

BURR OAK GARDENS, LLC

To forget how to dig the earth and to tend the soil is to forget ourselves- Mohondas Gandhi

This Week on the Farm

This is the last week for zucchini and cucumbers. The plants really slowed down this week and there are very few blooms on the plants. We have also started to see signs on powdery mildew on the plants. It is that point in the season where the dewy mornings breed powdery mildew and although it doesn't kill the plants, it does slow plant growth down by impairing photosynthesis.

The deer did significant damage to the beans, so we paired that item with the left over carrots from last week. Some members will get carrots this week and others will get dragon beans. We tried to make it so everyone got carrots either last week or this week. We will have more carrots later this fall. Our midsummer planting is looking good and our late summer planting has just started germinating and that also looks good. I am hoping to get through the midsummer planting this week to pull the weeds by hand. One time through should be enough to get a good yield.



Radishes are making a return this week. We found a variety of radishes called Sora which shows heat resistance and doesn't bolt quickly. We should have enough radishes to have them in this weeks box and next weeks box. I am looking forward to trying the zucchini, carrot, and radish salad included on the newsletter this week.

Everyone will be getting eggplant this week. They are just starting to take off, so we may be able to put more in everyone's box next week.

New this week are the Hungarian Hot Wax peppers. They have about the same level of heat as the jalapeños. We really like using them to make salsa because they add a lot of color to the salsa in addition to a nice level of heat.

It is also the first week for melons and watermelons. We went through the field and harvested what was the most ripe, so there is a mixture of melons, cantaloupes, and watermelons.

This will be the last week for the Dark Red Norland potatoes. We will have a new variety next week as long as we get a chance to fix the digger.

Double shares this week are getting a half pint of cherry tomatoes. The Cherry Bomb tomatoes are looking fabulous and should start producing in quantity in the next two weeks. We have also found our first dozen or so red slicer tomatoes, so tomato season is almost upon us. Late Blight has been

spotted in neighboring counties, but we are hoping our variety selection will help us and so far the plants are all looking healthy.

Onto farm news. We got the rest of the broccoli and cauliflower transplanted last week. Tyler got the electric fence working and only a few plants got nibbled between transplanting and the electricity being turned on. On Monday we got the Swiss chard and the last of the head lettuce transplanted. Still left to transplant are the pac choys and the looseleaf lettuce. We are almost out of room in that field and may need to work up an additional area to fit the last of our direct seeding in.

We also are caught up on our direct seeding. We just have a planting of late fall radishes and arugula to get in the ground later this week and we will be done planting for the year. That is a great feeling to have!

We are still working on cleaning and grading the garlic. Although the garlic is sizing up smaller than last year, most of the varieties are sizing up ok. It was just the first variety that was so small. Once we get all of the garlic cleaned I am planning on bagging up the small garlic and giving bags of garlic to everyone. There is nothing wrong with the garlic, it is just small.

This week I want to get the wheel hoes and the finger weeder out to get as many of our fall planted crops weeded as possible. This is the last week that we have multiple employees working, so we want to get as much field work done as possible.

In other news it has been a week of things breaking. Our red S10 truck bit the dust. Dante was traveling to market on Thursday with our excess produce and the breaks went soft. He was able to get to the side of the road and we called AAA to get it towed to the nearest shop. When the estimate came through the cost to fix it was about quadruple the value of the truck (it is a 1985 Chevy), so we made the decision to scrap it. This means we are down two trucks this season since we scrapped our 1991 white pick up earlier this summer.

Our four wheeler is also down right now, but Tyler called the parts shop and we should be able to get a refurbished starter tomorrow. That should fix the problem and then we will at least have one vehicle that we can use on the farm to bring in all of the produce. We had to harvest the melons and watermelons using a wagon behind one of our tractors for our Tuesday deliveries. It worked pretty well, but it requires either Tyler, Don, or I to be available to drive. Using the bulk wagon is also a lot more difficult because it is hard to turn around.

We also have one tractor and two rototillers that are down and in need of repair. I have a feeling that this weekend will be spent working on equipment!

Your Box This Week

Zucchini-Wrap zucchini in a dry paper towel and place in a plastic bag in the fridge.

Cucumber- Same as zucchini.

Dark Red Norland Potatoes- Store in a cool, dark place.

Garlic- Same as potatoes.

Hungarian Hot Wax Peppers- Store in a paper bag in the fridge.

Bell Pepper- Same as jalapeños.

Eggplant- Store eggplant on the counter top (likes cool temp around 55°F).

Carrots or Dragon Beans- Store in a bag in the fridge.

Watermelon or Melon- Store in the fridge until ready to use.

Radishes- Remove the tops. Store tops and bottoms in separate plastic bags in the fridge.

Sunflower- Place in a large jar/jug with water.

Zucchini, Carrot, and Radish Salad

2 medium carrots, shaved into ribbons (about 1 cup)
1 large zucchini, shaved into ribbons (about 2 cups)
1 cup very thinly sliced radishes
2 tablespoons olive oil
1 tablespoon fresh lime juice
1/4 teaspoon kosher salt

Combine all ingredients in a large bowl; toss. (From cookinglight.com)

Grilled Chicken w/ Cucumber-Radish Salsa

2 tablespoons extra-virgin olive oil, divided
1/2 teaspoon ground coriander
1/2 teaspoon salt, divided
1/2 teaspoon ground pepper, divided
4 "thin-cut" boneless, skinless chicken breasts or cutlets (4 ounces each), trimmed
1/2 cup finely diced seeded English cucumber
1/2 cup finely diced radishes
1/4 cup finely chopped fresh mint
2 teaspoons rice vinegar

Preheat grill to medium-high.

Combine 1 tablespoon oil, coriander and 1/4 teaspoon each salt and pepper in a small bowl. Brush on both sides of chicken.

Grill the chicken, turning once, until an instant-read thermometer inserted in the thickest part registers 165°F, 8 to 10 minutes total. (Alternatively, cook the chicken in a grill pan over medium to medium-high heat.)

Meanwhile, combine cucumber, radishes, mint and vinegar in a medium bowl with the remaining 1 tablespoon oil and 1/4 teaspoon each salt and pepper. Serve with the chicken. (From eatingwell.com)

Bell Pepper, Tomato, Cucumber, & Grilled Bread Salad

4 (1-ounce) slices day-old country-style bread
4 cups coarsely chopped tomatoes (about 1 1/2 pounds)
1 cup finely chopped red onion
3/4 cup chopped yellow bell pepper
3/4 cup chopped orange bell pepper
1/2 cup torn fresh basil leaves
1 English cucumber, peeled and coarsely chopped
1/4 cup red wine vinegar
1/2 teaspoon freshly ground black pepper
1/4 teaspoon salt
2 garlic cloves, minced
1/4 cup extra-virgin olive oil

Prepare grill to medium-high heat.

Place bread slices on grill rack; grill 1 minute on each side or until golden brown with grill marks. Remove from grill; tear bread into 1-inch pieces.

Combine tomatoes, onion, bell peppers, basil, and cucumber in a large bowl. Add bread; toss gently.

Combine vinegar, black pepper, salt, and garlic in a small bowl, stirring with a whisk. Gradually add oil, stirring constantly with a whisk. Drizzle dressing over salad; toss gently to coat. Cover and chill 20 minutes before serving. (From myrecipes.com)

Stovetop Eggplant Parmigiana

3-4 medium sized Sicilian eggplant (the round variety with the light purple skin)

Kosher salt

2-3 cups of tomato sauce

2 cups of sliced provola (you can substitute provola with whole milk mozzarella, but I'd stay away from the supermarket variety)

Freshly ground pepper

The key to any eggplant parmigiana dish is the manner in which the eggplant is pre-cooked. Most home cooks make the mistake of under cooking their eggplant and/or slicing the eggplant to thick. Eggplant is a vegetable that needs to be manipulated prior to cooking, so it needs a little bit of nurturing; think of eggplant as the antithesis of the tomato.

Begin by slicing the eggplant (3/16th's of an inch is ideal). Next, salt each piece of sliced eggplant and let sit in large bowl (2-3 hours is ideal). Next, remove the excess water and dry each slice. At the same time, heat up a pan and add canola oil (if you like to fry in olive oil, despite it's smoking point, go ahead and use olive oil, per a reader comment below). Fry each slice of eggplant and set aside. Next, use a large non stick (a heavy duty stainless pan is fine as well) and begin layering the components: eggplant, tomato sauce, a bit of cheese, a drizzle of extra virgin olive oil, and freshly ground pepper. The first layer should contain a base of tomato sauce. Set your flame to low heat and cover with a lid. In about 30-45 minutes your dish should be complete.

The end result is unlike any baked eggplant parmigiana this side of the North American continent! If you're looking for yet another alternative to the standard baked eggplant parmigiana, see our grilled eggplant parmigiana recipe. (From scordo.com)

Spiced Peppers and Eggplant

4 garlic cloves

3/4 tsp. coriander seeds, crushed

3/4 tsp. cumin seeds, crushed

Pinch of saffron threads (optional)

4 sweet peppers, any color (about 1 lb.), cut into 2" strips

2 baby eggplants (about 1/2 lb.), quartered lengthwise, or 1/2 large eggplant, cut into 2x1" pieces

Kosher salt and freshly ground black pepper

2 Tbsp. red wine vinegar

1 cup torn fresh basil leaves

1/4 cup olive oil

Heat oil in a large skillet over medium-high heat. Add garlic, coriander, cumin, and saffron, if using; cook, stirring often, until garlic is softened, about 4 minutes.

Add sweet peppers and eggplants; season with salt and pepper. Cook, tossing occasionally, until vegetables are tender, 15-20 minutes. Remove from heat and add vinegar. Just before serving, add basil and toss to combine. /react-text

(Recipe by Alison Roman From bonappetit.com)