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Week 6.

most farmers wish for
elves

elves

★ and hire 1/6

★ and hire workers

☆
we asked for volunteers
at a family

and got a family

You don't

have to be a farmer to help! Away from the farm, our volunteers do amazing work:

volunteers do amazing work:

lab assistant, teacher  IT professional

★ IT professional

lawyer. professor. handywoman.

Carpenter · Librarian · Researcher ·

dancer · student · artist · musician

graphic designer, editor, tutor.

clown. self-defense teacher!

☆ even little

far ms take alot of work!

thank you.

WAKE UP!
IT'S FINALLY
COOL ENOUGH
TO GET SOME
WORK DONE!



**WHEEL
HOGS**

COMPOST
SPREADER
20

WORKERS

RAKERS
23


SCUFFLE
HOERS

HANDLEDERS

work!
A
ZINES!
WHITE or family: with a
are so grateful for community
work and eat. You re-
you make our farm grow.
COMMUNITY WORK DAY
AND POTLUCK July 17
10AM-2PM
ALL AGES
JOHN VEST
25VP

A note to our amazing V
you it wouldn't be worth it.
With you we laugh and
mind us why we do this

one way to draw a Beet

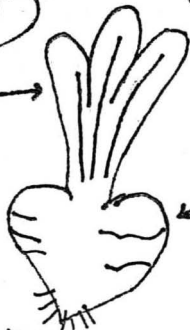
① DRAW A HEART, THEN ERASE THE "V" 

② ADD LITTLE BITTY ROOTS TO THE END

③ GIVE IT 3 TALL WHISKERS WHERE THE "V" WAS

④ GIVE EACH WHISKER ALONG BALLOON

⑤ ADD WRINKLES



but not the only way

one way to draw a CHICKEN

① TRIANGLE MINUS ONE SIDE

② ADD A CIRCLE

③ ADD A "W" AND AN "M"

④ ADD A 2nd circle - erase overlap

⑤ NOW DRAW AN "L" W/ A LONG LEG

⑥ AND SOME LEGS W/ UPSIDE-DOWN, POINTY

"W"s FOR FEET

⑦ ADD A POINTY

"M" FOR TAIL FEATHERS...



ANDA • FOR AN EYE B'KAW!

here is a warm up so you can help us decorate our barn

make imperfect farm art!! how do you draw beets and chickens? bring us your own versions of BEETS + CHICKENS + we will put them on our fridge!

5 WAYS CUCUMBERS

Will Keep you COOL!



One of the few vegetables you just can't cook, cukes are the perfect snack for hot, humid summer days.

- ① Slice a cucumber, toss with lime juice, cilantro, and a dash of rice vinegar
- ② Slice a cucumber, toss with chopped basil, lemon juice, crumbled feta, and white wine vinegar.
- ③ Slice a cucumber, toss with yogurt, a dash of lemon juice, and fresh mint.
- ④ Slice a cucumber. Top each slice with a dollop of cream cheese, your favorite chopped herb, a bit of black pepper.
- ⑤ Slice a cucumber, toss with arugula, goat cheese, diced red onion, and a splash of balsamic vinaigrette.

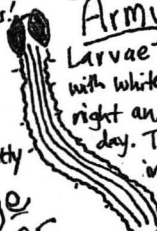
Who makes all these holes in my food?



holly arugula!

Pests... they are everywhere! Because we don't use pesticides (yuck!), we do a whole lot of other things to protect our crops from all the bugs - we cover 'em with row cover so nothing can crawl in, treat our soil with lots of compost, teeming with 'beneficial bugs'... and sometimes pick pests off and squish 'em bare handed! Even so... some bugs still get in - and make those irritating holes!

Armyworms



Larvae! Brownish green with white stripes - they eat at night and hide during the day. They eat big holes in lots of different kinds of vegetable crops.

The flea beetle

only 1/16" - tiny little flying beetles that make lots of tiny round holes in... pretty much anything with leaves! They are the worst when they emerge in spring. We cover everything with row cover with rowing.

Cabbage Lopper

These bright green larvae chew up kale and other brassica leaves. They "loop" their bodies to move. Emerge in early spring.

Mexican Bean Beetle

Eat leaves of beans, can chew away whole plants, leaving nothing over winter on field edges. Lay their eggs on bean leaves.



Striped cucumber beetle

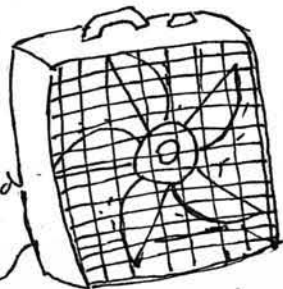


Yellow and black they are fast movers, eating leaves of squash + cukes. They bury their eggs in soil at base of plants. We squish 'em when we see 'em!

FARM NEWS

WHAT WE'RE GRATEFUL FOR:

- VOLUNTEERS!
- WINDOW FANS
- Porches
- a working rototiller
- mulch and burlap that smother weeds and make our work less overwhelming



WHAT WE'RE READING:

Laura: My Life In France, Julia Child
Ariel: AWAKENINGS, OLIVER SACKS



WHAT WE'RE EATING:

- the last of last summer's salsa yum!
- pesto pesto pesto!
tossed with pasta, sautéed squash and browned tofu



- CUCUMBER-arugula-cheddar Sandwiches



- Steamed Kale and Broccoli with Scrambled eggs and spicy peanut sauce
- Zucchini muffins and fritters
- ICE CREAM

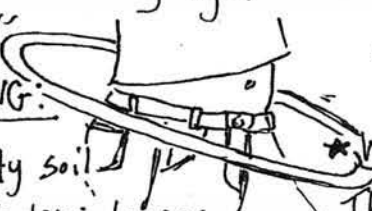


WHAT WE'RE LOVING:

- 3 dozen eggs a day
- Bright, green, tall, leafy, beautiful, fruit-loaded tomato plants
- OUTRAGEOUSLY BIG BUSHY BASIL
- early morning and late evening light
- Shade and Breeze

WHAT WE'RE NOT LOVING:

- 95°F, dry dusty thirsty soil
- an entire planting of hakurei turnips infested with cabbage root maggots



* WHAT WE'RE LISTENING TO:

Laura: The Carolina Chocolate Drops
Ariel: The Mammals

* WHAT WE'RE WEEDING:

- new, baby squash and cukes
- HOT PEPPERS (we ran out of straw before we could mulch them...)
- BASIL
- Geets (4 Gods of 'em, all sizes)
- BIG GRASSES from old beds, empty of crops (we have to empty them of weeds, too, before we can plant in them again.)

* WHAT WE'RE SEEDING:

Not much. The soil is so hot and so dry. Any seeds we put into the ground will just shrivel and fry. So our seeding is on hold for now.

In the greenhouse: LOTS OF FALL LETTUCES

* WHAT WE'RE HARVESTING:

garlic! After 8 months in the ground, we finally harvested all our garlic. We pulled up the stalks, tied them in bunches of 5-10, and hung them in the upper barn to cure. Expect to see some in 3-4 weeks

* WHAT WE'RE HOPING FOR:

RAIN RAIN RAIN RAIN (which hopefully will have come by the time you read this)

* WHAT WE'RE DOING IN OUR SPARE (!!) TIME:

- sleeping
- hula hooping
- hanging out in the fantastically cool Concord Public Library
- swimming

* WHAT WE'RE LEARNING:

That it is okay to quit work early during heat waves. In fact, it is a good idea.

xo, Laura

