

**CSA
WEEKLY**

WEEK 4
2018



In The Box:

- Zucchini
- Beets
- Yellow Squash
- Dill
- Kale Mix
- Green Onions
- Radishes
- Carrots
- Garlic/Garlic Scapes

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This week, I'm going to talk about the farmer that makes the "life on the farm" happen here. In honor of Dale's upcoming 60th birthday (June 28), I thought you might want to know a little more about the farmer that grows your food, so I interviewed Farmer Dale. Here's the short version of his story:

Dale is the 6th of 8 children and the middle of 5 boys. He grew up on a farm only 3 miles from where he lives now and has only lived in two places his entire life. His father was a farmer; his mother was the gardener and assisted by a grandfather. After all, how much time could she have had to do it all! He graduated from Cumberland/Massena in 1977, moved to this farm in 1978 and purchased it in 1982. At that time it was 160 acres where he raised 175 cattle, 200 hogs, and hay with an additional 240 rented acres. This farm had never had any anhydrous ammonia used or GMO seed planted on it, so a great start to what it would become over the years.

1999 brought many changes: divorce reduced the farm to 40 acres and he stopped raising hogs, reduced cattle to about 25, rented fewer acres, maintained broiler and layers and began to work off-farm for the next 6-7 years, but always kept a large garden. That garden kept growing and growing as he sold produce to nursing homes, hospitals, schools, and farmers markets. In 2008, he decided he could quit the off-farm job and devote to expanding the garden even more. He was learning more and more about GMOs (genetically modified organisms) and harmful practices and decided to pursue organic farming officially. So in 2010, he began the required 3 year transition period of documentation to prove yourself before becoming certified and Bridgewater Farm was born. In 2013, the farm became USDA certified organic which is maintained by practice and by paperwork (LOTS OF PAPERWORK, I assure you.).

That "garden" has now expanded to about 23 acres of organic fruits and vegetables grown and cared for by him. He lives organic, eats organic, buys organic when/where available, promotes organic at presentations, and talks about organic any chance he gets. It is not just a niche market for him, but a passion and a way of life. Thank you for being a part of his passion and making the way of life possible.

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

Food for Thought:

“The earth will not continue to offer its harvest, except with faithful stewardship. We cannot say we love the land and then take steps to destroy it for use by future generations.”

Pope John Paul II

(The Progressive Farmer, June 2018, page 52)

Farm Lessons for the City Girl:

*As a mother, I have understood Eve’s part of the story,” You shall have pain in childbirth.” Now that I am married to farmer, I understand a little of Adam’s side: “By the sweat of your brow, will you eat.” It is a different kind of birthing process- bringing something to life from the land. (Genesis 3:16-19). Farmer Dale is the hardest worker I know and from my former view in my comfy, air-conditioned, corporate life, office chair, I thought he was just “out of balance”, “all work and no play.” “Surely, you don’t have to work that hard, just work smarter!” Now that I have had a taste of the “real world” out here on the farm, my view has changed and many lessons have been learned by observation. The obvious lesson is: **IT TAKES A LOT OF WORK!** Planning, which includes many things: crop rotation/plot decisions (what goes where), seed selection (what kind/how much); preparing the land (mowing/tilling/cover crops/fertilizing the soil/mulching); planting the seed (by hand or equipment); water lines (placement and hookup); weeding, weeding, weeding; harvesting the mature crop (at the right time/in the right way); instructing and overseeing the workers (different people/different tasks/different days); preparing to sell/deliver (washing, packaging, transporting), and, I may have left out a few of his tasks! It is **A LOT OF WORK**, but it is also **A PASSION AND A WAY OF LIFE** that I am coming to understand more and more. I’m not sure, no, I **AM** sure that I did **NOT** know what I was getting into when I married my hard-working farmer but just like Adam and Eve, there can be much joy as a result of the pain and toil- when you first lay eyes on that adorable newborn baby or pick that first tomato of the season!*

Recipe of the Week—Zucchini Bread

3 eggs, beaten
1 C. Oil
2 C. sugar
2 c. raw zucchini, grated
(1/2 c. nuts)
1 t. salt
3 t. cinnamon
1 t. baking powder
3 c. flour
1 t. vanilla

Mix eggs, oil, sugar and vanilla. Add zucchini and blend well.

Mix dry ingredients together and add a portion at a time to blended mixture.

Pour into greased/floured bread pans.

Bake 325 degrees, 60-70 minutes