

**CSA**  
**WEEKLY**

WEEK 7  
2018



**In The Box:**

- Rhubarb
- Dill
- Green Beans
- New potatoes
- TOMATOES
- Zucchini
- Beets
- Yellow Squash
- Onions
- Garlic

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**LIFE ON THE FARM**

What a busy week! Do you know that farmers choose the HOTTEST day of the year to bale hay?? I guess that hay has something to do with it as it seems to be ready on the HOTTEST day of the year, and therefore must be baled. This year went smoother than last year but that's another LONG story. Let's just say, I can now drive the tractor without (much) instruction and no longer need the farmers confusing hand signals to know which/what/how to proceed. 1200 bales later, the hay shed is at full capacity. Note: small square bales of organic hay, 2<sup>nd</sup> cutting for sale, \$6 bale. As I said before, my 60 year old farmer husband is a hard worker and can out-bale anyone! I am perfecting the fine art of "rolling" the hay bales to their resting places in the shed. I do not plan to graduate to lifting/throwing them. Also accomplished this week: Planting. Dale re-planted the sweet corn that did not germinate, added another plot of kale, and planted more arugula, carrots, radishes, and green beans. Today, spinach planting is planned.

Weeding: concentration has been sweet potatoes and squash but always needed EVERYWHERE!

We have LOTS of tomatoes coming on the vines but Dale says it has been too cold at night to turn red and then too hot in the day that causes splitting, and then if it rains too much, the outside tomatoes will split as well. Now I know why he babies the tomatoes so much. But a walk around the farm last night reveals that the first high tunnel tomato plants are coming along well now.

Harvesting: Rhubarb is back in the CSA and dill returns after a week. No green this week as the kale needs a break, but as stated above, more greens on their way (we hope). Green beans were just getting started last week but will become a daily task this week to keep up. Zucchini can be too small one day and too big the next, but it freezes well for zucchini recipes later on. Yellow squash is being more consistent. Upcoming: Cucumbers are beginning to bloom as we are getting lots of requests for pickling cucumbers. Okra will be ready soon. Peppers are just "setting on", which in layman's terms, means that they have bloomed and were pollinated and peppers are starting to form. Now that I am in my second year, it's less overwhelming and I can pay more attention to the progress of the plants as I learn when they are "in season" as opposed to what is available "in store" and then learn new ways to cook with FRESH ingredients. Some CSA members tell me that is the thrill of the CSA, wondering what treasure will be included and then figuring out how to use the treasured items together.

Thank you for being a part of our dream and supporting Bridgewater Farm!

## -Food Storage Tips-

Rhubarb: place stalks in plastic bag to retain moisture and store in crisper. To freeze, cut in 1" chunks and seal in airtight bag.

Greens: crisper drawer of 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

Tomatoes: room temperature, single layer out of direct sunlight, stem side down to keep fresher longer and finish ripening

Green Beans: store unwashed in reusable container or plastic bag in refrigerator crisper.

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

**“Shopping small means you’re supporting someone’s dream. It’s being a little part of someone’s legacy, and that’s a beautiful thing.”**

Danielle Mathis, apron-maker of Textile and Twine, located in Conyers, Georgia, as quoted in “Country Living” May 2018, page 80. She was referring to the retail equivalent of farm-to-table concept: hand-crafted items.

### *Farm Lessons for the City Girl:*

*I have always been intrigued by quotes and now find it fun and challenging to use a quote I read and relate it to life, and in this case, farming life. I find quotes everywhere and am always amazed how the current quote relates to a current event in life. This week’s lesson is legacy. In the last month, Dale and I have attended two family reunions—one on “my” side and yesterday, “his” side. My grandfather was the oldest of 11 and we have had the Mason Family reunion on the 4<sup>th</sup> Sunday in June on even years since 1962, without fail. I am an inaugural attendee as that was my birth year as well. As long as I have been able to attend, I was there. It was something I was taken to as a child and something I took my children to as well. Now that most of that first generation (grandparents) have passed on and some of the 2<sup>nd</sup> generation (parents), the importance of maintaining the tradition/legacy falls to my generation. There are plenty of us to keep it alive...*

*last count is 2012 was 293 decendants!*

*But on Dale’s “side” at yesterday’s reunion, I realized a different kind of legacy: farms. It is fascinating to me how family farms can go back so many generations; how farming fathers worked and sacrificed so their sons could have a piece of the farm for their own; how “leaving” the farm so a family member could continue was like leaving a part of themselves behind: their legacy; and how sad it is when there is no one available or willing to whom they could pass the legacy.*

*My grandparent’s small farm now belongs to someone unrelated to the family. Bridgewater Farm was purchased from a non-family member whose family chose to sell. My own former home in Clarinda is being purchased by someone other than family and it was hard to say good-bye to the place I raised my children. I can only imagine how much harder it would be to say good-bye to a farm built by blood, sweat, tears, and toil. Therefore, I gained a new appreciation for those who have gone before who made sure the legacies continue and a new perspective on my responsibility to carry on the legacies passed to me.*

## Recipe of the Week: Zucchini and Yellow Squash

This idea is courtesy of Dale’s visiting sister, Joyce:

Slice zucchini and yellow squash. Toss with olive oil, add salt, pepper, garlic to taste.

If desired, add onions (sliced or separated into rings).

Place in grill basket and grill.

**\*We are going to try this at the farm tonight\*\***

Enjoy!