

Fair Fields News

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On the Farm

First we would like to bid a fond farewell to Malcom Scott. Malcom has helped us out on a near fulltime volunteer basis for the last couple of months. He is very agreeable, hardworking and detail oriented making him enjoyable to work with and just to be around. Last week was his last week and we all miss him already. Hopefully we will see him for visits in the future. Thanks Malcom!

Having caught up on field work and planning we are again picking away at the construction projects we started this spring. The wash station is very nearly

done, requiring only some plumbing fixes and a couple of boards to finish the sides of the roof. The hoophouse will start to come together quickly now, which is good as we want to have it in place by late autumn. We even have some time to finish off Lewis's dog house, good with the rains and cooler weather coming.

Our garlic is finally cured so you can now store it as you normally would. We have had some inquires about getting more garlic. Next year we may try to expand our planting to better accommodate

demand. However, garlic is a high value crop that takes a lot of labour to produce, especially at our scale, so we may not be able to keep up with the real garlic lovers out there.

The melons have arrived and it looks as though they are ripening decently despite the cool weather earlier this season. Enjoy them while they last.

And also the radicchio this week...



This Week's Harvest

- ◆ Beans
- ◆ Carrots
- ◆ Cucumber
- ◆ Eggplant
- ◆ Flowers
- ◆ Garlic
- ◆ Herbs
- ◆ Lettuce
- ◆ Melons
- ◆ Onions
- ◆ Peppers
- ◆ Potatoes
- ◆ Radicchio
- ◆ Tomatoes

Fava Beans

The fava bean, or broad bean, is among the most ancient of cultivated plants. The term bean used to refer solely to fava beans. Native to many places including North America, this bean is extensively cultivated around the world.

Like other beans, favas are a type of legume, and can fix nitrogen. They are very cold hardy and can overwinter in milder climates. This allows them to be harvested early and also allows them to be used as a cover crop.

The flowers of the fava bean also give off a strong sweet sent that is attractive to bees and other pollinators.

Fava beans are still a new crop for us. We first tried growing them last year for ourselves, and largely forgot about them until harvest. They were still delicious so we tried again this year with hopes of giving some to the CSA. They have grown well for us, however, we have learned a key lesson that should help us for next year. Fava beans like it cool! Heat too early on in plant growth can dramatically reduce yields. We

planted them very late this spring. It has been a cold summer, so we have been lucky to still get some beans, but we hope next year to plant early and get a larger and more consistent harvest.

Common dishes with favas include, falafel and fava bean puree. They are also often simply steamed or boiled, peeled and eaten with oil, butter, herbs or spices. Some cultures also dry-roast the beans with salt and spices till they are crispy... yum!

Watermelon Salad with Mint and Feta

Ingredients

1 (5-pound) watermelon
1 Vidalia or other sweet onion
1/4 cup red wine vinegar
Salt and pepper
1/2 cup extra-virgin olive oil
2 tablespoons chopped fresh mint
4 ounces feta cheese, crumbled
6 whole mint sprigs

Directions

Cut the flesh from the melon and cut into bite size pieces, removing and discarding the seeds, and set aside. Peel and slice the onion into rings.

In a small bowl, combine the vinegar, salt, pepper, and whisk until salt is dissolved. Slowly whisk in the olive oil, a few drops at a time. Add in the chopped mint, taste, and adjust seasonings.

In a large bowl, combine the melon, onion, and feta. Pour the dressing over the melon mixture and toss gently until everything is coated and evenly mixed. Garnish with mint sprigs.

To serve, divide salad among individual plates and garnish with mint leaves.

From www.foodnetwork.com



CSA Potluck

This Saturday August 30 is our 2014 CSA Potluck. The schedule for the afternoon is:

2:00 - 3:30 pm Farm Tour

Guided tour of the garden, greenhouse, pond and bees and an opportunity to walk the property.

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

Potential workbee activities include harvesting potatoes, weeding the rhubarb patch and everybody's favourite... rock picking!

5:00 pm Potluck Dinner

We have plenty of space on the BBQ, a microwave and a slow cooker if anyone needs those for their dish. Please bring your own dishes and cutlery.

Please RSVP so we have a sense of numbers and know whether we need to borrow some chairs and tables.

Hope to see you here!