



BLOOMING GLEN FARM

August 7
Newsletter
Issue #7

BloomingNow!

Features Fresh from the Farm

Community
Supported
Agriculture

From the field...

After a scorching few days, we are enjoying the return of a warm breeze and much more workable weather. We continue prepping new ground for our fall crops and breathe a sigh of relief at all our onions safely harvested and drying in a barn. After some worry regarding all the rain they got, we are very excited at the size and beauty of those we harvested, and have seen which varieties are the best performers. Our potato harvest still stretches out dauntingly before us, as we keep plugging away, scheming how we can plant it next year to make mechanical harvesting possible. We'll be at it at the next few group work days (hint, hint), it's lots of fun and very rewarding to see those crates fill up with

beautiful, yummy potatoes (hint, hint), and we'd love to see you there (very blatant hint). The Farm received some great press a couple weeks ago... two articles coincidentally on the same day. One was in the local paper, the *News-Herald*, and included some great quotes from a few of you... thanks! The other was in the *Intelligencer*, talking about a Slow Food meal we participated in... I've included the recipe... There's nothing like having a professional chef transform our veggies into a beautifully prepared and presented dish. If you don't know about Slow Food- it was started in Italy in 1986 as a reaction to fast food, the standardization of flavor, and the loss of food variety and

traditions. The organization is now active in 50 countries and has a membership of over 80,000 people. Check out their website: www.slowfoodusa.org. Also wanted to mention that one of our farm member's has a very cool blog (being computer challenged I wasn't sure what that was but it looks like a great way to express and communicate, and might be a neat idea to have a Blooming Glen Farm Blog). She is an awesome writer, very funny- she chats about cooking veggies, growing a garden, supporting local growers, attempting to preserve tomatoes... and her son also took some fun farm photos last week... Check it out at <http://jamintake.blogspot.com> - T ricia and T om

News and Notes:

- New in the share: peppers and melons! Red, orange, and yellow watermelons... and cantaloupes. Coming soon..... Edamame beans, purple string beans, heirloom tomatoes and okra.
- Still looking for people to help with a harvest festival for mid October... ideas welcome. Let's make this a community effort and come together to celebrate the earth's bounty.
- Those of you who we still haven't met, we would love to see you at one of our work days- Sat. am from 8-12, or Wed. pm from 4-8. We will be digging and harvesting our potatoes for the next few weeks on these days.
- Gleaning opportunity this week only.... we are cleaning out small Hoop House #1- this had early cux, tomatoes and basil. We are now cutting from a bed of basil outside, so if you want to freeze pesto for the winter help yourself to the basil in this hoop house. It is flowering, and not the prettiest, but still tasty. Mornings and evenings are a good time to do this, as it gets hot in there mid-day. Take advantage of this before Sun. the 13th.

The Buzz on the Bees

You may have noticed that we have a group of very tiny workers in the Blooming Glen fields. They don't get paid, they work almost every day sun up to sun down, and they never complain about the heat, although they don't like rainy days. Their bloodlines are from Russia but they have been here in this country for over 400 years. Did you guess who they are yet? How about if I say they are black and yellow and fuzzy and make a bzzzzzz sound and they live in the white hive at the shady edge of the fields. That's right, they are honey bees! These amazing little creatures live in a very complex society and can

communicate with each other in intricate ways. Bees of all sorts as well as yellow-jackets and wasps are some of many pollinators in an ecosystem. Other insect as well as birds, bats, and the wind play a part in pollination, but honey bees are particularly important to many of the crops on the farm. Honey bees do lots of good work and live amazingly lightly on the earth. The things they produce: honey, beeswax, royal jelly and propolis are unique and have been valuable resources for thousands of years. When you're out in the field take a few minutes to go check out the hive. Some people find it very relaxing

to just sit and watch them flying out and back, and guard, aerate, and service the hive at the entrance. Honey bees are very gentle and non aggressive, as opposed to other bees and wasps, as long as you don't mess with the hive, block the entrance (keep out of their flight path which will be obvious upon approach), step on them or swat them, you're pretty safe. There's a good chance you might see the bee that pollinated the veggie, or melon, you'll be enjoying soon!

- Kelli J. Scarlett & Martin F. Billingsley, Jr

Summer Squash, Sweet Pepper, and Polenta Casserole

This firm-textured casserole, full of garden-fresh vegetables, can be sliced like a pie and served at room temperature. Position a rack in the center of the oven. Preheat to 350°. Generously butter a 9-inch round baking dish.

Heat in a large skillet over med-high heat:

1 1/2 tsp. butter

1 1/2 tsp. olive oil

Add and cook, stirring, for 3 min.:

1 small onion, coarsely chpd

1 pepper, chopped

2 small potatoes, cut in cubes

Stir in and cook until the vegetables

are partially softened but not browned, about 2 min.:

2 cloves garlic, minced

Add and cook, stirring, until almost tender, 4 to 5 min.:

2 medium summer squash,

cut into cubes

In a large bowl, toss together:

1/2 C cornmeal

1/4 C flour

1/4 C grated cheese

1 T fresh thyme leaves

1 tsp. salt

1 tsp. ground black pepper

In a separate bowl, whisk together:

1 C milk

2 large eggs

Whisk the egg mixture into the cornmeal mixture until combined. Stir the vegetables into the batter and spread it in the prepared baking dish. Bake until firm, 25-30 min. Sprinkle with 6 T cheese.

Bake until golden around the edges, about 7 min. more. Serve hot or at room temp.

From the Joy of Cooking

Chilled Chioggia Beet Soup with Basil Sour Cream

3 pounds beets, preferably Chioggia

1 cucumber

1 medium sweet onion

1/4 C balsamic vinegar

1/2 C lemon juice

1 T fresh grated horseradish

2 T fresh basil, chopped

2 C half and half

1/2 C sour cream

Salt and pepper to taste

Preheat oven to 350°. Wash the beets, remove greens, and wrap the beets in foil. Roast in the oven for 1 1/2 hours or until soft.

Cool, peel and cut into medium-sized cubes. Peel and seed cucumber, and cut into 1-inch chunks. Cut onion into approximately 8 pieces.

Combine all ingredients except for the sour cream and 1 T basil. Blend in food processor in small batches until smooth. Add salt and pepper to taste. Combine sour cream and remaining 1 tablespoon basil. Season with salt and pepper to taste.

Chill soup and sour cream thoroughly. Serve soup in chilled bowls with a dollop of sour cream. Serves 6.

Recipe from Chef Marc BrownGold of local restaurant JustEat by BrownGold

Potato, Basil and Green Bean Risotto

4 Cups vegetable stock

1/4 C unsalted butter

1 T olive oil

8 shallots, finely chopped

2 garlic cloves, crushed

1 1/2 C risotto rice

1/3 C white wine

12 potatoes, scrubbed and cut into small pieces

2 oz. green beans, cut into 1/2 inch lengths, about 1/2 C

1 1/2 C grated parmesan cheese

a large handful of fresh basil,

leaves torn

sea salt and freshly ground black

pepper

To serve:

fresh basil leaves

olive oil (optional)

fresh pesto (optional)

Put the stock in a saucepan.

Heat until almost boiling, then reduce the heat until barely simmering to keep it hot.

Heat the butter and oil in a deep skillet or heavy-bottomed saucepan over medium heat. Add the shallots and cook for 1-2 min until softened but not browned. Add the garlic.

Add the rice and stir with a wooden spoon until the grains are well coated and glistening,

about 1 min. Pour in the wine and stir until it has been completely absorbed.

Add the potatoes and beans. Add 1 ladle of hot stock and simmer, stirring until it has been absorbed. Continue to add the stock at intervals and cook as before, until all the liquid has been absorbed and the rice is tender but still firm (al dente), about 18-20 min.

Add the Parmesan, basil, salt and pepper. Mix well. Remove from the heat, cover, and let rest for 2 min.

Spoon into warmed bowls, top with basil, and drizzle with olive oil or fresh pesto, if using. Serve immediately.

From Risotto: 30 Simply Delicious vegetarian recipes from an Italian Kitchen, by Ursula Ferrigno

