



BLOOMING GLEN FARM

August 20, 2007

Newsletter

Issue #17

BloomingNow!

Features Fresh from the Farm

Community

Supported

Agriculture

From the field...

The rain is thankfully coming down, bringing an end to the drought conditions we have had here at the farm over the last month. Everything is happy for the long drink of water it's finally getting. Some of our summer crops, like the heirloom tomatoes and summer squash, are slowing down, hastened by the hot, dry weather. We can't complain, since it's been such a bountiful summer! Looks like we'll get one more round of watermelons and cantaloupes and we have a late rotation of tomatoes planted for September. We are entering that transitional period between the summer and fall crops. We

harvested all our winter squash—which most growers up and down the east coast have reported finishing up early this year, due to that hot weather we had during fruit set. Once the summer squash is done, you can look forward to acorn squash, then delicata, kabocha, and butternut squash. We also harvested all our yellow storage onions, which are drying down in the Rosenberger's barns. They make a beautiful picture, all laid out on the barn floor like an onion quilt. The garlic is ready to be brought out of the barn, its tails and roots trimmed, and what we will be saving for seed sorted

out. You'll be getting a taste this week of the German White, one of the handful of varieties we grew this year. We are looking towards harvesting all our potatoes soon, the yields of which are down this year, followed later by the sweet potatoes which looks like will be a bumper crop. Our fall brassicas—broccoli, cauliflower, cabbage, kale and collards are all planted and growing steadily. They like this cooler wet weather. The leeks look gorgeous as well— I can't wait for those fall soups! Of course it looks like the end of this week will be back up in the 90's, so summer isn't over quite yet! -Tricia

Organic dairy, meat products and breast milk/ Autism and pesticide

A new study shows that organic dairy and meat products in a mother's diet positively affect the nutritional content of her breast milk—markedly increasing beneficial fatty acids. The study was published in the *British Journal of Nutrition*. Specifically, a diet in which 90 percent or more of dairy and meat products are organic is correlated with measurably higher levels of conjugated linoleic acid (CLA). CLA is a type of fat that is believed to have anti-carcinogenic, anti-atherosclerotic, anti-diabetic and immune-enhancing effects, as well as a favorable influence on body

fat composition. For newborns, specifically, CLA is believed especially to aid immune system development.

Autism in children correlated with mothers' exposure to certain pesticides during pregnancy

Scientists working for the California Department of Health Services have found that pregnant women living near fields sprayed with the common insecticides dicofol and endosulfan were six-times more likely to give birth to children with "Autism Spectrum Disorders" (ASD) than women living many miles from treated fields.

It is rare for such a large and statistically significant difference to be found in a study of this kind, according to The Organic Center (TOC) in its presentation of the study. The authors report that the closer the mother lived to the treated fields, and/or the more pesticides applied, the greater the risk. The study—"Maternal Residence Near Agricultural Pesticide Applications and Autism Spectrum Disorders Among Children in the California Central Valley"—appeared in the journal *Environmental Health Perspectives*. Excerpted from *The New Farm* <http://www.newfarm.org>

News and Notes:

- **Next farm potluck** is **Saturday, September 8** at 6 pm.
- **Mark your calendars: Pickup on Friday Sept. 21 will be switched to Thursday Sept 20, for one week only. Same time, 2-8pm. Your farmers are getting married at the farm that Saturday after 10 years together!**
- **Since we are planning a wedding for late September, we will have the October Harvest Festival only if there are some CSA members willing to plan and execute it. If you enjoyed it last year, and would like to head up or be a part of a festival committee, please let us know. This would entail children's crafts (decorating pumpkins with veggies— a big hit last year, scarecrow making, face painting, sac races, storyteller etc.) finding a live band, possibly finding CSA members to set up tables with their crafts or information about their businesses on display, and possibly soliciting donations for a raffle to cover costs. Namely, if you want to be the point person for this let us know! Let's make this community event a community effort!**
- **Blooming Glen Farm and Community Supported Agriculture was the subject of a great newspaper article in the Morning Call on Sunday August 19th. A few of you are quoted in the article. Check it out online.**

Hot Pepper Marmalade

A food processor is helpful for chopping the peppers, but if you chop them by hand use gloves to protect your skin. This preserve is a lovely appetizer served with cream cheese or brie on crackers.

3-5 chili peppers, minced
2 medium green peppers, minced
1 medium red sweet pepper, minced
1 med. yellow sweet pepper, minced
1 Cup white vinegar
2 Cups sugar or more to taste

Roasted Whole Garlic

“Eating whole cloves of creamy, roasted garlic fresh from their skins is undeniably sensuous. It’s heady. It’s extravagant. It can bring you to your knees. Spread it over warm bread, mix it into mashed potatoes, or make it the crowning touch for a pasta sauce. You can also mash it and add it to soups and mayonnaise. Roasted garlic keeps well in the fridge for several days. Try roasting a few sprigs of your favorite herb along with the garlic for some extra flavor nuance.”

A Blooming Glen Farm favorite— dice up an assortment of veggies (eggplant, tomatoes, onion, peppers, potato, and cloves of garlic) toss with a little olive oil, and roast in the oven on a tray un-

Okra Saute

4 Cups okra (cleaned and trimmed, diced into rounds)

In large frypan sauté in 2 tablespoons oil for 10 minutes.

1 large onion, sliced

2 sweet peppers, cut into strips

1 chili pepper, chopped, optional

Add and sauté over medium-low heat until are transparent.

2 large tomatoes, diced

Add and cook another 10 minutes, stirring occasionally. Add salt to taste.

From *Simply in Season*

Combine ingredients in a large saucepan.

1 package no-sugar added pectin

Gradually add pectin, stirring until dissolved. Boil 1 minute. Skim off foam. Ladle into hot, sterile half-pint jars to within 1/2-inch of top, seal with sterilized lids, and process full jars in boiling water bath for 10 minutes. From *Simply in Season*

til you can pierce with a fork. Mash up the roasted garlic clove into a paste and spread in a tortilla shell, wrap up some lettuce and your roasted veggies, grate a little cheese on top, and enjoy!

1 head of garlic, left whole
Olive oil

Preheat the oven to 350°

Cut the top one-third off the head of garlic to expose the cloves. Place the head of garlic on a piece of aluminum foil; drizzle with olive oil. Tightly wrap up the garlic in the foil. Roast until the cloves are soft and creamy, 45 minutes to 1 hour depending on size.

Fried Okra

1/2 Cup cornmeal

1 teaspoon salt or seasoned salt

1/4 Cup Parmesan cheese, grated

1/4 teaspoon chili powder, optional

Mix together.

3 Cups okra, sliced

2/3 Cup milk

Dip slices of okra in milk then in the cornmeal mixture until coated. Heat 2 tablespoons oil in frypan over medium heat. Add cornmeal-coated okra and fry until golden brown. Turn and fry on other side.

To oven-fry: Oil a shallow baking pan. Spread cornmeal-coated okra evenly in pan. Bake in preheated oven at 400° for 30-45 minutes, stirring often.

From *Simply in Season*

Preserving Peppers

Not sure what to do with all those sweet peppers? Although not quite like fresh, peppers freeze beautifully and don’t need blanching. Try flash-freezing diced or sliced peppers: spread them onto a tray to freeze, and put in containers when frozen. These can be used a little at a time, as they come apart easily. They’re a great addition to those winter stews!

Honey- Garlic Tea

Garlic’s undisputed antibacterial and antifungal properties can help you fight off illness and infection. Here’s a simple remedy that combines fresh, potent garlic with soothing honey. Prepare this fresh and take it twice daily when you have a sore throat or stuffy nose. If you are feeling nausea or other symptoms of stomach flu, add three slices of fresh ginger (each about the size of a quarter). This remedy is most effective at the earliest signs of cold or flu.

2 1/2 Cups vegetable stock or water

3-4 cloves very fresh garlic, minced

2 tablespoons honey

1 teaspoon miso

Bring the stock and garlic to boil in a medium pot; reduce the heat and simmer for 10 minutes.

Turn off the heat and stir in the honey and miso (for optimal health benefits, do not boil). Drink hot.

From *Farmer John’s Cookbook*

