

Week # 18 Timken Farm Community Supported Agriculture

Transitions– by Mark

As we say goodbye to beans and corn we transition to fall crops such as potatoes, onions, and winter squash. We are starting to prepare the growing spaces for the winter and will try and time the seasonal rains with our cover crop planting. The cover crop will help the soil from eroding, will add beneficial habitat for insects, will block out weeds, and when turned into the soil in the Spring will provide nitrogen and loads of organic matter to the soil. It is like pulling up the comforter on those cool Fall nights. We need to work fast as the first frosts come in October.

The farmers themselves are starting to transition as well. Mary is preparing for her baby in October. Her large belly has grown as the pumpkins have making it more difficult to harvest these days - we all await her Fall crop. Nate has graduated from being an apprentice to a full-blown farmer. Nate will leave us at the end of September as he prepares for his wedding. Mike and Jocelyn have moved from Virginia to help us finish up the Summer season and will be living on the farm during the winter. Welcome!

A few notes: Due to our fall harvest the fridge is full now of goodies and we do not have space to put your boxes. Please come promptly on your pick up days to insure quality produce. Also, we have set up a self-serve stand inside the barn for those interested in more tomatoes for canning and preserving. Extra tomatoes are \$2.00 a lb.

The last news letter will be comments, recipes, likes, dislikes, suggestions, quotes, celebrations all from you our members. If you would like to participate please drop us an email or note by Sunday, September 17th.

My grandma Ruth's breakfast potatoes -heather

2 pounds of potatoes (your bag is about 1.5 pounds, adjust accordingly)
16 oz bacon, ham, sausage, tempeh or veggie sausage (pick one)
1/3 cup onion or leek, chopped fine
3/4 cup shredded cheddar cheese
5 eggs
1 cup milk
Salt/ pepper and parsley

Cook potatoes in jackets until tender. Peel (or not, I like skins) and slice into 1/2 inch slices. Cut bacon or tempeh into bite size pieces. In a buttered dish, 12x8x2 in size, place potatoes and sprinkle on meat/veggie, then onion, and cheese over top. Combine remaining ingredients- beaten eggs, milk and spices. Pour over. Bake at 375 for 30-40 minutes-until knife inserted near center comes out clean. Makes 6 servings. You may assemble ahead of time and refrigerate until you want to eat.

“I admitted to Joel that five or six times a year, I think about quitting. I'm not sure whether it's the intense physical nature of the work, or not having enough help, or just the demands of balancing biology with economics. But what's amazing is that just as my brain is going down the list of all the other things I could be doing, I have some experience that pulls me back from the edge. It's usually subtle, a shift in the wind that carries the smell of a new season, a flock of geese flying over, a special cloud or a dramatic sky, or just the shimmer of a leaf. What other livelihood would allow me to kneel in the middle of a field, eating the heart out of a watermelon still warm from the sun, or to safely send my children out to graze for lunch?”

Michael Ableman, Fields of Plenty

What's in your box:

Lettuce– Baby Mix (Not Washed!)
Basil– Sweet, mammoth
Carrots– Bolero
Tomatoes– Sun Gold, Stupice, Mortgage Lifter, Oregon Spring, Sweet Million, Yellow Brandywine, Early Girl, Black, Green Zebra, Black Plum, Fantastic.
Squash– Sunburst, Crookneck
Cucumbers– Marketmoore, Lemon
Chard– Argentata, Bright Lights
Leeks– Lincoln TIP!– cut leeks lengthwise to clean.
Potatoes– Yukon Gold, Romance
Parsley–
Beans– Kentucky Wonder, Violet Podded