




FIRST ROOTS
AND NEWS


VOLUME ONE
NUMBER 8
WEEK 9


Did you know you can store these Vegetables without plastic? It's true!

 Basil: Airtight container or jar, loosely packed with a damp piece of paper. Can be left out on a cool counter.


 Beets: Cut off the tops of the beets to retain moisture (see below for info about storing the greens). Wash and store in an open container with a wet towel on top.

 Beet greens: airtight container with a little moisture
greens: Remove rubber bands, twist-ties, etc. Keep in an airtight container with a damp cloth. Kale, chard, and collards can keep in a cup of water on the counter or in the fridge.

 Zucchini: can be left out for a few days on a cool counter, even after cutting. For longer storage, wrap in cloth and refrigerate.

 Green beans: damp cloth draped over an open or loosely-lidded container.

Cucumber: wrapped in a moist cloth in the fridge

 fennel: first few days - upright in a cup or bowl of water, on counter. Later - in fridge in closed container, with a little water.

Adapted from "How-To: Store Fruits and vegetables" by the Ecology Center's Berkeley Farmers' Markets: www.ecologycenter.org

TOMATOES! LIKE MOST AWESOME THINGS
COME IN MANY DIFFERENT SIZES, SHAPES
AND COLORS. SOME HAVE STRIPES.
SOME ARE LUMPY-BUMPY (AND SOME
LOOK TIE-DYED!)

USE YOUR IMAGINATION TO
DRAW SOME TOMATOES,
COLOR THEM IN AND
SHOW US YOUR
BEAUTIFUL PICTURES
AT THE NEXT PICK-UP!



WHAT ARE THE COOLEST, SILLIEST,
MOST FABULOUS TOMATOES YOU CAN
IMAGINE?

HERE ARE A COUPLE TO GET YOU
STARTED!



Cornbread and Collards Pie

earthy green collards and guttery cornbread..

For the collards:

1 bunch collards, chopped salt and pepper to taste

3-5 cloves garlic, minced 1 onion, chopped

For the cornbread:

1 cup cornmeal 2 Tbs. honey

1 cup whole wheat flour 1 cup buttermilk

1 tsp. baking soda 1 egg

1 1/2 tsp. salt 2 Tbs. melted butter

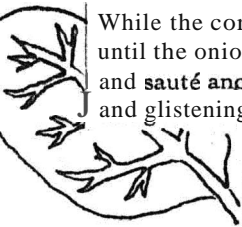
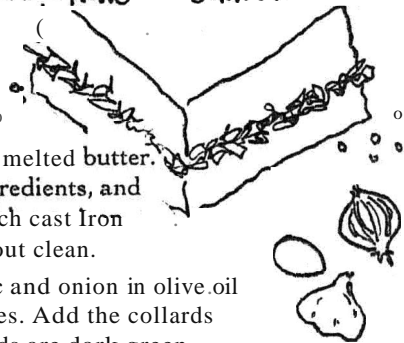
they were made to go together! also fantastic with kale or chard...

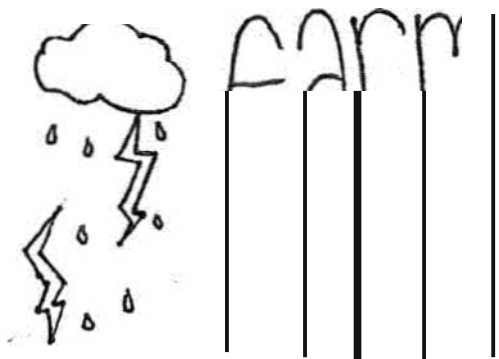
Combine the **dry** ingredients. Mix buttermilk, egg and melted butter.

Make a well in the dry ingredients, **pour** in the wet ingredients, and **mix** with a few **quick** strokes. Bake **in** a buttered 10-inch cast Iron skillet at 350 for 25-30 minutes or until a knife comes out clean.

While the cornbread is baking, **sauté** the garlic and onion in olive oil until the onions begin to soften, about 7 minutes. Add the collards and **sauté another** 5-7 minutes, until the collards are dark green and glistening.

Allow the **cornbread** to cool slightly, then turn out onto a large plate. Cut the loaf in half and spread the bottom half with butter. **Pile the cooked greens on top**, and replace the top half of the loaf.





I am exhausted. Bone and brain tired, **the kind** of tired **that** doesn't go away after a good night's sleep. can **feel it** deep in my muscles, on **the** soles of my feet and **the** back of my neck. It **is the kind** of tired **that** only comes at the end of July, four months deep into a six month season.

My farmer friends tell me that **July is the** hardest month. In **April** and **May** you're **still** fresh, **your whole** body **craving** work. In June there **isn't** time to be tired - you plant, **plant, plant, weed, weed, weed**, all **day, every day**. **July is** when you can see **what you did wrong**. The days **are** getting shorter, but it sure **doesn't** feel like it yet - you've been putting in **60-70 hour weeks** for **a while**, and you're not **quite over the hump**.

"Then: all my **farmer mentors** and friends and **neighbors tell** me, comes August. You're just harvesting, the weeds aren't so bad, **everything is** already **slowing down**."

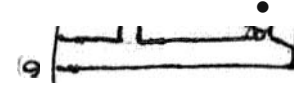
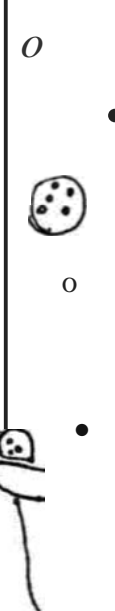
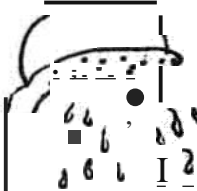
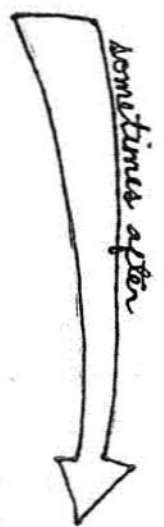
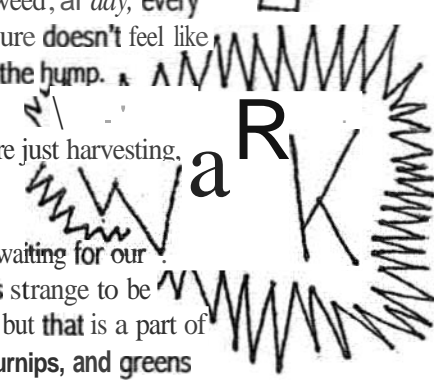
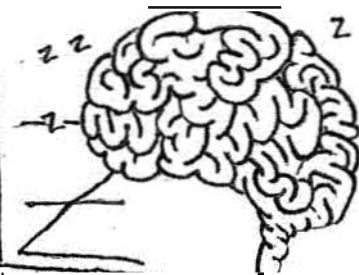
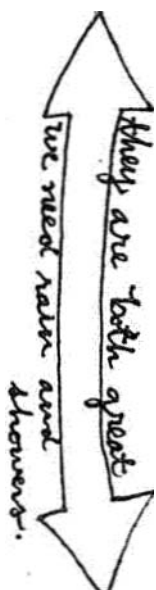
This **week** we seeded all of our fall carrots and beets, four 80' beds of each. We're still waiting for our **spring** carrots to size up; **the** drought seems to have sucked all the **life** out of **them**. It **is** strange to be seeding in preparation for fall **when we haven't even harvested** our **very first planting** - but **that is** a part of **farming**. **No matter what happens, no matter how many successions of carrots, beets, turnips, and greens you loose, you just keep putting seeds in the ground.**

We **still** have **our** last big **planting** of **fall brassicas** to put in **the ground**. Cabbage **is** in, but kale, broccoli, **cauliflower**, and **chard** are all **waiting** patiently for us to make **enough beds** for **them** in **our fall field**, known affectionately as "the **outback**." It feels like I'm holding my **breath with them**, waiting to rest **until they're** safe in **the compost-heavy** soil.

This afternoon, after a few scattered showers and thunderstorms in the last three weeks, it finally rained - good, hard, lasting, soaking, **rain**. Standing in the **field**, the **rain** watering in the just-seeded carrots and beets and **soaking my clothes**, was like satisfying a **craving** I've had for a long, long time.

I came in, took a **hot** shower, and baked chocolate chip **cookies**. While **they were** in **the oven**, I went out onto **the porch** to listen to **the rain**. On a bench **next to the door**, I found three **ears of corn**, husked and ready to eat - **the gift** of a fantastic, funny, **generous**, 92-year old **neighbor farmer**.

I think he'd agree with me that **July is the** hardest month, and that it's worth it. Not just to get through to the **glory** of August and **the golden beauty** of September, but for **its own sake**, too. The **first corn**, the **first tomatoes**, a good soaking rain, a **whole** lot of good **work** to look back on and be proud of, a **whole lot of mistakes** to learn from, a **whole lot** days of sun and sweat and growing things.



happy eating 1

