

We're Getting Hitched!

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On the Farm

Thanks to everyone who came out to the CSA Potluck/BBQ on July 30. We had a bit of a break from the heat, which made it a very pleasant sunny afternoon. It is always nice to relax with family, friends and neighbours, here at the farm, as so much of the time we see you all here we are working.

The drought continues to intensify. We are now seeing record low rainfall records not seen in over half a century in parts of Ontario. We are managing to keep up with irrigation, but it is no substitute for a long slow rain. It is also taking a lot of time.

Anything not irrigated is starting to look fairly sad, including some of our cover crops, buck-

wheat and red clover. We use cover crops to prevent erosion, catch nutrients, smother weeds and a variety of other reasons. Cover crops are important to healthy soils and sustainable agriculture. As we grow in size and start working more area we use more cover crop seed, and so the cost goes up as well. Most recently, we purchased oats and peas for about 6-7 acres, for about \$625. At the moment I hesitate to plant this seed, as with little to no rain in the forecast it might not germinate properly and might end up being a waste of time and money. If we don't plant anything, however, we risk heavy erosion this winter and loss of soil, nutrients and life from the field. These are hard decisions to make.

Our garlic is cured. It has a lot of disease pressure this year. I have been using old seed, that has been carrying and multiplying disease (mostly nematodes I think). As a result I expected some disease pressure, but not as much as we have had. I figure between 50-60% of the garlic never made it out of the field and what we did harvest will have a more limited shelf life than in previous years. We will be purchasing new seed this fall and so hope that next year our garlic will be healthier and happier!

The raspberries still have a week or two to get going and are looking great. I imagine the drought will reduce the yield, but intensify the flavours, as it did with the strawberries.

Harvesting

- Beans
- Beets
- Carrots
- Cucumber
- Eggplant
- Fresh Garlic
- Green Peppers
- Herbs
- Kale and Chard
- Lettuce
- Sweet Onions
- Tomatoes
- Zucchini

We're Getting Hitched!

Nicole and I are getting married next **Saturday August 20**.

We are very excited and very busy getting ready for it, so please bear with us and let us know if we have forgotten anything. We welcome reminders...

Thanks for all of the congratulations we have received already. It is wonderful to have your support and really makes us feel the community surrounding the CSA in a very tangible way.

Just as a reminder to **On-Farm members**, we will be having the pickup for Saturday August 20 on **Wednesday August 17th**, so there is no harvesting to do the day of the wedding!

Thanks again to everyone for your support,
Nicole, Devan and Lilly.

Zucchini Fritters With Herbs and Cheese

Zucchini Fritters

SERVINGS: 6 TO 8

Ingredients

5 zucchini (about 1 1/4 pounds),
grated
1 cup finely chopped red onion
1 1/2 teaspoons salt
1 cup chopped fresh Italian parsley
1 cup freshly grated pecorino Romano cheese (about 3 ounces)
1 cup (scant) toasted whole wheat breadcrumbs
2 large eggs, lightly beaten
1/2 cup chopped fresh mint
1 tablespoon dried oregano
Vegetable oil (for frying)
1 cup plain yogurt

Preparation

Toss zucchini, onion and salt in large colander. Let stand 1 hour; squeeze as dry as possible. Transfer mixture to large bowl. Mix in next 6 ingredients. Pour vegetable oil into heavy large saucepan to depth of 1 inch. Attach deep-fry thermometer to side of saucepan; heat oil over

medium-high heat to 350°F. Working in batches, shape zucchini-onion mixture by tablespoonfuls into balls. Add to hot oil. Fry in batches until fritters are brown, turning once, about 3 minutes total. Using slotted spoon, transfer fritters to paper towels to drain. Transfer to platter. Serve with yogurt.

Recipe by Aglaia Kremezi, from: <http://www.bonappetit.com/recipe/zucchini-fritters-with-herbs-and-cheese>

Garlic Yogourt Dipping Sauce

SERVINGS: MAKES ABOUT 12

Ingredients

1/2 cup plain yogurt (not Greek)
2 tablespoons finely chopped fresh mint
2 tablespoons fresh lemon juice
2 tablespoons olive oil
1 teaspoon honey

1 garlic clove, finely grated
Kosher salt and freshly ground black pepper

Preparation

Mix yogurt, mint, lemon juice, oil, honey, and garlic in a small bowl; season with salt and pepper. Cover; chill.

Recipe by Ballymaloe, Co. Cork, Ireland, from: <http://www.bonappetit.com/recipe/zucchini-herb-fritters-with-garlic-yogurt>



NFU Associate Memberships

This past year I have become a member of the National Farmers Union (NFU). This is a national and provincial level farm organization that stands for everything our CSA is about. They are the only voluntary national level organization committed to:

- Ensuring family farms are the primary unit of food production
- Promoting environmentally-safe farming practices
- Giving farm women equal voice in shaping farm policy

- Working for fair food prices both for farmers and consumers
- Involving educating and empowering farmers and consumers
- Building healthy vibrant communities; insuring an adequate supply of safe, nutritious food for Canadians

Progressive farm organizations, like the NFU, have been critical in fighting for social and environmental justice. This includes issues not directly related to agriculture, like fighting for

Medicare (publicly funded healthcare) in Saskatchewan and eventually the rest of the country. The NFU was also crucial in helping to keep bovine growth hormone out of Canadian dairies.

With the decline in the overall farming population most farm organizations have seen a corresponding decline in membership numbers. The NFU is working to try to keep up membership and support for sustainable food production in a variety of ways. One strategy is to recruit associate members,

who may not farm, but are committed to sustainable agriculture and social and environmental justice.

All of you already support these values through your membership in our CSA, and we thank you for it! If you are looking to further support this movement and would like to become an associate member of the NFU, you can do so at:

<http://www.nfu.ca/about/associate-membership>

A people united can never be defeated!