



BLOOMING GLEN FARM

July 10
Newsletter
Issue #4

BloomingNow!

Features Fresh from the Farm

Community
Supported
Agriculture

From the field...

We have weathered the monsoons— 12" of rain and 4 real, legitimate sunny days later the farm is finally beginning to dry out. We are hoping to be able to get out into the field today with the tractor to prep beds for planting. We so appreciated everyone's words of encouragement these last few weeks. It's so great to see how connected many of you have become to the farm. As one of you said, in the grocery store you have no idea what went on to bring that pepper to the store's shelves. Now when you see the weather report you think of the farm and how your crops are doing. That's really what it's all about— how interconnected we all are. The official rain damage report: as expected, we lost a lot of sweet

peppers, some field tomatoes, a dill and cilantro planting, our largest carrots, the current bed of salad greens, and our first string bean rotation. String beans are very sensitive to the wet... I'm pretty bummed that the children's garden scarlet runner bean tunnel also perished. We lost a number of snapdragon plants. The sage and parsley looks like it just couldn't handle all that moisture, but the thyme looks great. Overall our leeks have made a comeback, most of our potatoes should be okay, and hopefully our onions will continue to size up after the speed bump that was all that rain. The plants constantly amaze us with their ability to overcome adverse conditions and continue to flourish. And for

those of you who are wondering, we didn't lose a single weed in the rain... in fact they too are flourishing! Speaking of weeds, many hands turns a huge job for us into a quick enjoyable morning. Thanks to all those helping hands this weekend who made light work of weeding the onions and shallots, and thinning the carrots. We are pretty excited as we move into some of the staples of the summer: tomatoes, eggplants, summer squash, and finish our last big transplanting, the winter squash. If you're a hot pepper lover, you're in luck... we have lots on the way. Happy Summer. Enjoy a farm fresh meal by the twinkling lights of the fireflies... what could be better!
-Tricia and Tom

News and Notes:

- ♦ Coming up in the share: traditional oval eggplant— purple, white and variegated. Sweet, mild, Walla Walla onions. Said to have originated in the French Is. of Corsica and been brought to Washington by a French soldier, this onion became famous in the Pacific Northwest for its juicy sweet flavor. Fresh shallots. Popular in French cuisine as a mild, onion flavored substitute. We discovered these when we first started farming, and fell in love with their unique flavor. More chiodgia beets. Also known as Bassano for the Venetian hill town where it originated. Has been cultivated in the States since the 1840s. Beautiful when sliced, this heirloom variety has alternating rings of pink and white, a light red exterior color and exceptional sweetness. U-pick Flowers. When cutting fresh flowers, please be conscious of new buds forming, and try to leave as many as possible so as to encourage new growth. Thanks!

Never too much Zucchini

"When there's fresh corn, you eat fresh corn. When there's banana you eat banana. I heard various versions of these statements in the three years that I lived in a poor rural community in Guatemala and each time they went straight to my heart. My neighbors literally lived off their crops. If disaster struck and crops were destroyed, food was uncertain and large debts were incurred to buy

staples of corn and beans. If the year was plentiful, excess could be sold and a different type of food purchased. Yet always it was "su tiempo" (its time), a crop was eaten and eaten and eaten. Back in the U.S., I strive to eat within the seasons, including many foods from our garden. That means eating what's available in its time. Sometimes that means a certain amount of repetition.

As I look at my overabundant zucchini crop, I remember my former neighbors. It helps me see with gratitude the gift of food that God has given and I can rejoice in the fact that I have the means to prepare my harvest in various ways. I have learned to say with a thankful heart, "When there's zucchini, you eat zucchini." -Jenn Esbenshade, a quote from Simply in Season

Beet with Orange Juice and Zest

2 T Butter
 1/3 Cup fresh orange juice
 1 T fresh lemon juice
 1 T grated orange zest
 1 T orange liquor, such as Grand Marnier or Triple Sec
 2 lbs beets, trimmed, baked or boiled in acidulated water (2 T. lemon juice or vinegar to discourage beets from bleeding)
 salt/freshly ground pepper to taste
 1 T. chopped parsley

Melt butter in heavy saucepan over high heat. Add orange juice, lemon juice, zest and liqueur. Boil one minute. Add beets and season. Simmer over very low heat, tossing from time to time to coat beets well, about 10 minutes. Garnish with parsley. (makes 6 servings)

From Vegetables on the Side by Sallie Williams

Zucchini Casserole

1 medium zucchini, thinly sliced
 1 medium tomato, sliced
 1 medium onion thinly sliced
 Salt and pepper to taste
 About 2 T butter
 1/2 C bread crumbs
 Preheat oven to 350. Grease a 1-qt baking dish. Beginning with the zucchini, layer the veggies. Sprinkle each zucchini layer with salt and pepper, and dot with butter. Sprinkle the bread crumbs on top. Bake uncovered for about 30 min., or until veggies are tender. You can dress up this basic casserole by adding either fresh or dried herbs, like oregano, basil, savory or rosemary. Or you can add grated or sliced cheese.
 From The Genesis Farm Cookbook



Fennel Orange Muffins or Bread

1 medium seedless orange, peeled
 2 eggs
 1/2 Cup vegetable oil
 3/4 Cup brown sugar
 1 tsp vanilla
 2 Cups grated fennel bulbs
 2 1/4 Cups flour
 1 1/2 tsp baking powder
 1/2 tsp salt

To bake: prick eggplant all over with a fork and bake at 400° until flesh is tender, about 30-40 min. Flesh can be pureed and seasoned for a dip or spread.

To stuff: Bake 20 min, scoop out seeds, replace with stuffing, and return to oven for 15 min.

To sauté: Dip slices in flour or eggs and bread crumbs, and sauté in hot oil until light brown. Season with basil, tomato, cheese, etc.

To steam: Whole eggplant will steam over an inch of water in 15-30 min.

Grill slices with other veggies

Eggplant stores best unrefrigerated at a cool room temperature



Yellow Summer Squash with Fresh Basil and Pecans

1/3 C pecan pieces
 1/8 tsp salt
 12 medium fresh basil leaves
 1 T olive oil
 2 medium yellow squash, sliced to 1/4-inch rounds

Toast the pecans in a dry frying pan for about 3-5 min, stirring continually, until fragrant. Grind coarsely in a blender. Put the pecans into a small bowl, add the salt, and toss well.

Stack the basil and slice cross-wise into very thin strips.

Combine the basil in a bowl with the olive oil until completely coated. Set aside.

Steam the squash over water in a steamer basket. Cook, covered, until just tender, about 4-5 min. Transfer to a bowl.

Spoon the basil mixture over the squash and toss gently, until completely coated. Arrange on a platter in a single layer. Sprinkle the pecan crumbs on top and serve.

Serves 4

From The Genesis Farm Cookbook