

## Week # 7 Timken Farm Community Supported Agriculture

### Goats and Bees– Mark

There are a few new additions to the farm this week. When you drive down the driveway you will notice that the bees are back and the goats too. Each year we have worked with Brent Benson of KBC Apiaries to incorporate Bees into our natural system. Brent brings the bees (this year it looks to be about 15 hives) and sets them up, makes sure they are healthy and happy and in return for the use of our land we get a cut of the honey, and pollination for our fruits and vegetables. Please feel free to walk up and get close to the hives. I stay about six feet away but that is plenty close to be in the action. This type of bee is very calm and so they are not aggressive unless attacked. If you watch them for a while you will notice “paths” in the air as the bees try and locate their nectar source for the day. In the early morning a scout goes out and finds which plants will have the biggest nectar flows and returns to inform the hive of the location. Then for most of the day bees follow this path. Bees will fly up to 3 miles to locate nectar. I have noticed that while working I can hear the familiar sound of the honey bee working next to me and during the squash season we will actually have to push them out of the way they will be so thick around the flowers. There has been a tremendous pressure on the honey bee population all over the world do to insecticides and mites. Bees play a critical role on our farm - if the vegetable plants are not pollinated there would be not fruit. Also, honey has wonderful healing properties and it appears may be able to help cure allergies. So enjoy your veggies and thank a bee!

Tammy Dunakin’s heard of goats, known as Rent-a-Ruminant, is back on the farm for a second year. In an attempt to clear parts of the farm the would be unsafe for tractor work, reduce the use of fossil fuels, and also improve the general health of the soil, we rent her heard. We also got to ask for our two favorite goats “Ben” and “Lamp wick” to return as a part of our custom heard! These goats are extremely friendly because most of them are retired milkers. At this point in their lives a typical goat would wind up on a plate somewhere but Tammy has found a truly creative way to keep the goats happy, the farmer happy and make a living. Please visit them but remember the fencing is electrified. Ask a farmer to help you if you want to go in with the heard.

#### *Food System Factoid:*

- *An average beehive can hold around 50,000 bees.*
- *Bees have lived on earth for 30 million years*
- *Bees pollinate approximately 130 different agricultural crops in the United States*
- *Bees have five eyes.*

### Summer Solstice Red Rice Salad

1 cup basmati rice  
6 radishes, halved and sliced 1/4 in thick  
1/2 cup diced red onion  
2 beets, cooked, peeled, and diced  
1/4 cup snipped chives  
2 tablespoons chopped fresh dill  
1-2 cups diced snow & snap peas

#### Dressing

1/4 cup rice wine vinegar  
2 tablespoons prepared horseradish  
1 table spoon whole-grain mustard  
1 tablespoon honey  
1 teaspoon salt  
Freshly ground black pepper, to taste  
1/2 cup extra virgin olive oil

#### What’s in your box:

Snap/Snow peas– Sugar Ann, Oregon Giant  
Broccoli– Southern Comet  
Salad mix– 10 varieties  
Radishes– Easter egg  
Basil– Sweet  
Parsley– Italian  
Carrots– Mookum or Nantes Fancy  
Beets– Detroit, Red Ace, Chioggia  
Scallions– Guardsman  
Cabbage– Derby Day (our fav for coleslaw)

- 1.cook rice according to directions. You should have about 3 cups. Allow to cool to room temperature.
2. Combine the rice, radishes, peas, red onion, beets, chives, and dill in a large bowl. Toss well.
3. Make the dressing: whisk the vinegar, horseradish, mustard, sugar, salt, and pepper together in a small bowl. Gradually add the oil, whisking until smooth.
4. Poor the dressing over the rice mixture and toss until blended. Serve immediately or cover and chill for several hours to blend the flavors. Add chick peas to rice salad or serve with wild salmon for your protein...