

S U M M E R 2 0 1 3

The Dirt

Towne's Harvest Garden August, 2013



Towne's Harvest CSA Summer & Fall Share Week 6

Hello Everyone!

The Emerson Home Garden Tour had invited Towne's Harvest Garden to be a stop this year and over this past weekend we had over 200 attendees to stop by the farm! Our intern volunteers gave tours of the growing operation and explained the various sustainable agricultural practices that our farm is working to incorporate. It was an incredible learning opportunity both all parties involved, the students presenting all of the information they had acquired over the course of this summer to interested public wanted to know how and why we farm a certain way at Townes Harvest Garden. This week the full bounty of summer has begun and almost everyday is now a harvest day.

Summer squash and now appearing under every leaf and the battle to pick them before they turn into giants has arrived.

Cheers,

Tim, Alex, and Chaz



Pest Management

B is Beetle (specifically flea beetle):

On established plants, 10 to 20 percent or more of the leaf area must be destroyed before there is any effect on yields. The plants most likely to benefit from treatment are more sensitive seedlings, plants grown for ornamental purposes or for edible greens, and potatoes that may be affected by tuber flea beetle larvae.

"Trap crops" work in some situations. Plant a highly favored crop to attract flea beetles away from the main crop. Radish or daikon can protect other seedling crucifers (e.g., broccoli, cabbage, Brussels sprouts) that are more sensitive to western cabbage flea beetle.

Floating row covers or other screening can exclude the beetles during seedling establishment.

Week 6 Produce

Green Beans

Green Beans, kidney beans, navy beans and black beans are all known scientifically as *Phaseolus vulgaris*. They are all referred to as "common beans," probably owing to the fact that they all derived from a common bean ancestor that originated in Peru. From there, they spread throughout South and Central America by migrating Indian tribes. They were introduced into Europe around the 16th century by Spanish explorers returning from their voyages to the New World, and subsequently were spread through many other parts of the world by Spanish and Portuguese traders.

Roasted Green Beans

Serves 4

Ingredients

1 1/2 pounds green beans
2 tablespoons extra-virgin olive oil
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper

Directions

Preheat the oven to 425 degrees F. Trim the ends of the green beans and add to a large bowl. Toss with the extra-virgin olive oil, salt and pepper and spread out evenly on a parchment lined baking sheet. Roast, stirring once halfway through, until lightly caramelized and crisp tender, 12 to 15 minutes.



Basil

Basil Trivia:

- Basil is Greek for 'royal' or 'kingly'.
- The ancients had many superstitions connected with Basil, one of which was that it had the power of propagating scorpions. It was generally believed that a basil leaf left under a pot would in time turn into a scorpion. Superstition went so far as to affirm that even smelling the plant might bring a scorpion in the brain.
- In Romania, when a boy accepts a sprig of basil from his girl, he is engaged.
- In India the Basil plant is sacred to both Krishna and Vishnu, and is cherished in every Hindu house. Every good Hindu goes to his rest with a Basil leaf on his breast. This is his passport to Paradise.
- Although Basil is cultivated worldwide, Egypt is the principal source followed by the United States.

Carrots

Creamy Carrot Soup

Ingredients

4 Tablespoons (1/2 stick) unsalted butter
 1 large onion, diced
 2 ½ pounds carrots, peeled and diced
 2 celery ribs, leaves included, diced
 8 cups chicken stock
 ½ cup plus 2 Tablespoons chopped fresh dill
 1 teaspoon salt
 ¼ teaspoon freshly ground black pepper
 Pinch of cayenne pepper
 6 teaspoons crème fraiche for garnish (or we substitute low fat sour cream)
 ¼ cup finely diced red bell pepper
 6 dill sprigs for garnish

Directions

Melt the butter in a soup kettle. Add the onion and cook over low heat until wilted, 10 minutes. Add the carrots, celery, stock, ¼ cup of dill, salt, black pepper and cayenne. Bring to a boil, reduce the heat and cover. Simmer until the carrots are tender (40 minutes). Allow to cool slightly. Puree the soup, in batches, in a blender or food processor. Return it to the kettle, stir in the remaining 2 tablespoons dill and adjust the seasonings. Heat through. Serve each bowl of soup garnished with a dollop of crème fraiche, a sprinkling of red pepper and a sprig of dill.



Kohlrabi

Summer Corn and Kohlrabi Salad

Ingredients

8 ears sweet corn, boiled for 4 minutes, cooled, and cut from the cob
 1 medium kohlrabi, trimmed and cut into a 1/4-inch dice
 2 small turnips, trimmed and cut into a 1/4-inch dice
 1/3 cup bunching onions
 handful flat parsley, chopped
 1/2 cup orange juice
 1/2 teaspoon cumin
 salt and pepper to taste
 dash of red pepper flakes (optional)

Directions

Toss together all ingredients in a large bowl. If you have high-quality extra virgin olive oil on hand, drizzle a bit over the top and serve.



Another Carrot Recipe

Carrot Cake!

Ingredients

3/4 cups raw sugar
 2 cups all purpose baking flour
 1 teaspoon baking soda
 1 teaspoon baking powder
 1/2 teaspoon salt
 1 teaspoon cinnamon
 3/4 cups melted coconut oil
 3 eggs
 1 teaspoon vanilla
 2 1/2 heaping cups of grated carrots
 1 cup roughly chopped walnuts
 1 1/2 cup crushed pineapple (strained lightly)
 1 cup (optional) raisins
 1 cup reduced fat coconut milk
 1/4 cup coconut oil
 1/2 cup brown rice syrup
 sprinkling of shredded coconut



Directions

Preheat the oven to 350'. In a medium bowl, combine flour, baking soda, baking powder, salt, and cinnamon. Set aside. In a larger bowl, beat the eggs and add the sugar. Slowly beat in the coconut oil, vanilla, and pineapple. Add the flower mixture and stir gently with a rubber spatula until just incorporated. Finally, stir in the carrots and walnuts. I decided to make these in mini loaf molds, but it would also work in large loaf or round pans. Depending on your preference, grease your pan(s) and fill to 3/4 full with cake batter. Bake for 25-30 minutes. Remove from oven and let cool before drizzling with coconut glaze. For the glaze, mix together melted coconut oil, coconut milk and brown rice syrup until it forms an even consistency. Pour into a small glass container and store in the fridge. When the cake is done, shake and pour over hot cake and with a happy heart.

Grilled Tomatoes with Basil Vinaigrette

Ingredients

3 yellow tomatoes
 3 red tomatoes
 3 tablespoons olive oil,
 divided
 1/4 teaspoon salt
 1/4 teaspoon freshly ground
 pepper
 2 tablespoons white balsamic
 vinegar
 2 tablespoons chopped fresh
 basil
 Garnish: fresh basil sprigs

Cut tomatoes in half;
 thread onto skewers,
 alternating colors. Brush
 with 1 tablespoon oil;
 sprinkle with salt and
 pepper. Grill, covered
 with grill lid, over medium
 heat (300° to 350°) 10
 minutes, turning skewers
 often. Combine remaining
 2 tablespoons oil, vinegar,
 and basil; drizzle over
 kabobs. Garnish, if
 desired.

