



Harvest Hill Farm CSA Newsletter

Week #10 - Thursday August 21st, 2014

Bill's Funky Minutes

Has summer gone by? I see and feel some indicators that the seasons are shifting. It was forty-three degrees this morning and yesterday I wore long pants all day. Livy asked me if summer was over after she tried to go swimming Sunday in a very cold pond. The potatoes are dying back, my back is getting pretty sore, and I am getting ready to put oats and winter rye on some bare soil. This is the time of year when I begin to think about where I will plant each crop next season.

This will be the last week for blueberries and, if the raccoon doesn't eat too much, there will be one more week of corn. Our latest maturing variety planted, Silver Queen, will be ready in early September.

Enjoy!

What's in the box:

Lettuce
Summer Squash
Carrots
Corn
Cucumbers
Tomatoes
Blueberries
Beans

Visit our webpage for updates on Farmer Bill's Blog:

<http://harvesthillfarmvt.com/>

Feedback? Email Intern Karen: karen.mb.brown@gmail.com

Earlier this month, Bill sent the intern crew to attend the NOFA (Northeast Organic Farming Association) Summer Conference. The conference offers over 150 workshops in a 2-day period on many specific aspects of farming as well as general land care, nutrition, and food politics.

Collectively, the interns report that attending the conference was a great opportunity and learning experience. Some of the highlights they report:

-It was great to meet other younger farmers to share ideas and stories about our experiences farming and to consider how farming can work for our futures.

-The comingling and knowledge sharing between younger and older farmers was impressive and appreciated. It is refreshing to see folks eager to share from their life lessons!

-It was great to see how other farms manage their CSA memberships as well as how they market their products. Whether they are more reliant on farmers markets, wholesale orders, restaurants, or value added products.

-The conference was a great place to network and feel connected to the vast amount of farms succeeding in the Northeast.



Beans!

Your box will contain one of the 5 varieties of beans we are growing. Of the 5 varieties, we grow 3 bush beans: green, yellow, and purple and 2 bush beans: Fortex and Northeaster, a flat Italian bean.



Note: The purple beans do turn green when cooked so enjoy raw if you would like to accent their color!



From top to bottom and left to right:
Provider; Yellow, Purple;
Fortex, and Northeaster.

Carrot Salad

1 tbsp lemon juice or vinegar
½ tsp mustard
3 tbsp olive oil
½ bunch shredded carrots
Salt and pepper to taste
1 tbsp chopped parsley

Whisk the lemon juice/vinegar, mustard, and olive oil together until completely blended. Stir the dressing into the shredded carrots. Sprinkle the carrot salad with the salt, pepper, and parsley. Toss the salad again to blend the seasonings and chill it for 30 minutes before serving. Enjoy!

Blueberry Cornbread

Adapted from: <http://spicysouthernkitchen.com/blueberry-cornbread/>

1 1/2 c blueberries
1 c plus 1 tsp flour
1 c cornmeal, yellow or blue
1/3 c brown sugar
1 tbsp baking powder

½ tsp salt
1 large egg, beaten
2/3 c milk, buttermilk, or yogurt
½ c butter, melted and cooled
Optional: ½ tsp vanilla extract

Preheat oven to 400° and grease an 8-inch cast iron or baking pan with butter. Place pan in oven while it heats.

Toss blueberries with 1 teaspoon of flour and set aside.

Combine flour, cornmeal, sugar, baking powder, and salt in a large bowl. Stir with a whisk to evenly combine ingredients.

In a medium bowl, combine egg, milk/buttermilk/yogurt, butter, and vanilla extract. Whisk well. Remove pan from oven.

Add wet ingredients to dry and mix just until dry ingredients are moistened. Gently fold in blueberries. Pour batter into prepared pan and bake for 20-25 minutes or until a wooden pick inserted in the center comes out clean.