

# Farm News

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## Around The Farm

With the passing of the equinox the mornings are getting cooler and darker. This morning there was heavy dew on the broccoli, which is almost waist high, and we all got wet legs cutting the day's harvest. We cherish this beautiful time of year.

Since it is feeling like fall there is a temptation to think that the harvest is over, but this is only week 17 of our 24 week summer harvest season. There are 7 more bountiful weeks ahead. I thought I would give you a report on some of our major crops and our harvest outlook for the coming weeks.

Tomatoes: starting to decline. This week we're adding baskets of Juliet tomatoes. There should be a couple more weeks in this short but abundant tomato season.

Corn: We started picking the final corn planting today and it should last for at least two weeks. Enjoy the last of the corn!

Green beans: Today we start picking the final bean planting also. They should also last at least two weeks.

Sweet peppers: Still abundant, we should be picking them for at least three more weeks.

Summer squash: we are near the end. Cucumbers are finished.

Broccoli: We have a huge and beautiful broccoli crop with many plantings. There should be broccoli for another month and then maybe small side shoots after that. The broccoli (along with both the round and Chinese/Napa cabbage) came earlier than we hoped this fall, but it is remarkably pest free and succulent.

Lettuce: Looking great and we will likely have enough for 4-5 weeks harvest after this week. We may not have lettuce the last couple of weeks. Usually we feel like we've succeeded as farmers if we can provide lettuce for 20 out of 24 weeks and it looks like we'll do it since we've only missed one week of lettuce so far. There are some particularly nice romaines coming.

Carrots: Every fall we look forward to the cooler weather when the carrots start to taste sweeter – and it's happening! Our carrots plantings are fat and there should be plenty to harvest every week for the rest of the season.

Winter squash and potatoes: we have harvested enough potatoes to distribute for at least 3 more weeks (we've already done two weeks of potatoes earlier). The winter squash is partially harvested and it looks and tastes

excellent. We will share a lot more winter squash info in a future newsletter. As soon as the corn finishes we will start giving out lots of potatoes and winter squash every week until the end.

In addition to these major crops, you can also look forward to more onions, arugula, beets, chard, kale, collards, cauliflower, spinach, radishes, turnips, fennel, scallions, leeks, cilantro, and radicchio.

Enjoy the bounty; it's been a great year!

--John

## Cooking the Harvest

### **Fettuccine with Broccoli, Roasted Peppers and Olives** from *Fields of Greens* by Annie Sommerville

1 medium-sized red or yellow sweet pepper, roasted and peeled

1 stalk of broccoli, about 3 cups florets with stems

3 tablespoons olive oil

3 garlic cloves, finely chopped

8 Nicoise olives, pitted and coarsely chopped

1 tablespoon fresh lemon juice

Salt and pepper

½ pound fresh fettuccine

2 tablespoons chopped fresh herbs (marjoram, thyme, parsley)

Grated Parmesan or Romano cheese

Set a large pot of water on the stove to boil. Slice the roasted peppers into thick strips, saving any of the juice. Cut the broccoli into florets about 1 inch long. Heat 2 tablespoons of the olive oil in a large sauté pan, add the garlic, and sauté over med- low heat for 2 minutes. Reduce the heat and add the pepper strips, olives, lemon juice and ¼ teaspoon salt. When the water is boiling, add 1 tsp salt and the noodles. If the pasta is fresh, cook the pasta for 30 seconds, then add the broccoli and cook for 1 more minute. Before draining, save ¼ cup of the cooking liquid. If you're using dried pasta, cook until almost done then add the broccoli. Don't cook the broccoli more than 1 minute! Drain the pasta and broccoli then immediately add both the pasta and the broccoli to the sauté pan along with the ¼ cup of cooking water. Add the remaining olive oil, salt, and herbs. Season to taste with salt and pepper and serve with freshly grated cheese