



Stewarding the Land for Future Generations
Local, Sustainable, Organic

Community Supported Agriculture Newsletter

July 20th, 2006- Week 7

Greetings from the Applegate! The summer vegetables are starting to ripen and we should be in the full flush of peppers, tomatoes, eggplants, and summer squash within the next few weeks. As the weather heats up, you will notice that there will be fewer greens in your box as those plants become stressed out and go to seed; annual green crops are currently shifting from their vegetative to reproductive state. You may also notice that there have been no strawberries in your box this year. The scorching temperatures during the last two weeks in May destroyed the first round of delicate strawberry flowers, and then cooler June weather slowed down the second round of flowers. The plants never fully recovered from climatic stress and as a result are not producing well this season. We hope that you have enjoyed the other berries and cherries instead. We look forward to seeing those of you who are planning to make the trek out next Saturday, July 29th for our second farm day.

Featured Vegetable of the Week: Garlic

Garlic is a member of the lily family and is closely related to onions and leeks. It has been cultivated for thousands of years for its therapeutic benefits by the ancient Egyptians, Greeks, Romans, Indians and Chinese. Garlic was used primarily as a treatment for headaches, weakness & fatigue, wounds, sores and infections. It was regarded as a physically enhancing tonic, and was used by the first Olympic athletes as an energizer.

The scientific community has long respected garlic as a plant possessing impressive therapeutic qualities. Louis Pasteur first demonstrated garlic's anti-bacterial properties in 1858, and later Albert Schweitzer used garlic to treat amoebic dysentery. More recently, researchers have demonstrated that garlic helps protect against heart disease and cancer, and possesses remarkable antibiotic effects. Garlic's compounds are particularly volatile. Only when garlic cloves are sliced, diced, mashed, or broken do they release those powerful enzymes that combine to make the antioxidants responsible for its purported health benefits. It takes time for garlic's disease fighters to arm themselves. One study showed that the sulfur compounds in the herb need 10 minutes to kick in once a clove is crushed or chopped.

In terms of cultivation, garlic is planted in the fall, preferably in deep, rich soil with plenty of sun. Fall planting gives garlic a headstart on growth so that the bulbs are a good size for the following summer's harvest. In spring, many people use the green garlic tops to season food. Garlic is harvested in early-mid summer once the leaves begin to turn brown. It is then cured for a few weeks in a hot, dry and dark place.

Announcements

*Please return all dairy containers and egg cartons to your drop point. You can place them in the box for ice bottles. Thanks!

* Join us for our second Farm Day on July 29th from 11 am to 4 pm at Wolf Gulch Farm. Bring a potluck dish, plate and utensils to eat with, and a bathing suit. Farmer Tom Powell will give tours at 12, 1 and 2.

*Email your weekly order of buffalo or chevre to siskiyoucoop@aol.com.

Ask the Farmers...

CSA member Ellae Ellinwood asks “When farming, how much do you use your own gut instinct in your decisions?”



Dorothy Hartshorn,
Riverwood Island Farm

Overall, I use my experience and knowledge much more than my instincts in farming. I do, however, find that there are times when something new or unknown comes up that I am unfamiliar with and those are the times that I have to use my instinct. I use it for problem solving and exploring possibilities. I really love problem solving, so I actually enjoy new challenges in farming when I have to use my network of farming friends and my instinct to guide me.

In some ways, farming decisions are fairly haphazard, and there is a beautiful synchronicity to the way things end up working out. But I also think that protracted observation over many years, of things like climate patterns and bird activity, heavily influence decision making. With a great deal of observation of natural systems, you actually become part of nature and there is much less separation between humans and the farm. I think it also helps not to be too scheduled so that you can be more adaptive and responsive to the windows of opportunity allotted in farming. It is hard for me to differentiate between intuition and long-term observation.



Don Tipping, Seven Seeds Farm

CSA Member Corner

John, Nadine, Jeremy & Liam Trapold moved here two years ago from Denver for two reasons: 1) to be closer to their folks in Selma and 2) to be near more trees - less concrete/asphalt. John was previously a family-marriage psychotherapist in a successful private practice and adapted into a site manager for a non-profit that works with troubled youth. Nadine is a stay-at-home mom with an interest (obsession?) with nutrient dense cooking, Weston Price stuff. This came about because their youngest son has many food allergies and Nadine got a 6-month case of poison oak their first year here. Nadine makes their bread and soft cheeses. Her goal is to make smoked gouda, cheddar and Swiss. They live on a 9-acre wood lot, and their spare time is spent trying to clear a couple more trees to find more sky and less poison oak.

Ellae Ellinwood writes: I am a woman born at the time that has allowed me to move from the traditional role of a woman, wife and mother into a life that I have carved, a life tailor made to suit me, is how I say it. I live with my family in Ashland, I write books on various subjects including Tai Chi, Numerology and Facial Toning. My passion is loving and nurturing the Earth through gardening. I have inherited from my Irish genes intuition that has been useful to numerous people over the last 30 years. I love the organic food raised with love and attention that you farmers in Williams bring to me, mine and the Rogue Valley.

Shelley Elkovich, Jeff Heglie, Rowan and Aubyn Heglie have been gardening organically long enough to appreciate the skills of professional farmers! The kids are “unschoolers,” rounding out their home-based interests with classes at Willow Wind. Ten year-old Aubyn loves to milk goats and make chevre and looks forward to the day when she can be an intern at Boones Farm. Twelve year-old Rowan enjoys harvesting, but not weeding. His big passion is birding. Jeff is lucky enough to telecommute from his home office in Ashland. He does environmental consulting work, but lately he’s spent a lot of time under the hood of our ‘77 biodiesel Mercedes. Shelley crafts as often as possible and is a community organizer. Her current projects are forest defense for Biscuit and roadless areas, and an ongoing lawsuit against police for abuse of demonstrators in Jacksonville in 2002. They will be exploring Yellowstone’s backcountry this summer.

PLEASE EMAIL YOUR 2-3 SENTENCE BIO TO SISKIYOUCOOP@AOL.COM