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Contents

Garlic
Beets: Orange and/or Red
Carrots with Tops
Kohlrabi
Lettuce: Mixed Types
Swiss Chard

New Stuff: carrots.

Besides being delicious, carrots are a very good source of dietary fiber, vitamins A, C, K and potassium. They also contain thiamin, niacin, vitamin B6, folate and manganese. The best part: a cup of chopped carrots has only 52 calories.

The earliest, cultivated carrots were purple and pale yellow. Orange carrots were introduced in the 1600's. Chuck is growing a yellow carrot this year, and some of you will have one in your bunches.

Store carrots in a plastic bag in the fridge. They'll keep for months.

When the leaves look good, we tend to put carrots with tops into your boxes. This makes them easy to bunch, and shows you just how fresh they are. Carrot tops are edible, but quite bitter. If you like some bitterness with your food, these will fit the bill.

As I told you last week, we're having some trouble with a blue/green mold in the garlic. This mold is a rather slow grower, and in its early stages doesn't affect the taste of the garlic. If you use it up within a few weeks, you won't have a problem. Or, roast the bulbs and you kill the mold AND have wonderful-tasting garlic to spread on bread or use in salads. To roast whole bulbs, just set them on the cool side of your grill the next time you light the charcoal and let the ambient heat cook them thru. When cool, break the cloves apart, snip off the pointy end with a scissors and squeeze out the soft garlic. You can put them in a plastic bag and freeze them, or use them now.

Sauteed Roots & Tops with Cumin

In a 10" skillet, over medium heat, put:
2 Tbsp. olive oil
When the oil looks shimmery, add:
2 tsp. cumin seeds
-Cook about 1 minute, stirring frequently, or until cumin seeds turn a few shades browner. Do not let them get dark brown or they'll taste bitter.
Add: 2 cups beets, peeled and sliced ¼" thick
-Sauté beets, stirring frequently, 4-5 minutes. While the beets are cooking, wash the good beet tops or some Swiss chard. Cut the stems crosswise into ½" pieces and the leaves into ½" ribbons.
Add: 2 cups carrots, scrubbed and sliced ¼" thick
beet or chard stems
-Sauté, stirring frequently, 3-4 minutes.
Add: beet or chard tops
salt and freshly-ground pepper to taste
-Stir, cover, reduce heat to low and cook until leaves are just wilted.
Carrot and beet amounts are approximate: use more or less of each as necessary.
Variation: use fennel seeds instead of cumin seeds—or use both.

Field Notes

To make it easier to drive to the farm fields, we're installing a driveway on Crooked Rd. Formerly, the only access to our fields was thru a rather narrow road between our barn and machine shed.

Since our farm is in the Town of Addison, local regulations require a certain size and length of culvert pipe that will allow rainwater to flow along the ditches and thru the pipe unimpeded. When the township came out to inspect our proposed driveway site, they discovered that soil had filled the ditch in some places, making a portion of a farm road actually lower than the ditch. Because of this, rainwater flowed onto our fields. To correct it, they surveyed the area, then came out with a bulldozer and redug not only that high portion, but the ditch all the way to our existing driveway on Crooked Rd. Our tax dollars at work.

On Saturday, we picked up 24 ft. of 18" culvert pipe, end caps and connectors. Sunday, our neighbor Dan



and a co-worker of his came over with a small dump truck of gravel and a bobcat. In just a few hours, they had the pipe set in place, the end caps fastened, a bed of gravel laid, the pipe positioned at the correct angle and gravel filled in on both sides. The driveway was usable, but not finished. One more load of gravel, spread and graded, and we'll have a fine, new



driveway. Now we can safely access the fields, and our farm road will stay drier.

Chuck and I are seriously considering digging an agricultural well on our farm. This is a plan we've had on the Wish List for a long time, but we've always been able to manage with the well we have. This drought has made a new well absolutely vital. We'll keep you apprised of our progress.

No rain as of 10pm, Tuesday evening. Perhaps we'll get lucky tomorrow morning.
All the Best,
Terry & Chuck