

# Fair Fields News

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## On the Farm

There are still some earwigs and other insect pests in our fields, but they are not causing near the damage we experienced earlier this season. Covering up our leafy greens with row cover has also held the ground hogs and deer at bay, so we will see more lettuce in the coming weeks.

Our main desire now is for some heat. Over all the summer has not been overly cold, but the cooler weather of the past few weeks has slowed our tomatoes, melons and peppers. It's great working weather, but for the crops we would like to see another week in the high 20s and low 30s.

One crop that hasn't seemed to slow is summer squash. I'm sure all of you have had as much zucchini, patty pan and straight neck squash as you can handle... For anyone planning for the apocalypse, or simply looking to do some food preservation, some ideas are:

- Make zucchini relish or Indian style pickle
- Slice and roast or grill, then freeze
- Shred and freeze.

We like to use shredded zucchini in baking and soups. Roasted it is great in pasta dishes, sandwiches and salads. Other vegetables easy to roast and freeze in-

clude peppers, eggplant, tomatoes, onions, fennel and garlic.

Even while enjoying the time of plenty this year we are looking ahead to next. The garden field for next year was in oats and barley this spring and early summer and has recently been harvested to expose clover seeded underneath. The clover will help fix nitrogen and provide ground cover until we are able to work the area. We are planning to apply manure compost and several mineral amendments to improve the soil. Balancing soil fertility is not cheap or quick, but it is important especially in organic agriculture.

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## This Week's Harvest

- ♦ **Baby leeks**
- ♦ **Beans**
- ♦ **Beets**
- ♦ **Cucumber**
- ♦ **Eggplant**
- ♦ **Garlic**
- ♦ **Herbs**
- ♦ **Lettuce**
- ♦ **Melons**
- ♦ **Potatoes**
- ♦ **Sweet peppers**
- ♦ **Summer squash**
- ♦ **Potatoes**

## Feature Produce – Garlic

Garlic, or *allium sativum*, is part of the same family as onions, leeks, shallots and chives. Originating in central Asia, it has been used by humans for food and medicine for over 7000 years.

You may be surprised to know that garlic is high in vitamin C, B and manganese. In addition to its nutritive qualities, garlic has anti-

microbial properties and has been used at various points as an antiseptic and to treat bacterial and fungal infection. Garlic is supposed to help prevent heart disease, high cholesterol, high blood pressure and cancer.

In organic agriculture garlic is used in sprays to help prevent and treat microbial and insect pests.

Garlic is a new addition to our CSA this year and we are still working out the details of production. This is important as we try to break our reliance on flavourless imported garlic, most of which is produced in China.

Fresh garlic should be stored in the fridge but once cured it should be stored warm and dry to keep it dormant.



## *Notes on Preparing and Cooking Garlic*

We commonly use two parts of the garlic plant in cooking, the young flower stalk, or scape, and the cloves. As you may remember we gave scapes earlier this season and we are now giving bulbs. The two ways I most often cook garlic are sautéing and roasting.

Roasting garlic is relatively easy. I first like to poach the bulb lightly in milk or water but you can also roast it dry. I also like to cut the bottom or top off the bulb before putting it in the oven, so the

roasted cloves are easy to squeeze out afterwards. Average bulbs will take 20-35 minutes in an oven at 400°F. Once roasted, cloves can be spread on bread, mixed into butter and mashed vegetables, used in sauces and for the adventurous, even eaten plain... Yum!

When sautéing garlic, a common mistake is to add it too early, causing it to overcook or burn, which changes the aroma and creates bitter flavours. I try to add garlic until just a little before I add meat,

vegetables or liquid to a sauté or braise. If I am caramelizing something, making a tomato sauce or cooking a dish for a long time at higher heats I sometimes even sauté the garlic separately and add it near the end.

Pickled garlic is delicious. And for those of you unsure what to do with your scapes next year, try pickling them. They really round out a pickle platter! Just make sure to follow proper canning procedures as garlic can be a problem if not processed properly.

## *Fair Fields 2013 CSA Potluck*

We hope you can all make it to our 2013 CSA Potluck. We are holding the event earlier in the season this year in order to reduce the chance of having the same cold wet fall weather we had last year. With any luck we'll get another blast of summer before fall really sets in. Here are the details:

**Who:** All CSA members, family and friends

**What:** Farm tour, Work bee and Potluck

**When:** Saturday September, 7, starting at 2 pm

2:00 pm - Farm tour

3:30 pm - Work bee and activities for kids

5:30 pm - Potluck dinner

**Where:** The farm - 221689 Concession 14, Neustadt

Please RSVP so we have a sense of numbers. We grow fruit and vegetables, but we also eat meat, dairy, fish...

We are happy to have people set up tents and camp overnight if they do not wish to return to Guelph Saturday night. Please let us know if you need directions to the farm.

We hope you can join us!

