

THE BUSY BEE

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Salty Faces

By John

I tend to be a rather optimistic person. You can count on me to find the silver lining in almost any situation. One of the most valuable lessons I think I have learned over the years from some really great farmers is that you should never underestimate the power of self-delusion. I am pretty sure that these lessons weren't necessarily intentional; in some cases I don't think these people were even aware that they were deluded. I don't mean deluded in the sense of premeditated or intentional deceit but more so in the sense of creating one's own reality based solely on the willful desire to do so. I have seen this attribute work marvels in difficult situations, which arise weekly if not daily in the world of farming. Some people have the ability to make things work, things that at the outset might seem ridiculous and implausible. Some might be growing methods or repairs that you know to be ill guided, yet somehow these people can make it work for seemingly no other reason than that they had a deluded insistence that it would work out because that's the way they wanted it. This is a difficult skill to practice. How exactly does one knowingly supercede rationality in favor of the illegitimate? Maybe it just comes naturally after a few decades of difficulties, disasters and disappointments interspersed with satisfaction, victories and bits of wisdom. Maybe it starts small with things like convincing yourself that several inches of rain in a few hours or a snowstorm in May are in fact good things and possibly over time you can trick yourself into an entire production system or lifestyle based on irrational will power. Systems and lifestyles that wouldn't survive a day in the world of conventional thinking but become brilliant in the realm of the delusional become reality. Either way, try

WHATS ON DECK

The green beans are languishing in the heat so we don't expect them to produce for another week. We will keep the summer crops going and move into tomato season, the heirlooms and romas are still a few weeks out but the slicers and cherries should ramp up soon. Green peppers should transition into red and sweet corn will come online next week. We have a few tricks up our sleeves and we hope to keep the loose lettuce and the head lettuce in particular going through the dog days. We still promise a surprise you are sure to love.

as I might, I couldn't make the temperature feel like a nice Indian summer day this past week. I almost succeeded for a minute when the ice machine broke. Peeking my head in the ice bin a few times had me almost believing it was actually quite pleasant. Then only to have reality remind me that it likely overheated because as I have found out, it is remarkably difficult to make ice at 96 or 97 degrees. At least the heat index does not relate to ice as it does to farmers other breathing critters. I thought I had it again when I mowed the pickling dill. Perhaps with my brain slightly scrambled by the 118° heat index I quickly convinced myself that no one really wants to pickle anyway. But then I remembered that if no one else wanted to, I wanted to and I was sad (luckily we do multiple seedings). Looking back I wonder if perhaps I actually deluded myself perfectly? The heat will break soon I think. Now four days into a brutally humid heat wave, complete with sun induced headaches, stinging salty sweat in the eyes, sunburns and what can only be described as a black hole for water on the other side of my mouth on top of other things weighing heavy on my heart and mind. All that and I still love farming, now that has to be delusional.

Featured Item

Carmen peppers are one of our favorites. They aren't one that many people are familiar with but they are starting to catch on as the Italian pepper of choice. We love bell peppers, but these of have stolen our hearts. You are getting them green this week but as they redden up they will become unbelievably sweet and quite a bit larger in size. They are perfect for frying but are great to use anyway that you would use a bell pepper. They should stay fresh week if you leave them (not in a bag) in your vegetable drawer in the fridge.

News and Notes

- As you are probably aware by now, we are in the midst of a terrible family tragedy. We have made a combined 4 trips back East this growing season and anticipate both having to go again at a moments notice. This last trip was at a really bad time and we are feeling like we are losing control of a few things around the farm.
- If we both have to go to be with our family we will try not to cancel any deliveries, but this may mean rescheduling the weekly pickup.
- This is a very difficult time for us and we really need to lean on our members to help us get through the coming weeks. We particularly need our volunteer members step up and help us catch up, hopefully get ahead and make sure that we don't miss any deliveries.
- If you want to help out on the farm we are here Monday - Wednesday and Saturday after 3pm, Thursday mornings and after 5pm and all day Friday and Sunday. If these hours don't work for you let us know. Drop us a line by phone, at farmers@fazendaboaterra.com or send us a message at [Fazenda Boa Terra](#) on Facebook and let us know when you would like to come help out.

Recipes of the Week

Summer Coleslaw

1 lg. cabbage
1 green pepper
1 lg. onion
1 c. vinegar, heated
1 c. sugar
1 tsp. celery seed
1 tbsp. salt
1 tsp. dry mustard
3/4 c. salad oil

Chop cabbage, pepper and onion and combine

Pour hot vinegar over sugar, celery seed, salt and dry mustard.

Add salad oil to the vinegar mixture and pour over the vegetables while hot. Do not stir.

Cover and refrigerate overnight. Recipe keeps up to one week

Carrot Soufflé

2 lbs of carrots cut
1/4 cup sugar
2 TBS flour
1 1/2 tsp baking powder
1/2 tsp vanilla
3 large eggs
1/4 cup butter, softened

Place carrots in salted water in saucepan. Bring to a boil, then reduce heat and cook for 30 minutes until tender and drain.

Puree carrots with 1/4 cup sugar, flour, baking powder, and vanilla in food processor.

Add 3 eggs, intermittently, blend after adding each egg. Add butter and mix thoroughly.

Lightly grease 1 1/2 quart soufflé dish. Bake at 425 degrees for 45 minutes. Serve immediately.