



Stewarding the Land for Future Generations  
Local, Sustainable, Organic

# Community Supported Agriculture Newsletter

June 29th, 2006- Week 4

## Featured Vegetable of the Week: Carrot

The crucial question when it comes to eating carrots is “do you prefer them cooked or raw?” Cooking carrots brings out their sweet flavor and also takes away from their crunchiness, for better or for worse.

Carrots (*Daucus carota*) gets their name from the French word *carotte*, which in turn comes from the Latin *carota*. They have been cultivated since ancient times and originated in Afghanistan and adjacent areas. Our common carrot is called the Mediterranean type, because it is grown in Mediterranean countries and was probably developed there from varieties brought over from Asia Minor. Other varieties are common in different parts of the world, including one in Japan that can grow up to three feet long or more and another in the Middle East that is purplish-red with grey fuzzy leaves.

In terms of cultivation, carrots come in four basic shapes: compact ball-type, stout, slender and thin. The ball-type and stout are easier to grow in heavy, clay soils, while the slender and thin varieties can only be grown well in sandy, light soil. Carrots grown on heavy clay soil will often be small or misshapen because the heavy soil does not accommodate root growth well. At Wolf Gulch where the soil is mostly clay, we work the fields with a deep-shanked plough that creates light topsoil ideal for growing root crops.

Carrots do not grow well with excessive nitrogen present. Nitrogen levels correspond with the growth of the green part of plants. Carrots grown with too much nitrogen may be top heavy with small roots, or else have roots that are hairy and split apart. One great aspect of carrots is that they are frost tolerant. We eat them through the winter until the roots begin to get woody as the plant prepares to make seeds.

Carrots are extremely rich in beta carotene, vitamin C and potassium and are a good source of fiber. The carrots in your box today are scarlet nantes which are considered to be a slender variety.

## Announcements

\*We are very excited to begin offering organic grass-fed buffalo products from Full Circle Bison Ranch in your CSA box. All items will be put into CSA boxes frozen, so they will just be thawing by the time you pick up your box. You can custom order on a weekly basis by emailing [siskiyoucoop@aol.com](mailto:siskiyoucoop@aol.com), and can pay either by check or credit card. Prices are listed below. Remember that you can also custom order plain or specialty goat chevre on a weekly basis by email or phone (899-9668).

Ground	\$6.50/lb	Buffalo Hot Dogs	\$7.25/ 12 oz.
Traditional Buffalo Jerky	\$5.00/ 2 oz. \$9.50/ 4 oz.	Buffalo Salami	\$5.50/ 8 oz. \$10.50/ lb
Buffalo Polish Sausage	\$7.50/ 12 oz.	Buffalo Andouilles Sausage	\$7.50/ 12 oz.
Buffalo Louisiana Hot Sausage	\$7.50/ 12 oz.		

**\*Save the date Saturday July 29th.** Join us for our second Farm Day from 11 am to 4 pm at Wolf Gulch Farm. Bring a potluck dish, plate and utensils to eat with, and a bathing suit.

7000 Little Applegate Road, Jacksonville OR 97530  
(541) 899-9668 [www.siskiyoucoop.com](http://www.siskiyoucoop.com)

## Ask the Farmers...

CSA member Laura Stille asks SSC farmers “Is pest control all preventative, or do you use some kind of natural solution for killing or controlling insects, bugs and pests like slugs and snails? “



Mookie Moss, Boones Farm

The majority of our pest control is accomplished using passive deterrents such as diversification of crops, natural insectary plants (I.E. Calendula), and observation of natural pest cycles. If a particular pest is putting enough pressure on an individual crop, our approach will become much more active. This can mean anything from hand picking pests to using diatomaceous earth on soft bodied insect's. Prevention of pest problems all starts by giving your crops the nutrients, water, and love they need to grow strong enough to repel or outlast a specific insects pressure. As far as larger trouble makers go, like gophers, I generally try to reason and bargain with them. If that doesn't work, I try to cut some sort of deal, like they can take 5% percent of crops grown. I then release every Gopher Snake I find into the garden to enforce the agreed upon deal.

Overall, we try to keep plants healthy with kelp, fish and foliar sprays. If a plant has been attacked by insects, it is usually weak and sick, so I will often just pull it. We have dusted fine sawdust on our strawberry plants to keep the slug and snail population down. Last year squirrels were eating my pea and bean plants, so I applied cayenne pepper to them and that seemed to work well. I only once used an organic pesticide- a pyrethrum, which is made from African daisies and is Oregon Tilth certified to control a cucumber beetle infestation. I also work to create an environment that will attract beneficial birds and insects.



Dorothy Hartshorn,  
Riverwood Island Farm



Daniel Wyatt, Wolf Gulch Farm

It is acceptable for some of the plants to get munched. They are usually the weaker ones and it gives the insects a place to go. Sometimes insect or gopher populations can get out of control and need to be kept in check to avoid total crop failure. Last year gophers ate about seventy artichoke plants out of the seventy-five we planted. This year I have been trapping gophers and have only lost two artichoke plants so far. Also, planting a diversity of perennials in the same field makes the artichokes less appealing.

CSA member corner:

\* **Kim, Jason and our son Joah Margolis** are grateful to our local farmers for doing the work they do so well. Where our food comes from is extremely important to us, as we pursue our focus on sustainable choices. Our life's work is in town as counselors, encouraging people who reach out for help to live in their own unique, meaningful and more connected ways. We are grateful for our home sanctuary in the Little Applegate to sustain us. Thanks for doing your work so we can do ours!

\* **Laura Stille** - I've worked as a massage therapist for 16 years, the past 5 at "Spa" in Jacksonville. I've lived here for six years and love it. I grew up in Bend, and I don't miss the colder winters.

\*We are **Scott Beeman and Susanne Watkins**, second year CSA members, living just outside Ashland. Our ongoing journey to live more sanely on the earth has brought us to install 4.9kw of photovoltaics for our electric energy, a whole house 100% rainwater catchment system, and to use only organic products both inside and outside of our home. In becoming members of this CSA we further advance our commitment to reduce our "footprint", as well as invest in the production and development of locally grown organic food.

PLEASE EMAIL YOUR 2-3 SENTENCE BIO TO [SISKIYOUCOOP@AOL.COM](mailto:SISKIYOUCOOP@AOL.COM)