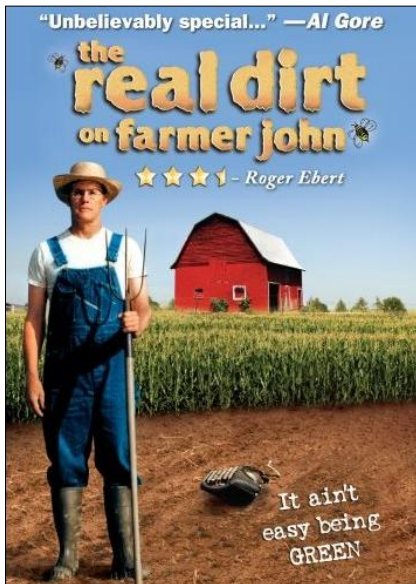


Farm News



Our Next Film Evening!—On *Saturday, 22nd August*, at



dusk, we'll be screening the film, *The Real Dirt on Farmer John*, the riveting life story of farmer **John Peterson**, from his farm childhood in the 1950s, to the hippie farm days of the 1960s, through the farm crises of the 70s, to his conversion to organic and biodynamic farming and the CSA (the farm is now called

Angelic Organics, one of the largest CSAs in the U.S.)! Woodstock meets organic farming! As well, Peterson was and is an artist, and often has integrated performance art into the daily doings on his farm in Illinois. Needless to say, this made him something of an oddity in his rural community at times. The whole thing is utterly fascinating! For the official trailer, see [here](#). For Angelic Organics website, see [here](#). For their blog, [here](#). To hear/watch one of the songs/performance in the film, *The Bug Song*, see [here](#). For *Farmer John's Cookbook, the Real Dirt on Vegetables* see [here](#). (photo credit)



Red Hill Revelations

By Mira Kilpatrick

As many of you recall, much of our tomato crop was destroyed by hail and we had to hustle to get replacement plants and plant them in the field. This was a lot of extra work and headache for us. So when people started talking about an *epidemic of late blight that was aggressively spreading through the northeast and mid-Atlantic regions*, we looked at our seemingly beautiful plants with cotton in our ears. [To see the *New York Times* article on

late blight, click [here](#).] Within 1 week significant signs of disease were showing up in our first 2 rows of plants and with each day we could see it spreading down our field.

Late blight is a fungal plant disease that attacks both tomatoes and potatoes. A strain of it was actually responsible for the Irish potato famine. With wet, cloudy conditions, the spores of the fungus can reproduce and spread incredibly rapidly.



Typically organic farms in this region see signs of late blight in August or September, without the plants being seriously affected until the fall. With the amount of

rainfall we've been getting this year and the spores' ability to spread with the wind, the blight has come on much earlier and with unprecedented vigor.

We had high hopes for tomatoes this year. We put more in than last year, and had many wonderful heirloom varieties, nice past tomatoes, as well as good ol' red slicers.

Unfortunately, we will probably have to start pulling plants out of the field as many farms have done. We want to get the disease off the farm, out of the soil.



On a lighter note, we must be grateful that we still have the tomatoes in the tunnel, which seem to be much healthier and which we hope will continue to produce for some time. In addition, our peppers and eggplants, also in the nightshade family, are looking like some of the nicest

Aby or I have ever grown. The plants are big and healthy and showing very few signs of pest problems or disease.



Take solace in the fact that we have many other gorgeous crops in the fields, all nutritious and delicious. And remember, there's always next year!

Thanks for your encouragement and understanding.



All photos by Mira

Tidbits

Another Reason to Be Grateful for the Farm!—

Belonging to the Farm makes us cook (or learn to cook if we don't already know how)!! And that's a really great thing, not to be taken lightly. As *Michael Pollan* points out in his *New York Times* essay, "*Out of the Kitchen, Onto the Couch*" ([see here](#)), the majority of Americans no longer cook from scratch. Rather, we've become a nation of "vicarious cooks," meaning that while we don't cook, we love to watch other people cook on television in the various chef shows. So what does the average American eat instead of home-cooked food?—store-bought, industrially prepared convenience foods, which not only make us obese and unhealthy, but funnel the majority of profits made on food to corporations, & NOT to farmers: "*Already today, 80 percent of the cost of food eaten in the home goes to someone other than a farmer, which is to say to industrial cooking and packaging and marketing.*" And that's only one facet of the problem. Indeed, Pollan suggests that cooking is at the heart of our identity as human animals and hence should be learned and practiced consistently. So I say, "*Hooray for the Farm, which gets us cooking and eating healthily!*" On a related topic, [see this review](#) of the film, *Food, Inc.*, about the many problems with industrial agriculture.

Fried Green Tomatoes I—a true southern classic.

- ❖ 4 to 6 green tomatoes
- ❖ salt & pepper
- ❖ cornmeal
- ❖ bacon grease or vegetable oil

Slice the tomatoes into ¼- to ½-inch-thick slices. Salt & pepper them to taste. Dip into cornmeal, patting the meal onto both sides of the tomato slice, and fry in hot grease or oil about 3 min, or till golden on the bottom. Gently turn & fry the other side. Serve as a side dish, or with breakfast. (My southern neighbor says not to cut the tomatoes too thick, and he recommends serving fried green tomatoes with a meal of bacon, eggs, biscuits, and chicken gravy!) ([recipe source](#))

Fried Green Tomatoes II

- ❖ 4 to 6 green tomatoes, sliced ¼-inch thick
- ❖ salt & pepper
- ❖ flour for dusting
- ❖ 2 eggs, beaten
- ❖ cornmeal or breadcrumbs
- ❖ bacon grease or vegetable oil

Salt & pepper the tomato slices; dust lightly w/ flour. Dip slices in beaten egg, letting excess drip off, then coat well w/ meal or crumbs. Fry in hot grease or oil till browned, turning gently (~3 min. on each side). ([source](#))

For many more green-tomato recipes, [click here](#).

Vegan Zucchini [or Summer Squash] Patties

- ❖ ¾ cup flour
- ❖ 1/3 cup nutritional yeast
- ❖ ½ tsp baking powder
- ❖ ½ tsp baking soda
- ❖ 1 tsp salt
- ❖ ¼ cup ground flax seeds
- ❖ 2 tbsp raw wheat germ
- ❖ 1/3 cup almond milk
- ❖ ¼ cup plain, unsweetened soy yogurt
- ❖ ½ cup sesame tahini



- ❖ 1 garlic clove, minced
- ❖ 2 cups shredded zucchini [or yellow squash]
- ❖ ¼ cup chopped onion

In bowl, sift together flour, yeast, baking soda & powder, & salt. Set aside. In another bowl, mix flax seeds, wheat germ, & almond milk till combined & goopy. Add yogurt, tahini, mixing till well combined.

Using wooden spoon, stir in dry ingredients, followed by garlic, squash, & onion, mixing till it holds together. Heat oil in skillet on medium heat. Form mix into 2" round patties w/ your hands & add to skillet, cooking as many as will fit in pan, w/o touching, at a time. Cook ~2 min, or till they've risen slightly before flipping & cooking other side. Transfer to towel-lined plate & serve. Makes 24 2" patties. ([source](#))

Summer Squash Slaw—makes ~7 cups

- ❖ 2 lbs summer squash (zucchini or yellow)
- ❖ 4 plum tomatoes, diced in ¼ -inch pieces
- ❖ 1 tsp minced garlic
- ❖ ¼ cup sherry vinegar
- ❖ 2 tbsp olive oil
- ❖ ½ tsp salt (or to taste)
- ❖ ¼ tsp pepper
- ❖ 8 large basil leaves, thinly sliced
- ❖ ½ cup toasted pine nuts
- ❖ shaved Parmesan cheese for garnish

Trim ends from squash & cut crosswise into 3-inch long



pieces. Julienne the pieces [cut in matchstick shapes] down to the core [a mandoline makes it easier to julienne veggies—can be had at places like Bed Bath & Beyond, Amazon,

etc.]. Discard seedy core. Put julienned strips in large bowl. Gently stir in tomatoes & garlic, then stir in vinegar, oil, salt/pepper & toss to coat evenly. Taste & adjust seasoning, then stir in basil. Can be stored, covered, in fridge up to 3 hrs. Just before serving, stir in pine nuts. Serve slaw w/ shavings of Parmesan, if desired. ([source](#))

Zucchini-Lime Tequila Slushies (or make w/o liquor)

- ❖ 2 medium zucchini, chopped
- ❖ ½ cup superfine granulated sugar
- ❖ 6 tbsp tequila
- ❖ ¼ cup fresh lime juice
- ❖ 1/8 tsp salt
- ❖ 3 cups ice cubes



Purée zukes w/ sugar, tequila [if using], lime juice, & 1/8 tsp salt in blender. Add ice & blend till ice is finely chopped. Makes 4 drinks.

([source](#))

Three-Bean Salad—Yes, you can make your own, w/ less sugar than store-bought! Use canned beans, or the equivalent amount of cooked-from-scratch dried beans.

- ❖ 3 tbsp apple cider vinegar
- ❖ 3 tbsp rice vinegar
- ❖ 1 tbsp sugar
- ❖ 1 tbsp whole-grain mustard
- ❖ 1 tbsp canola oil
- ❖ ½ tsp salt
- ❖ fresh-ground pepper to taste
- ❖ 1/3 cup diced onion
- ❖ 1 15-oz can black-eyed peas or chickpeas, rinsed
- ❖ 1 10-oz pkg frozen baby limas or shelled edamame (green soybeans)
- ❖ 1 lb string beans, trimmed & cut in 1-inch pieces
- ❖ 2 tbsp chopped fresh parsley

Put large saucepan of water on to boil. Fill large bowl half full w/ ice water & put next to stove. Whisk the vinegars w/ sugar, mustard, oil, salt/pepper in large bowl till blended. Add onion & black-eyed peas (or chickpeas); toss to coat. Cook limas (or edamame) in boiling water till tender, ~5 min. Remove w/ slotted spoon & refresh in ice water. Pat dry & add to bowl. Cook string beans in same boiling water till just tender, ~3-6 min. Drain & refresh in ice water. Pat dry & add to salad w/ parsley. ([source](#))



Indian-Spiced Chicken Pitas—4 servings

- ❖ 1 lb boneless, skinless chicken breasts
- ❖ 1½ tsp garam masala (Indian spice available at most markets)
- ❖ ¾ tsp kosher salt
- ❖ 1 cup thinly sliced, seeded cucumber
- ❖ ¾ cup plain, nonfat yogurt
- ❖ 1 tbsp chopped fresh cilantro or mint
- ❖ 2 tsp lemon juice
- ❖ four 6-inch whole wheat pitas, warmed
- ❖ 1 cup shredded Romaine lettuce
- ❖ 2 small tomatoes, sliced
- ❖ ¼ cup thinly sliced onion

Set oven to broil & position rack in upper third of oven; coat broiling pan w/ oil. Sprinkle chicken w/ 1 tsp garam masala & ½ tsp salt. Broil till no longer pink in center, 4-8 min. each side (instant-read thermometer inserted in thick part should read 165 degrees F). Transfer chicken to cutting board. Combine cukes, yogurt, cilantro, lemon juice, remaining garam masala & ¼ tsp salt & pepper in small bowl. Thinly slice chicken. Split pitas & fill w/ chicken, yogurt sauce, lettuce, tomato, & onion. ([source](#))