

CSA
WEEKLY

WEEK 5
2018



In The Box:

- Black Raspberries
- Sugar Snap Peas
- TOMATOES
- Zucchini
- Beets
- Yellow Squash
- Dill
- Kale Mix
- Green Onions
- Radishes
- Carrots
- Garlic/Garlic Scapes

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LIFE ON THE FARM

Some of you may have seen a “Dale sighting” at your farmer’s market this last week. He does like to be at the market but like any businessman, must delegate so he can tend to the more important task of growing the produce for the market. He is officially a sexagenarian now--the official title of someone between 60-70 years and show no signs of slowing down. Do farmers ever retire?? If you were to come to the farm for a visit, you would see what I see daily: he works harder and longer than others 1/3 and ½ his age. I don’t even try to keep up anymore.

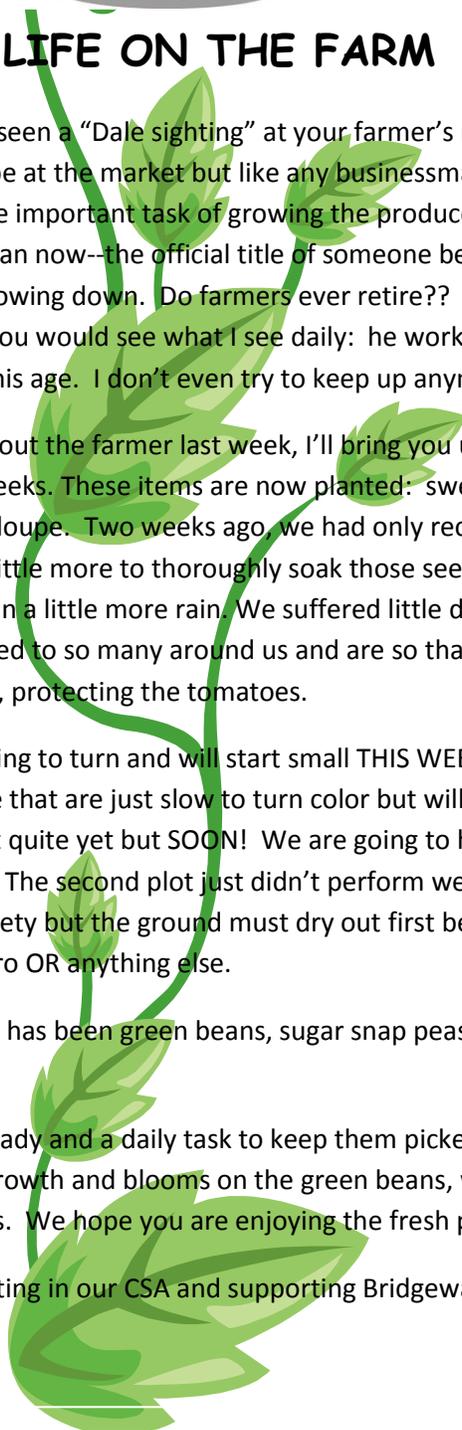
Since we only talked about the farmer last week, I’ll bring you up to date on the farm for the last two weeks. These items are now planted: sweet corn, squash, watermelon, and cantaloupe. Two weeks ago, we had only received 6/10” of rain and were hoping for a little more to thoroughly soak those seeds. Since then we have received more than a little more rain. We suffered little damage from last week’s storms, compared to so many around us and are so thankful that the high tunnels were left intact, protecting the tomatoes.

Yes, tomatoes are starting to turn and will start small THIS WEEK in your CSA box. There are lots out there that are just slow to turn color but will be worth the wait. None offered at market quite yet but SOON! We are going to have to start over on spinach and spring mix. The second plot just didn’t perform well so we are trying a new “hot weather” variety but the ground must dry out first before planting any arugula, spinach, cilantro OR anything else.

Weeding concentration has been green beans, sugar snap peas, regular potatoes, okra, basil, and squash.

Black raspberries are ready and a daily task to keep them picked. Sweet potatoes are starting to put on growth and blooms on the green beans, which should be ready in a couple weeks. We hope you are enjoying the fresh produce!

Thank you for participating in our CSA and supporting Bridgewater Farm!



-Food Storage Tips-

Greens: crisper drawer of fridge
Green onions: plastic bags in fridge to retain moisture
Radishes: remove leaves, store in plastic bag in fridge
Carrots: remove leaves, store in container with water in fridge
Garlic scapes: plastic bag in fridge
Zucchini/Squash: Refrigerate in plastic bag, do not wash until ready to use
Beets: maintain tail, bag root bulbs, store in crisper drawer, keep leaves in separate bag
Dill: spritz whole stems with water, wrap loosely in paper towels and place in sealed plastic bag, store in crisper
Black raspberries: store in fridge in breathable container, wash before storage or freeze in single layer on cookie sheet, then transfer to freezer bags or containers
Sugar Snap Peas: unwashed, tightly wrapped in plastic bag in fridge
Tomatoes: room temperature, single layer out of direct sunlight, stem side down to keep fresher longer and finish ripening

Food for Thought:

“The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease.”

Thomas E. Edison

Farm Lessons for the City Girl:

: It seems like I am often learning the lessons reflected in the chosen quote for the week. My farmer husband is all about this: he rarely takes any pain relievers, preferring rather to “work” out any kinks or pains. He prefers to eat at home instead of at any establishment so he knows what he is eating (but we do at times, like birthdays or traveling). He prefers NOT to go to the doctor, (that may be stereotypical) and will talk to you about the ill effects of chemicals on plants, additives in foods, and the resulting diseases, etc and the benefits of good food for as long as you will listen. He lives it, believes it, and is passionate about it. His wife is still learning but as I get nearer to the 60 year mark (still a few years away), I believe I am getting healthier as I age. Maybe it’s marriage, maybe it’s hard work, healthy eating, and sunshine and in my case, I got both at the same time. 😊

Recipe of the Week: Sugar Snap Peas and Garlic

(adjust ingredients to taste based on quantity of peas)

3 c. sugar snap peas
2 T. cooking oil
½ t. salt
1/8 t. pepper
1 garlic clove, minced

Preheat cooking oil in skillet with medium high heat.
Add peas pods, salt, pepper
Saute 4-5 minutes
Add minced garlic and saute another minute
DO NOT overcook to retain color and crunch.