

# Fair Fields News

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## On the Farm

We have had some broccoli woes this season. The plants developed well in the beginning and then came the swede midge.

The swede midge has been around in Europe for a long time, but only showed up in Ontario in 2000. It affects all members of the brassica family, including broccoli, cauliflower, cabbage, kohlrabi, turnip and radish.

Swede midge larvae feed on the growing tip, young leaves and stems. New growth is stunted and misshapen and susceptible to disease.

Broccoli has now been our worst hit crop by the midge for the past three years. It is a very hard

pest to control as it emerges early, can travel several hundred metres, can survive in the soil for over 2 years and lives happily on wild mustard, one of our farm's worst weeds. We hope to research techniques for controlling the Swede Midge this winter. Over time we also hope to reduce wild mustard pressure on the farm, though this victory would be bitter-sweet as it is also a source for pollinators.

With luck the fall planting will work better this season and we will have some nice fall broccoli.

Speaking of which, is it fall already?

We are happy to have

tomatoes and cucumbers in the greenhouse this year with the continued unseasonably low temperatures.

Many of our hot crops are planted into black plastic mulch (BPM), which has also helped this season. We try to remain optimistic, but should tell you we may have fewer melons, sweet peppers, tomatoes and eggplants this year.

This season we will finish building another greenhouse and hope that this provides us with a more stable supply of some of the hot crops in the future.

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## This Week's Harvest

- ◆ **Beets**
- ◆ **Beans**
- ◆ **Cabbage**
- ◆ **Carrots**
- ◆ **Cucumber**
- ◆ **Eggplant**
- ◆ **Flowers**
- ◆ **Fresh Garlic**
- ◆ **Green Pepper**
- ◆ **Herbs**
- ◆ **Lettuce**
- ◆ **Salad Mix**
- ◆ **Zucchini**

## Ideas for Cooking and Preserving Zucchini

We often receive questions about how to cook with and preserve zucchini, especially when they are in abundance.

One of the first things we do with zucchini is grill it on the BBQ or roast it. Slice them lengthwise, coat with some oil, minced garlic, salt and pepper, then grill both sides for 3 minutes or so. If roasting, do it single layer on a baking sheet

and roast for 5-10 minutes per side. If you prepare a lot this way you can then refrigerate or freeze and use in sandwiches, pastas and as a pizza topping.

This week, I tried steamed zucchini for our 9 month old, Lillian. It doesn't take long to steam, maybe only 5 minutes. I then pureed it with a protein. The zucchini provided water

content for easy pureeing.

We love chocolate zucchini muffins and have also had a variety of other baked goods with zucchini. It provides moisture and you barely taste the zucchini.

Use a mandolin, food processor or "spiralizer" to make raw zucchini noodles

as a pasta substitute or freeze for later use in baking.

Zucchini can make a yummy relish, good as we are getting fewer cucumbers this year. For more ideas try the web. One "go-to" site for us is Foodgawker.com. A site that compiles images of recipes from other blogs and websites.

# Zucchini and Artichoke Summer Lasagna

This time of year it can feel like a competition keeping up with all the extra zucchini that comes out the garden. Being people that don't like to waste, we sometimes make dishes that use a lot of zucchini.

This week we enjoyed an easy slow cooker zucchini lasagna from Chatelaine. Easy to prepare and nice and light for lasagna, try it over the next few weeks if you feel overwhelmed...

## Ingredients:

3 Zucchini (sliced very thin)  
5 Sun-dried tomatoes (chopped)  
4 garlic cloves (minced)  
2 tbsp. sun-dried tomato oil  
454g ricotta  
1/3 C vegetable broth  
1/4 tsp salt  
300 ml jar marinated artichoke hearts (drained and

chopped)  
About 260g lasagna sheets  
2 cups shredded mozzarella

## Method:

Combine zucchini, tomatoes, half of the minced garlic and all of the oil.

Whisk the ricotta, remaining garlic, salt and broth in a separate bowl.

Line the bottom and the sides

of the slow cooker with foil. Cover bottom with 1/4 of zucchini mixture. Top with lasagna sheets. Spoon 1/3 of ricotta and then top with artichokes. Repeat layering with remaining ingredients. Sprinkle mozzarella on top.

Cook for 2 hours on high. Let stand for 10 min with the lid off. Enjoy!



## 2014 CSA Potluck

We have more details for you about the CSA potluck, **Saturday August 30.**

As with last year's potluck, we will start the event with a farm tour, continue with a workbee (a group work activity) and then ease into dinner. The rough schedule will be as follows:

**2:00 - 3:30 pm Farm Tour**

**3:30 - 5:00 pm Workbee/Kids Activities**

**5:00 pm Potluck Dinner**

You are welcome to join us any time after 1:30.

We welcome you to bring family and friends as well as anyone you think may be interested in joining us for next year's CSA season.

For the on-farm shares, this day will still be a regular pick-up day, so bring a cooler if you plan on staying for the event.

**Please RSVP** with the size of your party so we know if we will need to borrow chairs, tables and/or tools.

Hope to see there,

Nicole, Devan, Lillian and the gang.