

---

# 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

The newsletter writing got delayed somewhat today due to the fact that the weather was absolutely perfect and there was a lot of harvesting to do. (The weather was perfect, but due to all of the rain the mosquitos are horrendous and I told Tyler I felt like I needed to bathe in DEET to survive the onslaught!) This morning with the help of one of our work shares I got our packing shed cleaned and ready for the rest of the week. I am finally feeling back to normal, although I still have the weight restriction, so it was time to get everything back to how I like it organized. Tyler did a great job covering for me, but he didn't have much time to clean up the packing shed this week since he had to get back to his handyman business. We cleaned totes and bread trays to get ready for more winter squash harvest. Then we worked on getting some of the Robust popcorn in. We harvested about half of the planting. I got the popcorn shucked and with Tyler's help got it put into mesh bags and have it hanging in the greenhouse drying out in front of one of the circulation fans.

We did this with the black popcorn that we harvested several weeks ago, and it dried down very nicely. I am in the process of shelling it by hand. I can spend about fifteen minutes a day shelling the popcorn off of the cobs before my thumbs start hurting. I am waiting for calluses to form so I can work at it a little bit longer. As soon as I get containers ordered, we will have popcorn available on the stand, or at market for you to purchase. It is very cool and I am glad that I decided to grow it this year.

In other news, we have been having our other workshares help get the winter squash harvested and the potatoes dug. The winter squash yielded well this year. I am trying to be methodical in how I harvest so that we don't miss any squashes, but this means that we are still just working on the acorn squash. As soon as I get my weight restriction lifted I will be spending most of my days the next few weeks getting the squash in.

The potatoes did not yield very well this year. Mostly this is because of issues with the timing of our fertilizer delivery this spring. The delivery kept getting delayed, and by the time it finally got here we were so busy we didn't have time to spread the composted chicken manure on the potato field. Lesson learned. This shouldn't be an issue next year since we have 20 tons of it waiting in our grain bin for application next year. I don't think I am going to get a chance to bag up potatoes until next week for sale. Between market tomorrow and my post-op appointment with the doctor on Friday and the need to get squash in and curing, it will probably be next week before you see potatoes on the stand.

It looks like there will be some loss in the lettuce due to the excessive rain. The ground was so saturated for long enough that it got stressed. The pac choy and fall cabbages are looking good, however. If the weather stays like this we should have kohlrabi ready next week. Also depending on the weather and if my weight restriction gets lifted on Friday, I would like to get the honey harvested this weekend. I want to give the bees as much time to get acclimated to the smaller hive before winter arrives. I also want to eat fresh honey. There is nothing like eating honey comb in the fall. So sweet!



**1 package pad Thai rice noodles or linguine**  
**1/2 cup low-sodium soy sauce**  
**3 tablespoons sherry**  
**2 tablespoons cornstarch**  
**2 tablespoons packed brown sugar**  
**1 tablespoon minced fresh ginger**  
**1 teaspoon red chili paste or a few dashes red chili oil**  
**2 cloves garlic, minced**  
**1 lime, halved**  
**1 pound flank steak, sliced very thin against the grain**  
**2 tablespoons vegetable oil**  
**1 medium yellow onion, sliced**  
**1 red bell pepper, cored and sliced into rings**  
**1 teaspoon diced hot pepper**  
**Fresh basil leaves, for garnish**  
**Fresh cilantro leaves, for garnish**

Cook the noodles according to the package directions.

In a small bowl, mix the soy sauce, sherry, cornstarch, brown sugar, ginger, chili paste, garlic and the juice of half the lime. Pour a third of the marinade into a bowl with the sliced beef and toss to coat.

Reserve the rest of the marinade for later.

Heat 1 tablespoon of the oil in a large skillet over medium-high to high heat. When it is very hot, throw in the onions and cook for a minute or so. Add the bell peppers and jalapeños. Cook for a minute, tossing until the peppers have brown/black bits but are still firm. Remove the vegetables to a plate. Into the hot skillet, add the remaining tablespoon of oil. Add the meat mixture, evenly distributing it over the surface of the skillet. Allow to sit for 45 seconds, then turn with tongs. Cook for another 30 seconds, then add the onions and peppers back into the skillet. Reduce the heat to low. Pour in the remaining marinade and stir. Allow to simmer on low for a few minutes; the sauce will slowly thicken. Turn off the heat.

Drain the noodles, then add half of them to the stir-fry. Toss and add more noodles as desired. Stir in some very hot water if needed to thin the sauce.

Top with basil and cilantro leaves and serve immediately with a squeeze of the remaining lime half.

(From Ree Drummond [www.foodnetwork.com](http://www.foodnetwork.com))

### **Easy Stuffed Green Peppers**

**2 medium green peppers**  
**½ lb. ground beef**  
**2 T chopped onions (or more)**  
**1 c. cooked rice**  
**½ t. salt**  
**Dash of pepper**  
**Oregano and basil to taste (use fresh if available)**  
**1 8 oz. can tomato sauce**  
**½ c. shredded cheddar cheese**

Wash and halve the green peppers lengthwise and remove seeds. Sauté the beef and onions; add the rice and spices; mix in half of the tomato sauce. Stuff mixture in the uncooked pepper halves and arrange in a shallow baking dish. Pour remaining tomato sauce over the peppers. Cover and bake at 350 degrees for 45 minutes. Remove the cover, top each pepper with cheese, and bake 15 minutes longer or until cheese melts. Makes 2-3 servings.

Microwave variation: Microwave uncovered on high for 8 minutes, rotating one half turn after 4 minutes. Add cheese near the end to melt. (Shared by B.O.G. member L. Waldman)

### **Creamy Jalapeño Popper Dip**

**4 bacon strips, chopped**  
**1 package (8 ounces) cream cheese, softened**  
**2 cups (8 ounces) shredded cheddar cheese**  
**1/2 cup sour cream**  
**1/4 cup 2% milk**  
**3 jalapeño peppers, seeded and chopped**  
**1 teaspoon white wine vinegar**  
**1/3 cup panko (Japanese) bread crumbs**  
**2 tablespoons butter**  
**Tortilla chips**

Preheat oven to 350°. In a small skillet, cook bacon over medium heat until crisp, stirring occasionally. Remove with a slotted spoon; drain on paper towels. Discard drippings, reserving 1 tablespoon. In a large bowl, mix cream cheese, cheddar cheese, sour cream, milk, jalapeños, vinegar, cooked bacon and reserved drippings. Transfer to a greased 8-in. square baking dish. Sprinkle with bread crumbs; dot with butter. Bake 30-35 minutes or until bubbly and topping is golden brown. Serve with chips. (From [www.tasteofhome.com](http://www.tasteofhome.com))

## *On the Stand This Week*

**Hot Peppers-**  
Store in a paper bag in the fridge.

**Bell Peppers-**  
Same as hot peppers.

**Sweet Peppers-**  
Same as hot peppers.

**Slicer Tomatoes-**  
Store on the counter in a cool place.

**Saladette Tomatoes-** Same as cherry tomatoes.

**Celery-** Store in a jar of water in the fridge.

**Baby Onions-**  
Store in a cool dry place.

**Spaghetti Squash-** Store in a cool, dry, dark place.

**Acorn Squash-**  
Same as spaghetti squash.

**Delicata Squash-**  
Same as spaghetti squash.

**Sunkist Orange Kuri-** Same as spaghetti squash.