

Blue House News



For the week of July 7, 2007

In Your Box This Week

Basil
Carrots
Beets(mixed)
Cabbage(Red and Green)
Kale
Broccoli
Swiss Chard
Strawberries
Head Lettuce(2)
Sweet Onions (Walla Walla)
Red Torpedo Onion
Garlic (Spanish Roja)
Dill

Recipe: Silverbeet* Standby

You Will Need

10-15 stalks of silverbeet
1 large onion, chopped
1 cup of cheese, grated
2 eggs
3 cloves of crushed garlic
salt and freshly ground black pepper to taste
1 cup cream, sour cream, or milk

Boil silverbeet and onion until cooked and drain. Beat together all other ingredients. Mix with silverbeet and onion, place in pie dish, sprinkle with grated cheese and bake at 350 degrees for 45 minutes.

*Swiss Chard is known as "Silverbeet" in New Zealand where this recipe came from. Recipe from: Body and Soul: Cooking with the Seasons

Coming Soon (A Crop Report)...

Tomatoes: This "summer heat" that we have been having is long overdue in the tomato field. We are primarily growing dry-farmed, Early Girls. Of the 2,000 transplants that we put in the ground this spring, about 30% of our first two plantings(of three) have failed due to our #1 pest this year, symphylins. But, not to worry, there will be plenty for CSA. Some of the bigger plants should begin producing in about three weeks.

Peppers: This year we grew our peppers and eggplants with black plastic mulch to warm the soil. We've seen a significant difference from last years unmulched crop. The plants seem to enjoy having warmer feet in this marginally cool coastal climate. Green bell peppers should be harvestable in about 3-4 weeks and reds in another 4 to 5.

Eggplants: Looking even bigger and better than the peppers. We should have some in about 3-4 weeks.

Squash: The first harvest of squash will be 'Patty Pan,' a small round, saucer shape squash and 'Zephyr,' a crookneck-type with a light green bottom and yellow top. We lost our first crop to the cucumber beetles, but the second planting looks fantastic and should be in your box in 2 weeks.

Cucumbers: We're growing a green slicing cuke and a yellow 'lemon' cucumber. The 'lemon' cucumber is about the size of a small apple, and a longtime favorite of mine. Estimated time to harvest: 2-3 weeks.

Corn: The first sowing came up very spotty due to cool weather - corns need for warm soil when germinating. The later plantings(we sow every 2 weeks) look much better. So... corn season will begin slowly and become more abundant through the fall.

Broccoli, Cabbage, and Cauliflower: Again, our first sowing came up very spotty and as a result you have been seeing few of these crops. The good news is that all later plantings look great and as the season progresses these will become consistent "regulars" in your boxes.

From the Field, Ryan

