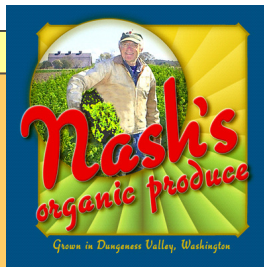


Corn
Green Onions
Purple Potatoes
Baby Bok Choi
Carrots



Box 10 of 25
9/18/09

Fennel
Cauliflower
Purple Radish
Golden Chard
Spinach

Aphids Abound!

Every year we grow a lot of brassicas (kale, cabbage, cauliflower, broccoli, brussel's sprouts) and they are always a magnet for aphids at some point in the season. Aphids are small, pesky grayish-green bugs that feed on the underside of brassica leaves in large clusters. Because of their rapid development time (8-12 days from birth to adulthood), asexual reproduction (males not needed), and extended reproductive life-span (30+ days at 5-6 nymphs/day), aphids get out of control quickly. Our observations this year is that the aphids waited until much later in the season before they infested the brassicas, but once they hit, they hit hard.

We use certified organic neem oil that is applied with a backpack sprayer, and beneficial insects to control the aphid explosion. This is the hardest time as an organic grower to believe in beneficial insects, but it's the classic predator/prey relationship. We create habitat for and/or introduce beneficial insect larva to increase their populations, but the helpful insects need prey before they will gather in strength and put a dent in the aphid population. We are starting to see syrphid flies, lace wing larva, lady bird beetle larve and a few parasitoid wasps move in to play their role, so we are hopeful that the brassicas will 'clean up' in the next month.

We planted about 5 acres of kales (dispersed through many fields) that we hope to harvest this winter. The aphids have all but decimated the kale plants, and although we are doing some spraying to control the population, we are also counting on cooler weather and the beneficials to kicking in. If we can control the aphids now and minimize their impact, than most of the developing kale leaves that are seeing some damage will recover and we can harvest off the plants all the way into the spring, when they will become rabb.

Farm Day is fast approaching and we are planning an exciting day of education and exploration for our community. Join in the fun and bring your friends and families out to visit all 9 farms on tour. Nash's will be hosting an interactive grain and seed production display, face painting, pumpkin decorating and hay rides around the Dungeness field. We'll also be joined by the Master Gardeners, the Orchard Society and the Apiary Society. Of course the day wouldn't be complete without some tasty food in our bellies so pork stirfrys and delicious baked goods are on the menu. We'll also be enjoying the local sounds of the Kentucky Bullfrogs, so come on out and spend some time with us!

“Bacon as a Weapon of Mass Destruction”

From the McDonald's McGriddle to Wendy's "Baconator" to "baconnaise" to bacon-infused vodka, bacon has become a ubiquitous ingredient in many diets in this era of extreme food combinations. Arun Gupta of *The Independent* writes, "Behind the proliferation of bacon offerings is a confluence of government policy, factory farming, the boom in fast food and manipulation of consumer taste that has turned bacon into a weapon of mass destruction." Check out the pod cast at http://www.democracynow.org/2009/8/3/arun_gupta_on_bacon_as_a



And speaking of bacon...we still have lots of piggys for sale! Our antibiotic and hormone-free pork is pasture raised and dines daily on our own barley & local whey. Your pig is slaughtered on the farm and custom cut and wrapped by Sunrise Meats in Port Angeles, according to your specifications. Call the Farm Store for more info or to reserve your piggy 360-683-4642. We also take credit card payments by phone at the packing shed 360-681-7458.

Please return your empty Farm Share boxes so we can re-use them! The waxed boxes cost us about \$2 each and we appreciate everyone one that is brought back to the farm.

RICH SUMMER FENNEL SOUP

Bouquet Garni

- 1 sprig parsley
- 1 bay leaf
- 1 sprig thyme

Soup

- 2 tablespoons unsalted butter
- 2 tablespoons veg oil
- small handful green onions, sliced
- 1 or 2 cloves of garlic, crushed
- 1 med/large fennel bulb, roughly chopped
- 1 large carrot, chopped
- 1 med potato, peeled and cubed
- 2 med tomatoes, peeled, seeded, chopped
- 3 cups veggie or chicken stock
- 2 tablespoons Pernod (licorice-flavored liqueur, optional)
- 1/4 cup heavy cream or silken tofu
- salt, white pepper, chopped parsley

1. To prepare the bouquet garni, tie together the parsley stem, bayleaf, and thyme sprig in a piece of cheesecloth.
2. Heat the butter and oil in a large saucepan over medium heat. Add the onion; sauté for 1 minute. Add the garlic and sauté for 1 minute more.
3. Stir in the fennel, carrot and potato and cook for 5 minutes. Add the tomatoes, stock and bouquet garni. Bring to a boil, then reduce the heat to a simmer. Cover and cook over low heat until the fennel is very soft, about 30 min.
4. Discard the bouquet garni. Let the mixture cool slightly and then puree it in batches in a food processor or blender. (if you're using tofu instead of cream, add it now and puree with the rest of the ingredients.)
5. Return the soup to the pot and stir in the Pernod and cream. Heat over medium-low heat to allow the soup to heat through, but do not boil. Season w/ salt and white pepper to taste. Garnish with parsley.

Recipe from Farmer John's Cookbook, The Real Dirt on Vegetables.

We have wrapped up our **potato harvest** for the year and all three varieties of our spuds are stored in bins at the Delta Barn. We will wash them as we need them through the fall and winter. We ended up with a lighter than normal inventory of storage spuds and have many more purples than red or Yukons.

Despite having a warm summer we aren't really in **sweet corn** country. After last year's cool summer, we planted a modest amount of corn for this year. Consequently, this is most likely the last hit you'll receive this fall. Enjoy!

CHARD WITH SWEET-AND-SOUR GINGER SAUCE

Ingredients:

- 1 cup vegetable, chicken or beef stock, or water
- 1/2 pound chard stems and ribs removed, leaves torn into bite-sized pieces
- 4 green onions thin-sliced (approx 1/3 cup)
- salt
- freshly ground black pepper
- 2 tablespoons white vinegar
- 1 tablespoon light brown sugar
- 1 tablespoon finely chopped or grated fresh ginger
- 1 teaspoon red pepper flakes

1. Bring the stock or water to a boil in a large skillet or pot. Add the chard and cook, stirring, until it is wilted about 1 minute
2. Drain the chard, saving the cooking liquid. Transfer the chard to individual plates and garnish with the scallions. Season with salt and pepper to taste.
3. Pour the reserved cooking liquid back into the skillet or pot and bring to a boil over high heat. Boil it until it is reduced to 1/3 cup, about 8 minutes. Add the vinegar and brown sugar. Stir in the ginger and red pepper flakes. Boil for 30 seconds. Remove from heat and spoon the mixture over the chard. Serve immediately.

Recipe from Farmer John's Cookbook, The Real Dirt on Vegetables.