd and Lombard, from 10-2 on Sundays. Tell your friends in Philadelphia, this is their chance to taste our yummy produce!
- **Americans eat a lot of garlic**— about 3 pounds per person per year. China produces 75% of the world's garlic supply, and garlic is our country's biggest fresh vegetable import from them.
- **Storage tip: Do not refrigerate basil.** Place upright in a jar filled with a couple inches of water, on your counter out of the sun. OR make a batch of pesto, or simply puree extra basil with olive oil and freeze it in ice cube trays for individual servings.

Looking for another way to cut your petroleum use?

So, you've switched to a more fuel-efficient vehicle, invested in wind power through your utility company and buy your food locally. Think that's all you can do to lessen your impact on the demand for oil? Think again!

Just as omnipresent as the news about our unhealthy dependence on petroleum products, is an item that requires an estimated 12 million barrels of oil per year to manufacture. Oddly, as present in our lives as they are, we almost never consider them.

Plastic bags. They're convenient, they're free and

this year, the U. S. will go through 100 billion of them. Worldwide usage estimates are as high as *1 trillion*. That's a lot of bags, and although "free" to the consumer, their impact is very costly to the durability of our planet. The production of plastic bags requires petroleum, which we all know is a non-renewable resource that increases our dependency on foreign suppliers. In addition to the 12 million barrels of oil needed to make our bags, the energy used by the bag manufacturing plants and transportation and distribution companies

use even more resources, creating even more global warming emissions.

Prospecting and drilling for all these petroleum resources results in the destruction and disruption of ecosystems across the globe. Consider too, the pollution produced by the toxic chemical ingredients needed to make plastic.

All these costs for just the production of our beloved plastic bags. There are further costs associated with the use and disposal of bags, as well. In fact, plastic bags have become so costly that retailers like Ikea are now charging

Baba Ghanouj

3 T extra-virgin olive oil
 2 medium eggplants, about 1 1/2 lbs.
 1/4 C pine nuts
 1/4- 1/2 C freshly squeezed lemon juice
 1/3 C tahini
 1-2 cloves garlic, minced
 1 tsp. ground cumin, optional
 1/2 tsp. salt
 1/4 tsp. cayenne pepper
 3 T chopped fresh cilantro or parsley

1. Preheat the oven to 375°
2. Rub 1 T. of the oil over both whole eggplants and place them on a baking sheet. Roast, turning once or twice until very soft, 30-45 min. depending

Honeyed Beets

5 fresh medium beets (about 1 1/4 pounds)
 1 medium onion, chopped (about 1/2 cup) (I used BGF scallions instead)
 2 tbsp margarine or butter
 2 tbsp honey
 1 tbsp lemon juice
 1/2 tsp salt
 1/8 tsp ground cinnamon
 1 tbsp snipped parsley

Prepare beets: cut off all but 2 inches of beet tops; wash beets and leave whole with root ends attached. Cook beets: heat 6 cups water, 1/2 cup vinegar (to preserve color), and 1 tsp salt to boiling; add beets; cover and heat to boiling; reduce heat; boil until tender

Cut your petroleum use, continued from page 1

customers for them, entire countries have introduced a tax on them and the supervisor of San Francisco has completely banned them from the city! And don't think those paper bags are any better. Known as a "global warming double-whammy," in addition to the manufacturing and transportation costs to our resources and environment, paper bag production requires forests (major absorbers of greenhouse gases) to be cut down. What can you do to help our society's addiction to "free" shopping bags? ReusableBags.com offers many ideas on their Take Action page at www.reusablebags.com/action.php, including tips on how to wean oneself from plastic bags, links to form letters for your politicians and ideas on how

on size. Let cool.

3. Meanwhile, toast the pine nuts in a dry, heavy skillet (preferably cast iron) over high heat until they start to brown in spots and become fragrant. Transfer to a dish to cool.
4. Cut the eggplants in half and scoop out the flesh. Puree the eggplant flesh in a processor or finely chop. Transfer to a bowl.
5. Add the lemon juice, tahini, garlic, cumin, salt, cayenne, and remaining olive oil. Mix until well combined.
6. Transfer to a serving bowl and garnish with cilantro or parsley and toasted pine nuts.

From *Farmer John's Cookbook*

(40 – 50 minutes); run cold water over beets; slip off skins and remove root ends. Cut beets into shoestring pieces. Cook and stir onion in margarine in 10-inch skillet over medium heat until onion is tender, about 5 minutes. Stir in beets, honey, lemon juice, salt and cinnamon. Heat, stirring occasionally, until beets are hot, about 5 minutes; sprinkle with parsley.

From *Betty Crocker's Cookbook*.

Submitted by CSA member Christy Venters

to advocate.

The fastest and easiest way to make a difference though, is to simply stop using disposable shopping bags. You can increase your family's "MPG's" right now by purchasing reusable bags online (try sites www.reusablebags.com, www.greenfeet.com and www.ecobags.com), or at your local market. Happy shopping!

Submitted by CSA member Mikaela Martin. Eavesdrop on her adventures in local eating on her blog <http://mdmintake.blogspot.com/> or check out her fabulous photos of her CSA shares at <http://flickr.com/photos/mikaelamar.tin>.

Cut Flowers 101

As we get into cut flower season, here are some helpful tips to extend the life of your bouquet.

1. Bring a vessel you can fill up with water at the farm. Cut your flowers right into it.
2. Recut your stems under water at home.
3. Make a home made preservative: Mix 1 tsp vinegar, 1 T sugar, and 1 aspirin tablet to 24 ounces of water.
4. Cut stems again every other day, and change the vase water.
5. No leaves under water!
6. Do not use public water– it may contain chlorine.
7. Don't put your vase in direct sunlight or near a bowl of fruit.

Aunt Drusilla's Refrigerator Pickles

4 quarts sliced cucumbers
 4 cups sugar
 4 cups vinegar
 1/2 Cup salt
 1 1/3 tsp. turmeric
 1 1/3 tsp. celery seed
 1 1/3 tsp. mustard seed
 3 onions sliced

Mix cold. Let stand 5 days before eating or in the refrigerator all winter.

Submitted by Charlotte Rosenberger

