



BLOOMING GLEN FARM

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Newsletter

Issue #16

BloomingNow!

Features Fresh from the Farm

Community

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Agriculture

From the field...

As the summer continues to roll along, I find myself thinking about one of our crops more than any other— summer squash! I don't have much choice but to ponder those little oblong yellow and green buggers because they require almost daily harvesting. We planted more squash this year because last year the weather resulted in such poor squash harvests. This year, well, the summer squash gods have been more than kind to us. I can't think of any other vegetable that grows so much in one day. I ask myself the same question over and over while harvesting. Is this a good or a bad thing? On the one hand we are the recipients of a constant supply of a highly nutritious vegetable

that can be prepared a hundred and one different ways (though unfortunately they haven't figured out how to run an automobile on zucchini yet). It works well as a summertime gift to friends, family and even strangers. But on the other hand, every single squash, and I truly mean *every one*, required someone on the farm crew to bend over and pick it. As you can imagine, if you pick 200 pounds of squash in a single harvest, and there's 4 squash to the pound, well— you can do the math— that's a lot of bending over. Our squash muscles— mainly the lower back and hamstrings— are not only buff but also sore. If that wasn't enough, not only do the Jurassic sized plant leaves hide the

squash from view, but they are also covered with tiny scratchy pricklers, forcing us to wear long sleeves and gloves, no matter how hot the day. Aaahh, summer squash. Every good worker revolt likely began in summer squash harvest season. We are all looking forward to melons— heavier fruits, but less of them. (And as opposed to summer squash, melons have to be tasted occasionally to be sure you're harvesting them ripe.) Don't be surprised if you come in for pickup and you have to wade through a picket line and the Upick sign has been moved to the summer squash field. Haha. Just kidding! Enjoy the bounty and savor that summer squash! —Tom

Dr. Brian's Corner: Raw vs. Cooked

Raw vs. Cooked- which way is best? Raw foods advocates will tell you that eating a food raw is the most natural way to consume it, preserving all the delicate enzymes, and is the best way to eat anything. Others will counter that only through proper cooking can the full benefits of foods be assimilated by the body, and that eating cooked food is the best way to eat. The most likely truth is that both of these seemingly opposite positions are correct. How can this be?

To tease out the truth, it is best to take a step back and consider what one wants to achieve by eating any food. We eat for many reasons, but a chief purpose is to achieve balance through nourishment. When we are tired, we need energy. When we are cold, we need warmth. If we are eating a carrot, for instance, and need a cooling, enzyme-rich food, then raw carrot is the way to go. If we are in need of a warming, carotinoid-rich food, then cooked carrot would be pref-

erable (enzymes are destroyed by cooking, beta-carotinoids are made available by cooking).

The bottom line: there is much to learn about foods and nourishment, so keep your taste buds alert, your intuition awake, and leave the taking of sides to those who already have learned everything.

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News and Notes:

- *Coming up in the share: melons and potatoes.*
- *Next farm potluck is August 11 at 6pm.*
- *Due to administrative difficulties, we will no longer be doing pre-ordered cheese. However, we will have bacon and whole chickens for sale in the chest freezer for impulse buys— no preordering is necessary! We will also have eggs for sale every other week, first come, first serve. Again— no preordering is necessary. Tussock Sedge beef is available as usual— see their board in the distribution center for more information. We are doing our best to figure out a system of offering local foods that is convenient for all involved. Thank you for your patience.*
- *A study of eating habits by the federal Centers for Disease Control in 2005 showed that 32.6% of adults consumed fruit two or more times per day and only 27.2% of adults ate three daily servings of vegetables.*
- *Check out the current issue of Bucks Magazine, or www.bucksmag.com for an article about your favorite CSA!*
- *The Quakertown Food Pantry sends a big thank you for all the leftover produce the CSA sends their way. (See photo).*

Disappearing Zucchini Orzo

3/4 pound package orzo pasta
Bring 6 Cups water or chicken stock to a boil and add pasta. Cook 8 to 12 minutes.

1 chopped onion, garlic to taste
3 large zucchini
olive oil for sauté

Use a cheese grater or mandoline to shred zucchini; sauté briefly with chopped onion and garlic until lightly golden.

Thyme
Oregano
1/4 cup grated parmesan or any hard yellow cheese

Add spices to zucchini mixture, stir thoroughly, and then remove mixture from the heat.

Combine with cheese and cooked orzo, salt to taste, serve cool or at room temperature.

From *Animal, Vegetable, Miracle* by Barbara Kingsolver

Zucchini Chocolate Chip Cookies

(Makes about two dozen)

1 egg beaten
1/2 cup butter softened
1/2 cup brown sugar
1/3 cup honey
1 Tablespoon vanilla extract
Combine in large bowl.
1 Cup white flour
1 Cup whole wheat flour
1/2 teaspoon baking soda
1/4 teaspoon salt
1/4 teaspoon cinnamon

1/4 teaspoon nutmeg
Combine in a separate, small bowl and blend into liquid mixture.
1 Cup finely shredded zucchini
12 ounces chocolate chips

Stir these into other ingredients, mix well. Drop by the spoonful onto greased baking sheet, and flatten with the back of a spoon. Bake at 350°, 10 to 15 minutes.

From *Animal, Vegetable, Miracle* by Barbara Kingsolver

Green Bean Salad

1/4 cup coarsely chopped walnuts
1 pound green beans
1 teaspoon salt plus more to taste
Freshly ground black pepper
1 1/2 tablespoons freshly squeezed lemon juice
3 tablespoons extra virgin olive oil
4 ounces Parmesan cheese, thinly shaved (about 1/2 cup)

Toast the walnuts in a dry, heavy skillet over high heat until they start to brown in spots and become fragrant. Immediately transfer the nuts to a dish to cool.

Bring a large pot of water to boil. Add the beans and salt; cook until but still firm, 3 to 5 minutes.

Marinated Cucumber Salad

1/4 Cup apple cider vinegar
2 Tablespoons water
1-3 teaspoons honey
1/4 teaspoon prepared Dijon mustard
OR 1 1/2 teaspoons caraway seeds OR 1 teaspoon celery seeds OR 1 teaspoon chopped dill
4 medium cucumbers, peeled, thinly sliced
6 thin slices onion

Transfer the beans to a colander in the sink and run cold water over them. Trim the beans if necessary.

Toss the beans and walnuts in a large bowl and season with salt and pepper to taste.

In a small bowl, whisk the lemon juice and olive oil until well combined. Pour this mixture over the beans and toss until well coated. Transfer the salad to a serving platter or to individual plates. Gently scatter the parmesan shavings on top.

From *Farmer John's Cookbook*

Mix the vinegar, water, honey to taste, and mustard (or other choice of seasoning) in a glass mixing bowl. Add the cucumber and onion; toss until well combined.

Marinate for at least 30 minutes at room temperature or refrigerate overnight. Serve cold or at room temperature.

From *Farmer John's Cookbook*

Featured Heirloom Tomatoes:

Aunt Ruby's German Green and Orange Oxheart

The Aunt Ruby's German Green is a sweet juicy tomato with a piquant bite. The heirloom is a large beefsteak type tomato that is a pale green color with a hint of yellow striping. The large tomato often weighs one pound or more. Aunt Ruby's German Green has the wetness of a melon and can give a deep flavor explosion. It is generally used in salads, but is also a wonderful tomato to fry.

The Orange Oxheart tomato is a family heirloom from the Virginias region of the US. This fruit has a deep orange skin paired with dense orange flesh. It is heart-shaped and can grow to a large size, often weighing in at one pound or more. The meat of the tomato is dense with a rich aroma. This heirloom tomato has superior flavor and its meatiness makes it excellent for salsas and canning.

Note: These product are on the more endangered section of the Ark. Please contribute to its revival by telling your CSA/Greenmarket farmer where they can purchase it, inviting them to cultivate it, and promising them you'll purchase some come harvest time!

Excerpted from Slow Food USA:
Saving Cherished Slow Foods, One Product at a Time

Farmer Tom's Scrumptious Peanut Stir-Fry Sauce

1/4 C peanut butter
1 teaspoon tamari
1/2 tsp. lemon juice
1 Tablespoon honey
cilantro
ginger, grated
Add water to desired consistency. Experiment with ratios of ingredients to your taste. Add hot pepper if desired.

Make brown rice and a stir-fry of you farm fresh vegetables. Pour sauce on top. Enjoy! We sure do!