

# Freedom Organix

## Harvard, Illinois

Fresh~ Local ~ Natural



July 22, 2010

Dear Freedom Organix Members:

It is week eight of our 20 week season. It seems like it is going by so quickly this year. We are having a warmer year than the 2009 season, so crops are growing fast, which has made it pretty easy for us so far and then we hit a wall...not enough rain for weeks and weeks has stalled everything out. So now we are struggling to keep everything growing. We irrigate every day all day, but there is still nothing like natural rainfall to make plants grow.

Our farm sits on the bottom of an ancient lake. This old lake bottom makes up thousands of acres of flat fields with some of the very best agricultural land to be found in Illinois. The flat expanse of terrain allows me to see for miles in every direction and I can see storms as they roll in, usually from the west. Over the past several weeks, I have watched dark clouds in the distance purge their payload in the form of a black veil stretching from earth to sky, and then dissipate before ever making it to our farm. And, finally this morning, with thunder booming all around, our little farm was rained on. Not great conditions for packing up your boxes, but I'll take all the rain we can get right now. (How different each year can be, as we had two seasons in a row where it rained so much our paddocks overflowed with water lapping at our driveway and our crops drowning in puddles.)

We are at that lull between the seasons of spring/summer where we wait patiently for the summer bounty of tomatoes and zucchinis, but we're not quite there yet. (OK, I'll admit that I ate the first ripe tomato last week and it was pretty good, but there's not enough for everyone just yet.) Here's what's in your box this week:

### **Yellow Summer Squash - 1 large or 2 small**

I'll out myself on these: I hate them. I will never give you a recipe of mine because I don't like to eat them...and not just yellow ones, but all summer squash (yes, it is a childhood thing!). But if you send me your favorite recipe I will share it with all the members. And I'm hoping that out of almost 90 members one of you has the recipe that changes my mind on this vegetable.....it could happen, right?

### **Cucumber - 1 large or 2 small**

My favorite recipe from my Mom. Peel and slice cucumber length wise and remove seeds if you wish. Then slice thinly cross wise. Salt and drain. In a jar mix 1 tbs. sugar with 1/8 cup flavored vinegar (try champagne, tarragon, or even cider) and 1/8 cup white vinegar and 1/8 cup vegetable oil. Shake to mix. Add celery seed or thinly sliced scallions if desired. Salt and pepper to taste. After cucumbers finish draining, mix with dressing, chill and serve.

**Baby Mixed Lettuce - 1/2 lb bag**

**Scallions - 1 bunch**

**Basil – 1 large bunch**

We are having a great crop this year so far, so we included enough to make a classic pesto. Just a reminder, store in a vase with water like you would flowers. Temperatures below 55 degrees F turn it black.

**Beets – 1 small bunch**

My friend JoAnn made this for dinner last week. Grilled Beets with Herb Goat Cheese: Peel beets and slice cross-wise. Brush with olive oil and grill on low temp until tender. Spread with herbed goat cheese and serve.

**Mystery**

We didn't have enough of all one thing for everyone, so we made up mixed shares of what we had available – enjoy your surprise!

Just a reminder to keep returning your boxes to your delivery site Please break them down flat so your site host can store them easily. And if you know of any neighbors or friends who might like to join us, we still have 12-week late summer shares available.

My farm manager, Don, who ran his own dairy for 25 years taught me the finer points of milking a cow by hand this week. It's a lot of work to get a gallon! I'll be practicing making fresh mozzarella for when those heirloom tomatoes finally ripen. I hope you all have a great weekend full of good food and good company!

Best,  
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Know your food, know your farmer.