



The Weekly Weeder

A weekly publication for CSA members

JULY 14, 2010—BOX #06

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Box Contents and Tips

Beans, Royalty Purple Pod (half shares only): Just the first picking. Lots more for next week. The seed was originally introduced by the Billy Hepler Seed Company in 1957. We love it because it germinates well even in cold, wet soil—perfect for a spring planting on our farm! Best to use beans within a few days for optimal freshness. Store in warmer part of your refrigerator within the plastic bag, as they don't like it too cold. Snap off the top of bean, called a calyx, and lightly steam or boil. Also great on the grill! Remember that beans cook quickly, do don't overcook them.

Cucumber (half shares only): While our high tunnel plants are starting to decrease production, soon the plants in the field will start to produce. Stores best in plastic bag in crisper to prevent them from getting soft and dehydrated.

Fennel, Baby (full shares only): Store in plastic bag in the refrigerator, using fronses first as they wilt quickly. Bulb keeps for several weeks in plastic bag.

Fresh Garlic: A slightly stronger garlic flavor than the scapes when eaten raw. Cook quickly to retain the mild garlic flavor. Store in refrigerator in plastic bag to keep fresh. Peel back all outer layers of leaves down to the juicy clove.

Basil: Shares receive one variety: either Purple Opal (purple leaves), Genovese (glossy green), or Thai (green leaves with purplish stem). Use immediately for optimal freshness. Stores best above 50-degrees, so keep in bag on refrigerator door.

Fresh Sweet Onions: Why do we say "fresh"? This means these sweet white onions are not cured, but rather fresh. Keep them in the refrigerator and ideally in a sealed bag/container to avoid onion smell to transfer.

Potatoes, Red: An all around excellent potato for general cooking. The interior is a beautiful deep golden color with moist creamy texture and delicate flavor. This seed variety was first introduced from Holland in 1962. Freshly dug.

Store on countertop and use within 2 weeks.

Zucchini & Patty Pan Summer Squash: Lots for everyone! Store in plastic bag.



News from the Farm

We haven't grown potatoes on our farm since 2006. That summer, after hand-digging 1000 feet of potatoes in rock-hard drought-dry ground, we said "no potatoes until we get a tractor-mounted digger!" Friday the first 2 rows of our potato patch was dug—but to the great disappointment to the crew because the skin of new potatoes is too delicate for mechanical harvest, were sent out with pitch forks and spades. It took 3 people most of Friday to unearth these treasures. But the ground was moist for easy digging—though it means more washing in the packing shed to get them cleaned up.

"The majority of potatoes are produced in northern states from Washington and Idaho to Wisconsin. Despite the enormous quantities of pesticides used in conventional potato production, pest pressures remain intense. Three-quarters of Idaho's potato acreage received four or more fungicide applications each year. The arsenal of pesticides commonly used includes insecticides known for their acute aquatic toxicity, suspected endocrine disruptors, and fungicides that are probable human carcinogens." (1) For anyone who has visited central Wisconsin's potato fields, the signs around seem foreign, "Warning: Stay Inside during Ariel Spraying" and the like. Entire sides of homes are tainted with orange residue from the pesticides. It certainly makes one question the orange tinted water coming from the kitchen faucet.

In our organic farming system, pest control on potatoes is a labor-intensive burden. The Colorado Potato Beetle (CPB) is our primary evil, who love the potato plant. CPB can devour and defoliate an entire crop if left uncontrolled. Beetles emerge in the spring and begin to mate. A female lays egg masses on the undersides of leaves in batches of 25-30 eggs, and depending on farm location can populate 3 generations! Once the potatoes germinate, we monitor the plants for the beetles very carefully. Beetle control is not an easy task for a squirmy individual, since beetles are squished between our fingers. Yes, not a glamorous job, but armed with rubber gloves the bug squishing job isn't too bad (as long as the juices don't squirt you in the face, eww!) So far we have succeed in deterring the beetles from devouring our plants, and we're happy to report that we have not had to spray anything on these plants (even organically approved pest control sprays). Pest control strategies on our farm are always to first prevent and if necessary control with the least amount of organically approved pest substances.

This is the first giving of potatoes. We have 2 other varieties yet to dig, so we'll all be enjoying more potatoes throughout the season!

(1) Fatal Harvest: The Tragedy of Industrial Agriculture" by the Foundation for Deep Ecology, 2002

Pesticides May Be Linked to ADHD

Acres, July 2010

A new analysis of U.S. health data links children's attention-deficit disorder with exposure to common pesticides used on fruits and vegetables. Children may be more vulnerable to the risks of pesticides because they're still growing and may consume more pesticide residue than adults relative to their body weight. Pesticides break down into compounds that were present in the urine of 94% of children sampled. Kids with higher levels had increased chances of having ADHD. This study shows it's possible even tiny, allowable amounts of pesticide may affect brain chemistry. The findings are based on one-time urine samples in 1,139 children and interviews with their parents to determine which children had ADHD. The findings were published in the June 2010 *Pediatrics*.



Potato washing! Lots of dirt, requiring lots of washing.

Bulletin Board

Garlic Harvest Party:

Saturday, July 31 at the farm!

10 am—3 pm

Come help us bring in the garlic crop! Join us for a day of harvesting with a farm tour and potluck lunch. Kids and adults can help pull, clean off the dirt, bundle, and load this fabulous crop. Members are welcome to bring a friend. Please RSVP with an email so we can estimate the number of attendees: csa@ridgelandharvest.com

August 1 Payments: Just a reminder that second installment payments will be deposited on Monday, August 2. Any bounced check fees will be passed on to the CSA member. Thank you.

Regent Market Coop members: A block party will be hosted. Contact the store for more information 608.233.4329

Need more recipes for seasonal cooking ideas? The Madison Area CSA Coalition (MACSAC) From Asparagus to Zucchini: A Guide to Farm-Fresh Produce is now for sale through the farm. Place your order and we'll pack your copy in your weekly CSA box. Mail your check to the farm for \$17.00



Coming Soon...

More zucchini/summer squash, onions, and fresh herbs and beans. Scallions, broccoli and more!

Recipes! Recipes! Recipes!

Garlic Roasted Potatoes
by Michael Chu
From [Cooking For Engineers](#)

2 lb. red potatoes, cut into wedges
skin up in pan
sprinkle
425°F for 20 min. covered
425°F for 15 min. uncovered
flip to skin down in pan
425°F for 15 min. uncovered
toss
3 Tbs. oil
salt & pepper
1 tsp. crushed dried rosemary
2 cloves garlic minced cook (optional)

Cut the potatoes into 3/4" to 1" wedges. Toss with 3 Tbs. oil until all pieces are coated. Salt and pepper the potatoes generously. Toss until salt and pepper have evenly disbursed. Place the potatoes in a 9x13 baking pan. Arrange the pieces so that the skin side is facing up. This will give a nice crust on the cut side as it bakes. If desired, sprinkle 1 teaspoon of crushed dried rosemary over the potatoes.

Cover the pan with aluminum foil and bake for twenty minutes at 425°F. This will allow the potatoes to bake in their own steam to help the insides fully cook.

After twenty minutes, remove the aluminum foil and continue to bake for fifteen more minutes. Using a metal spatula, flip all the potato pieces over so the skin side is now touching the bottom of the pan. Try to keep as much of the crispy crust that has formed on the potato pieces as you flip.

Another 15 minutes in the oven and the potatoes should be done. You can keep cooking to achieve the level of color that is desired on the cut side of the potatoes. I usually stop once it reaches a light golden color.

For a strong garlic flavor, simply puree 2 cloves of garlic (once garlic has been minced, scrape with a knife to create a fine mush OR use a zester on the garlic cloves) and put it in a medium bowl. Using a metal spatula, scrape the potatoes out of the pan and into the bowl. The hot potatoes will just barely cook the garlic. Toss well.

For a milder garlic flavor, cook the garlic in a teaspoon of oil until it softens (just before it begins to brown). Toss the cooked garlic with the potatoes.

Gretchen's Easy, Easy Cucumber Salad

The recipe can be cut in half if you only have one or two cukes or doubled if you have lots. This is not only very easy, but keeps well so a container of the salad can be kept in the refrigerator for use "on demand". The cucumber slices stay crisp and can be used as a salad or as a relish. You can vary the amount of onion to suit your taste but don't eliminate it completely as it gives it a very nice flavor.

4 or 5 large cucumbers, washed and scored lengthwise with a fork - do not peel
1 medium red onion, sliced thin
1 cup water
1 cup cider vinegar
1 scant cup sugar

Slice cucumbers into thin slices. Place in a two quart container with the onion slices. In a bowl, thoroughly mix the water, vinegar and sugar. Pour dressing over cucumbers and onions, cover and refrigerate. Keeps well for up to two weeks.

FUDGY ORANGE ZUCCHINI CAKE WITH ORANGE GLAZE
Supplied by Liz, Ridgeland Harvest crew member

2 1/2 cups flour
1/2 cup cocoa
2 1/2 teaspoons baking powder
1 1/2 teaspoons baking soda
1 teaspoon salt
1 teaspoon cinnamon
3/4 cups butter
2 cups sugar
3 eggs, lightly beaten
2 teaspoons vanilla
1/2 cup milk
3 cups grated zucchini
1 tablespoon grated orange zest
1 cup chopped nuts
Calendula blooms and petals, tuberous begonia blossoms, or organic mint springs for garnish

ORANGE GLAZE:

1 1/4 cups sifted confectioners sugar
1/4 cup fresh orange juice
1 teaspoon vanilla

Preheat oven to 350-degrees.

1. Sift flour, cocoa, baking powder, baking soda, salt and cinnamon together and set aside.
2. In a bowl, cream the butter and sugar until fluffy. Add the eggs, vanilla and milk to the butter mixture.
3. Stir in the dry ingredients and mix until well blended. Fold in the zucchini, orange zest and nuts.
4. Pour into a greased and floured bundt cake pan. Bake 50-60 minutes.
5. Allow the cake to cool for 15 minutes before turning out onto a rack.
6. To make the glaze, in a bowl mix together the sugar, orange juice and vanilla. While the cake is still warm, drizzle with the glaze. Garnish with flowers or mint sprigs.



Fledgling Red Tailed Hawk keeping watch over the farm

While we take great care to provide the cleanest and safest food possible, all produce should be washed prior to eating.