

Holcomb Farm CSA Newsletter

July 2, 2007

Note: There will be **no** changes to the distribution schedule this week due to the Holiday.

Overflow Parking

On-farm members, please do not park on the church's lawn when the CSA lot is full. You can park along the road on farm property south of the CSA driveway near our mulch piles or our mailbox. Thanks!

This Week's Shares

This week's shares may include some or all of the following.

Cabbage
Kohlrabi
Bananas
Summer Squash
Cucumbers
Swiss Chard
Mangoes
Beets
Lettuce
Coconut
Kale
Broccoli
Collards
Fennel
Shrimp

Pick Your Own Crops

Peas
Cilantro
Parsley
The last strawberries for scrounging

Top 10 Myths of CSA Life

Here at Holcomb Farm CSA, we like to remind ourselves every now and then not to take ourselves so seriously. With so many things to get stressed out about, it's important to remember, it's only vegetables. In that spirit, we'd like to share a few of the bumps that we've seen our gentle members encounter in the road to understanding what it is to be CSA member.

Myth #10 – The produce selection is better on whatever days I didn't come this week.

Myth #9 - All the crops yield in perfect multiples of the number of CSA members from the beginning of the season to the end.

Myth #8(a) - All the best farms grow every possible vegetable at all times.

Myth #8(b) - All the best farms provide the exact same produce at the same time every year.

Myth #7 - It's June. It's hot. There must be watermelon.

Myth #6 - The farmers like the West Hartford (or Granby) members better.

Myth #5 - I can't eat it because my kids don't.

Myth #4 - I paid my \$15 for a membership at the Learning Center, where's my produce?

Myth #3 - The farm's customer service department is napping in the hammock.

Myth #2 - Distribution times are merely a suggestion.

Myth #1 - The farmers are hiding the broccoli in the back room until I leave.

Seriously, folks, we are grateful for your support and participation. We hope you've had a few good meals with our help.

Coleslaw with Cilantro

Coleslaw is meant to be made with really fresh cabbage. Most horrible coleslaw experiences can usually be traced to old cabbage or other bad ingredients.

4 to 6 cups (2 or 3 small heads) cabbage

¼ cup minced cilantro

¼ cup chives or scallions (optional)

3 tablespoons extra virgin olive oil

3 tablespoons white wine vinegar

2 tablespoons sugar

1 teaspoon salt

- 1) Toss the cabbage, cilantro, and chives in a large bowl or container; refrigerate, covered, for at least an hour.
- 2) When ready to serve, mix the oil, vinegar, sugar, and salt in a small bowl until well combined. Pour the dressing over the chilled cabbage mixture. Mix well just before serving.

Farm Update

The heat last week brought an unexpected surge from the cabbage and cucumbers. The break in the heat has made the farm crew perk up a bit. We're starting to get more and more into harvest mode, but we still have plenty of weeds to battle, irrigation pipe to move, a fall crops to plant.

After a month of gracious rains in late May and early June, we've been steadily irrigating. After a couple of years of investing in irrigation stuff, this is the first year we've been able to irrigate the entire farm and we're mostly keeping up with crop needs. This is also the first year that someone other than me is taking the lead on irrigation. My brother Matt is doing a great job. Speaking of great jobs, a big reason my blood pressure is close to the normal

range this summer is because of Laura's expert coverage with mechanical cultivation. It takes serious skill to pay attention to dozens of plantings of dozens of crops and serious patience to carefully adjust the cultivators and meticulously get the weeds and not the crops. It's priceless to have someone else on the farm who can take that on.

The early brassica crops from our North Granby field are big and beautiful. The reason there seems to be never enough broccoli to go around is that we'd need to plant about 3 acres to fully satisfy the CSA – and another 3 acres for the fall planting. We planted about one acre, feeling like we can't shortchange some of the other crops for one that just doesn't give all that much food for the amount of space, water, and fertilizer it takes up.

Our potatoes are doing great, too. A couple of sprays for the leafhoppers have persuaded the little nasties to quiet down from a cloud of death over the field to a mild annoying buzz here and there. We'll let the spuds size up for another week or two before we start giving out those buttery new Red Golds.

The onions put on a lot of top growth before the summer solstice, and now they are making their bulbs. Shouldn't be too long before we see some of those glowing fresh onions at distribution. The tomatoes are on the verge of a good crop and the eggplant and peppers are setting lots of fruit as well. After a couple of years of disappointing leeks, I'm also quite pleased with this year's big crop that's sizing up fast.