

CSA

WEEKLY

Week

14

2018



LIFE ON THE FARM

Several new things in the box this week...grapes, jalapeno peppers, melons, and the return of green beans! It is amazing what rain can do. We have gone from 1/10 of an inch to 10 inches in the last couple weeks. We are grateful!

This week we harvested about 1500 lbs. of squash from a weed patch! Dale was surprised at how much spaghetti and butternut squash grew in the area that didn't get the attention it needed. The other squash patch did get full attention and it looks great! He expects about 10 times as much from that area. Weeding is the ticket to productivity it seems. Sweet corn is gone for now but the 2nd delayed planting is starting to tassel and looks really good, even to this untrained eye. Grapes are ripe and juicy. Yours truly gets the grape harvesting task at times and has to do the not-so-occasional quality control test. I'll be sure to leave some for you all.

We had our first watermelon and cantaloupe this week: sweet, sweet, sweet is the only way to describe it. They are not quite ready in quantity yet but the quality will be worth another week's wait. Green beans were replanted in a couple of rows where that corn didn't germinate and are now looking better than the first batch.

An update on the chicken saga: as stated earlier, Dale clipped their wings to keep them out of the tomatoes in the high tunnels. When he did those 3 weeks ago, we had 152 chickens. Last weekend, he counted again and we have 53. There are no dead/maimed birds on the farm. There are no large amounts of feathers from a fight with a predator as our four dogs keep unwanted creatures away. But there are 100 less chickens. Our only conclusion is a two-legged predator but that doesn't make sense either. Who would steal 100 chickens and what would they do with them?? The good news is the remaining 53 are picking up production so hopefully whatever has been upsetting them is over and you will find eggs in your box instead of money. We appreciate your patient understanding.

Thank you for supporting Bridgewater Farm!

In The Box:

- Grapes
- Green Beans
- Okra
- Cherry Tomatoes
- Peppers: Bell/Jalapeno
- Cucumbers
- New potatoes
- TOMATOES
- Spaghetti Squash
- Onions
- Leeks

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-Food Storage Tips-

Grapes: refrigerate in plastic bag
Melons: store whole watermelon at room temp. If cut, wrap tightly and refrigerate. Cantaloupe: store whole or cut (tightly wrapped) in fridge
Okra: wrap in paper towel, in paper bag, in vegetable drawer
Peppers: store in plastic bag in crisper drawer of fridge
Leeks: wrap in damp paper towel in perforated plastic bag in fridge
Squash: store in cool dark place
Tomatoes: room temperature, single layer out of direct sunlight, stem side down to keep fresher longer and finish ripening
New Potatoes: Do not wash until ready to use. Store in paper bag or loosely wrapped plastic in fridge. Use within a few days
Onions: vented and closed brown paper bag (use lunch size for air flow, paper punch to vent, paper clip to close), store in cool, dark, dry place AWAY from potatoes

Food for Thought

“When we sit in silence
we may not be doing
anything but we are
undoing so much.”

Emily P. Freeman (quoted in blog post:
www.holleygerth.com 08/29/2018)

Farm Lessons for the City Girl:

This week's lesson: relaxation. This too looks different now. Instead of the end of the day occurring at a set time or a weekend off, I now must take little snippets of time as I find and/or schedule them. This farm doesn't get the 3 day weekends that I used to get several times a year, nor does it get holidays off or even paid. There are other benefits though. Every day is different now, depending on many things out of my control: weather, employees, size of orders, etc. Start times are generally the same...early! End of the work day changes daily. Duties of the day vary by the day. You would think that working at my home may make keeping up on home and personal stuff easier because I'm right here. I struggle with the opposite because home is also the workplace. There is no leaving for the day or time clock to punch or walking away from incomplete tasks. Again...because I'm right here. It has been a challenge to learn to balance the 'work at home' and 'home is work'

My son, Jason, has been encouraging me to take some "me" time as he calls it. That sounds selfish so I call it "wellness days" (a term used by a dear friend) or at least partial days. This last week, I had business in Greenfield so I took some time to visit my favorite antique/consignment shop and browse the local library. I was gone a total of 3 hours, including the business conducted. It seemed like longer because there was no time limit, no hurry, no place to be or task to do besides what I chose. I picked up a couple home décor items at my hangout shop, checked out 3 books from the library and got 4 more for \$1 at the ongoing book sale. Add an ice cream stop before heading home and I felt refreshed like I'd been on a vacation to some faraway place. Saturday, I continued my "wellness" plan by cleaning house. That may not seem like relaxation to many but to me, taking time to do a thorough, non-rushed, even leisurely approach to keeping clean and organized refreshes my whole being. It was the next day that I read the quote above and realized how true it was. I didn't accomplish much in the department of achievement but I did accomplish much in the department of refreshment.

*Dad, on the other hand, works more and later than all the employees. He has a hard time stopping as well as there is always something to do. I've encouraged "wellness" days for him but he wouldn't enjoy it so I get him off the farm for family celebrations or even farm field days for refreshment. "Wellness" or relaxation for him is watching guys beat up on each other on a 100 yard field or running back and forth from hoop to hoop. As long as he has something, I'll encourage it.
GO VIKINGS!!!*

Recipe of the Week: Homemade Pizza Sauce

(littlespicejar.com) When you grow as many tomatoes as we do, you end up with splits, seconds, not so pretty ones...all needing some purpose in their life. I have been cutting, cooking, and freezing tomatoes. (I have not graduated to canning yet). Since we live in the boonies and don't just run to town for carry out pizza, nor do they deliver this far out, yet we like pizza. The solution—make it yourself. Besides, those cooked tomatoes need a purpose! I scored with the first recipe I tried and all items are on hand.

2 T. olive oil

¼ c. onion

¾ t. oregano

1 t. dried basil

¼-1/2 red pepper flakes

**cook 3-4 minutes, add 3 cloves minced garlic and cook 1 minute. Add remaining ingredients and cook 30 minutes more, then add cornstarch to thicken, if desired.

2 T. sugar 1 t. salt

1-28 ounce can tomatoes (I use one of my ziplock bags of cooked tomatoes, about 3 cups)