

Buckhill Farm CSA

Newsletter

~~ Farming for a Healthy Community ~~

August 5 - August 15, 2015

Crop Update



All of the potatoes are now out of the ground and in storage. Most of our spuds will be distributed dirty for two reasons. First, they store better if they are never introduced to water. Second, we don't wash them simply because we do not have the space or equipment to efficiently and effectively wash all of the potatoes.

The melons continue to come out of the field, but all plants in the cucurbit family are really suffering from disease pressure. We can usually grow our melons and winter squash to a good mature stage before the vines begin to collapse from downy mildew. This is not the case this year, and yields will be low this season despite our best efforts to nurse the crops along.

It seems as though the bulk of our broccoli, cabbage and kale is finally over the hump. We have been spending a great deal of time covering, uncovering and spraying with a certified organic clay to keep the plants cool and pest free. They finally seem to be taking root and are now much less susceptible to loss. It is hard to believe that most of our fall plants have already been transplanted and we are beginning to seed for our Extended Season Share (late October).

Peppers are starting to turn and some of our more unique tomatoes are beginning to come into full production.

Meet the Staff - Heather Fenimore

When Farmer Andrew asked if I would be interested in taking a crack at the newsletter, I expressed concern that my perspective might be too different from the typical point of view. Andrew assured me that, "... sometimes different is good." I hope he still thinks so after reading this.



Many of you know me from *The Market*, but my connection to Buckhill Farm CSA runs much deeper. I joined the CSA in its first season, eight years ago and have been an enthusiastic member ever since. In the early years, I occasionally volunteered in the fields and now find myself in my second year, running *The Market* at Buckhill Farm. This year I added behind-the-scenes bookkeeping to my list of duties. What remains constant is my love for every aspect of the CSA.

As we all know and probably take for granted now and then, CSA stands for Community Supported Agriculture. I'd like to share my thoughts on what these words mean to me. First and foremost, is the community that Farmers Andrew and Coral have created, and continue to create, at Buckhill Farm. The farm is a special place where a diverse collection of individuals come together in many unique ways. We are vegans and meat-lovers, old and young, families and singles. This is a community, the joining of individuals to make a collective. It might happen for just a moment, with a passing wave and a smile. It might happen with a lengthy conversation in the flower patch. It definitely happens among the employees who look out for one another - especially when muscles ache and souls are weary. It happens at the farm every day and I try to make note and appreciate the pleasure of each example of community.

Agriculture is at the heart of why we all come to the farm. Those of us who work here like to say, "We are a farm, not a grocery store." We are dirty and sweaty and intimate with bugs and have weather alert apps buzzing on our phones. This is how your food comes to you - through the joint forces of the land, nature, and a lot of human energy. Nothing is guaranteed, not the size of the share nor the sweetness of the melons. I love the mystery of what is coming in this week's share, how many tomatoes I will have to figure out how to eat, and which friends to invite over to help me cook and eat the bounty. I love getting produce that I am not familiar with and learning new ways of preparing new foods. Agriculture is not precise or predictable, yet somehow week after week, with the support of our small community, it all comes together in a beautiful, delicious way. For that I am grateful.

Recipe Corner

The newsletter would not be complete without a recipe. Breakfast is my favorite meal of the day (need to fuel up for long days at *The Market*) and I go “farm” all the way. While this isn’t a recipe in the traditional sense, I invite you to make it your own.

Potatoes – parboil, then sauté in butter. Top with homemade salsa verde (check out our tomatillos - I recently made my first-ever batch of salsa verde – ask me about it!), or try with a sauce of yogurt and Asian chili garlic sauce, or simply with a sprinkling of sea salt.

Scrambled eggs with tons of veggies – sauté sweet onions, chard, kale, peppers, tomatoes, zucchini, mushrooms – any combo. Add eggs. Jazz-up with your favorite herb blend; or thyme, marjoram, salt & pepper.

Toast with ‘maters and cheese – Thom’s Rosemary & Olive Oil Bread is delicious, but I am partial to the Rustic Italian. Top off with a slice of heirloom tomato and local artisan cheese.

A peach. Simple and sweet.

~ Heather

Upcoming Events

Save the Date! The Annual Harvest Party – Saturday, October 17th

