

# Fair Fields News

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## On the Farm

We want to thank everyone who came out to the farm open house last month. It was a very warm day, perfect for a subdued BBQ with great food and a good mix of people.

The cover crop for next year's garden area, barley and peas was seeded in late August. The barley is a spring barley. To get a crop off of it, you would need to plant it in the spring. I will not harvest it, but instead want it to provide a fall and winter cover that dies over the winter and can be easily worked in next spring. The same is true of the peas, which will also fix some nitrogen for next years crops.

Much of this years garden area was seeded to rye this week, a crop that will grow through next spring and early summer.

We were lucky to get our window for planting these

crops with all the wet weather we have been having. The wet weather this late summer and early fall has not only made it hard to find windows for field work, it has also created the ideal conditions for the onset of various fungal diseases. The main ones we worry about are powdery mildew in the onions, shallots and cucurbits (melons, cucumbers, squash, etc.) and blight in the nightshades. Despite the continued warm weather this September, brought on by El Nino, the humid conditions have brought blight to our nightshades. We will soon have to pull all of our squash from the field, as the mildew is transferring from the leaves and stems to the fruit!

We want to remind people that we have two pickups left this season. The last

Guelph pickup will be September 30 and the last On-Farm pickup will be October 3. Some of you are expecting this, others have been surprised by the early finish this year. We would remind you that we started in May this year and cut our season down to 19 weeks, so as not to compete with winter CSAs in the area. Our experience this year has made us feel that we should start one week later next year. That would have us finishing up on Thanksgiving weekend, a fitting time given the them of that holiday celebration.

We have grown pumpkins for the CSA this year and will be making a special pickup/drop-off, for those member who wish to have a pumpkin for Halloween. We will also have an option for purchasing root vegetables for any members who desire one last infusion of fresh seasonal vegetables!

More info to come for that...

## Harvesting

- **Beets**
- **Cabbage**
- **Carrots**
- **Celeriac**
- **Chard**
- **Garlic**
- **Kale**
- **Leeks**
- **Lettuce**
- **Herbs**
- **Onions & Shallots**
- **Potatoes**
- **Peppers**
- **Rutabaga**
- **Raspberries**
- **Squash**
- **Tomatoes**

## Shallots

Some of you have had questions about shallots, so I thought it would be good for a quick introduction.

Though formerly considered its own species the shallot is a type of onion. It originated in central or southeastern asia and migrated west and north from there.

I think they have some of a flavour somewhere between garlic and onions. They don't have the same

bite or strength of flavour-as an onion, but often have a richer, more aromatic and pungent flavour.

Shallots are used extensively in southeast Asian, south Asian, middle eastern, Mediterranean and north and west African cuisine. They are also used for a variety of medicinal purposes in some of these areas.

We like to use them in sauces, soups, stews, curries and thinly sliced in

salads. They also make an excellent condiment when deep fried or caramelized. Though we have yet to try them, I hear they are also quite good pickled...

If grown and handled properly, shallots have the ability to store very well. When we have stored them alongside onions in our root cellar they always are the last allium to go off.

The shallots are look-

ing great this year so we hope you are enjoying them.

