

# ROXBURY FARM

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September 3, 2012 - pickup week #13

www.roxburyfarm.com

## *Letter from a Farmer*

Just over a year ago Hurricane Irene hit the east coast. Our Sunday walk a year ago gave us quite a different picture than this Sunday's. The fields where we are now harvesting the potatoes, winter squash, broccoli, some of the salad mix, arugula, and will soon harvest carrots, beets, cauliflower, leeks, sweet potatoes, chard, fennel, and some of the green beans were completely under water last year. Now the fields are full of an abundant harvest. We count our blessings and our thoughts go out to the residents of the Gulf Coast who are still recovering from Katrina and are now dealing with the aftermath of Hurricane Isaac. We also think about the communities in the Schoharie Valley, the Catskills, and Vermont who are still repairing the damage from Hurricane Irene.

Last year my job of walking through the farm to decide what to harvest for the share was difficult. We just didn't have very many vegetables in the field because of the constant rain and then the flood. In the most recent newsletter from the Cornell Cooperative Extension Vegetable and Small Fruit Program they posted rain fall records. In 2011, we had 33.38 inches of rain from March 1 to August 28 and this year 17.44 inches. After a long drought spell, August gave us just about the perfect amount of rain and last week we cleaned up our irrigation systems for the season. Again, we are fortunate to have cooperative weather as much of the Midwest experiences record breaking heat and drought.

Somehow Roxbury Farm escaped the bad weather this year (knock on wood). The hail that came through the Hudson Valley missed us every time. The Kinderhook Creek provided enough water to keep the farm irrigated during the drought (and our local fuel company kept our diesel tanks full) and the rain came in August to our great relief allowing for good re-growth of grass and a second cutting of hay. We have plenty feed stored in our barns to get our animals through the winter. The Kinderhook Creek stayed in its banks during the heavy rain in early August. No hurricanes yet but we still need to get through September.

The weather conditions have made for a bountiful year for Roxbury Farm CSA members. While in 2011 you shared in the risk, this year you are sharing in the abundance. Our crew takes great pleasure in a full delivery truck leaving the farmyard. Some weeks loading the truck has been a game of Tetris (the video game of stacking squares and rectangles) to get all the veggies to fit. While it has been a bumpy season for lettuce because of the heat, drought, deer, and figuring out how to use a new seeder, the rest of the crops have done quite well.

Last week the crew started harvesting winter squash and potatoes in bulk. We have (*con't p. 2*)



Jean-Paul mowing (front tractor) and Steve chopping the Sorghum Sudan grass.



Jean-Paul chisel plowing the mowed and chopped Sorghum Sudan in our new field.

(*letter con't*) about 24,000 lbs of onions in storage at Yonder Farm and have already added 20,000 lbs of potatoes to the cooler. We have about 9,000 lbs of winter squash stored in the washing and packing barn. Some of the acorn squash and all of the butternut are still in the field along with all of the Keuka Gold potatoes (we have about 13,000 feet of Keuka's planted for fall and winter deliveries). Then we will start on the sweet potatoes followed by beets, parsnips, carrots, cabbages, and celeriac. A bumper crop of storage vegetables. If you haven't signed up for a winter share there is still time!

Today, Jean-Paul is preparing ground for the first of our fall cover crops. One of those fields is our newly acquired 12 acre field. We currently rent this field from the Open Space Institute with the intention to purchase it later this fall. This field is adjacent to the fields that flooded last season but is far out of the flood plain. If this field ever floods we have a lot more to worry about than some wet vegetables. We wanted to rent this field to spread our risk so that we have fewer vegetables in the flood plain. Earlier this summer Jean-Paul, Keri, and Mike plowed, harrowed, and seeded Sorghum Sudan grass and Sun Hemp, a tropical legume to bring some organic matter into the soil. Last week Jean-Paul and Steve mowed and chopped the 8 to 9 ft tall cover crop. Now, Jean-Paul will lay out the sections and seed oats and peas for a winter cover. Next season we will grow tomatoes, eggplant, peppers, onions, cucumbers, summer squash, and zucchini in this field. In the spring, we will extend our underground irrigation line to the field and then we will spread compost and prepare the ground for veggies. Come July 2013, we will be spending a big chunk of our morning in this new field filling buckets with tomatoes, peppers, and eggplant.

September and the arrival of fall, also means it is time to bring our livestock to the butcher. So, for those of you who ordered beef, lamb, and pork shares please look for notices in the newsletter, on the website, and in emails for the meat share delivery dates. We should have additional cuts of meat available near the end of the season for those of you who want to order meat by the cut.

We want to thank all of you who stuck with us through 2011 and into 2012 and for those of you who decided to try CSA for the first time in 2012. We are happy to be able to share in the bounty this season instead of the risk. Enjoy the fall!

~Jody



Harvesting green beans with the bean picker.

**COMING NEXT WEEK:** Salad mix, Mountain Fresh beefsteak tomatoes, Juliet and Golden Rave cherry tomatoes, San Marzano plum tomatoes, Bell peppers, Carmen red peppers, Swiss Chard, Mirai sweet corn, Caprice green beans, Arugula, Italian Flat parsley, and Broccoli.

**FRUIT:** peaches

#### **CHICKEN SHARES:**

This week we are delivering the weekly shares and biweekly shares.

Sept 11— 14: weekly and monthly

Sept 18 — Sept 21: weekly and bi-weekly

Sept 25 — Sept 28: weekly

**\*\*If your name is not on the chicken share list please do not take a chicken.**

We have the deliveries carefully planned and if you take a chicken when not scheduled another member will not receive their chicken. Thank you for your cooperation.

*In Honor of Labor Day*

#### **PSALM OF THOSE WHO GO FORTH BEFORE DAYLIGHT**

The policeman buys shoes slow and careful; the teamster buys gloves slow and careful; they take care of their feet and hands; they live on their feet and hands.

The milkman never argues; he works alone and no one speaks to him; the city is asleep when he is on the job; he puts a bottle on six hundred porches and calls it a day's work; he climbs two hundred wooden stairways; two horses are company for him; he never argues.

The rolling-mill men and the sheet-steel men are brothers of cinders; they empty cinders out of their shoes after the day's work; they ask their wives to fix burnt holes in the knees of their trousers; their necks and ears are covered with a smut; they scour their necks and ears; they are brothers of cinders.

~ Carl Sandburg

## The Best Ever Tomato Sandwich

*Makes 8 sandwiches, serving 4*

If you can't find multi-colored tomatoes in different sizes, six medium tomatoes of any color plus a few cherry tomatoes will work just fine.

1/2 cup mayonnaise

1 tablespoon whole grain mustard

1/4 red onion, finely grated

1/4 cup chopped basil, plus extra leaves for garnish

8 slices good quality white bread

2 medium-large tomatoes

4 medium tomatoes

Handful cherry tomatoes

Salt and pepper

Mix mayonnaise, mustard, onion, and basil in a small bowl; set aside.

Meanwhile toast bread and slice tomatoes, sprinkling them with salt and pepper. Spread a generous portion of sauce on each slice of bread, top with tomato slices, garnish with basil and serve.

From CSA member Maggy at

<http://threemanycooks.com/recipes/strictly-vegetarian/the-best-ever-tomato-sandwich/>



**CSA SHARE INSTALLMENT:** If you haven't sent in your final CSA share installment please do so soon. Your prompt payments allow us to continue to offer the installment plan. If you have questions or need more time to make your payment please contact the farm at [www.roxburyfarm.com](http://www.roxburyfarm.com). Thank you for your cooperation.

## Alice's Tomato Pesto Olive Tart

*Serves 6 to 8 as an appetizer*

1 sheet frozen puff pastry, thawed

1/4 cup Basil Pesto

3 ripe Roma tomatoes, sliced 1/4 inch thick

Salt and freshly ground pepper

1/4 cup chopped

Kalamata olives

2 tablespoons chopped fresh basil

Preheat the oven to 400°F. Line a baking sheet with parchment paper.

Unfold and roll the puff pastry sheet into a 12-inch square on top of the baking sheet. Make a rim by folding the edges of the pastry square in 1/2 inch and pressing them down gently. Using a fork, poke holes all over the pastry.

Spread the pesto evenly over the pastry (avoiding the rim), using a pastry brush or the back of a spoon. Arrange the tomato slices in a single layer over the entire square, within the rim. Season the tomatoes lightly with salt and pepper, and sprinkle the chopped olives over them.

Bake for 20 to 25 minutes, or until the pastry is golden brown. Sprinkle with the basil before serving.

*Just for fun:* Add thinly sliced mozzarella cheese on top of the olives for more of a pizza taste.

From CSA member Maggy at <http://threemanycooks.com/recipes/nibbles-and-apps/alices-tomato-pesto-olive-tart/>

## WINTER SHARES

We have more winter shares available for members who love their root veggies. The winter share will consist of three deliveries of 30 lbs of storage vegetables for a total of 90 lbs. The deliveries will be the week of December 3, January 7, and February 4 at your regular pick up location. The boxes will include potatoes, carrots, beets, cabbage, onions, parsnips, winter squash, and celeriac.

**The cost of a winter share is \$100 for the three deliveries.**

To order a winter share go to [www.roxburyfarm.com](http://www.roxburyfarm.com) click on Our Products and [Winter Shares](#) or contact the farm at [info@roxburyfarm.com](mailto:info@roxburyfarm.com) or 518-758-8558

## Grilled Corn, Tomato & Basil Salad

4 ears of sweet corn  
2 beefsteak tomatoes, cut into ½" pieces  
½ C. fresh basil, chopped  
salt & fresh-ground pepper to taste

1. Preheat grill. Shuck corn by removing husks and silk. (To remove pieces of clingy silk use a moist paper towel and wipe in a downward motion, from stalk to tip of cobb). Grill corn until slightly charred. Set aside to cool slightly. When cool enough to handle, stand corn vertically in center of large bowl and using a sharp knife, cut corn from stalk, allowing cut corn to fall into bowl. Squeeze any "milk" from empty husk into bowl and continue with remaining pieces of corn.
2. Add tomato and basil to corn and toss. Add salt and pepper to taste. Can be made up to 2 hours in advance and served at room temperature.

Serves: 6-8 as a side

**Recipe by CSA member Ilana Eck, author of The Hip Hostess Blog, [www.hiphostessblog.com](http://www.hiphostessblog.com)**

## Gazpacho

4 large tomatoes (about 1.5 lbs), peeled  
1 medium cucumber, peeled and seeded  
1 red bell pepper  
1 small onion (or ½ medium onion)  
2 Tbs. sherry vinegar  
2 Tbs. extra-virgin olive oil  
1 tbs. kosher salt  
Tabasco or other hot sauce to taste  
fresh-ground pepper to taste

1. To peel tomatoes: Bring a small pot of water to a boil; cut an x into the bottom of each tomato and drop into boiling water for about 10 seconds, then plunge into a bowl of ice water to stop the cooking; once cooled, peel skin from tomatoes. Cut tomatoes in half and squeezing to remove seeds.

2. Chop tomatoes, cucumber, peppers and onion into large chunks and place in blender. Pulse until well combined but still slightly chunky. Stir in vinegar, olive oil, salt, hot sauce and pepper, to taste. Refrigerate until ready to serve.

Serves 4 (serving = about 1 ½ C.)

**Recipe by CSA member Ilana Eck, author of The Hip Hostess Blog, [www.hiphostessblog.com](http://www.hiphostessblog.com)**

