



Stewarding the Land for Future Generations  
Local, Sustainable, Organic

# Community Supported Agriculture Newsletter

August 31st, 2006- Week 13

## Featured Fruit of the Week: Peach

Although its botanical name, *Prunus persica*, suggests the peach is native to Persia, it actually originated in China where it has been cultivated since the early days of Chinese culture. Peaches were mentioned in Chinese writings as far back as the tenth century BC and were a favored fruit of emperors. Its English name derives from the Latin plural of *persicum malum*, meaning Persian apple. In Middle English, it melded into *peche*, much closer to what we call it today. The Persians brought the peach from China and passed it on to the Romans. The peach was brought to America by Spanish explorers in the sixteenth century and eventually made it to England and France in the seventeenth century, where it was a popular albeit rare treat. Various American Indian tribes are credited with migrating the peach tree across the United States, taking seeds along with them and planting in different areas of the country. Although Thomas Jefferson had peach trees at Monticello, United States farmers did not begin commercial production until the nineteenth century in Maryland, Delaware, Georgia and finally Virginia. Although the Southern states lead in commercial production of peaches, they are also grown in California, Oregon, Michigan, and Colorado.

Peach trees grow very well in a fairly limited range, since they have a chilling requirement that subtropical areas cannot satisfy, and they are not very cold-hardy. Certain cultivars are more tender and others can tolerate a few degrees more cold. In addition, a lot of summer heat is required to mature the crop.

There are two basic types of peaches. One is the clingstone. As the name implies, the flesh clings to the stone. The other variety is the Freestone, which can be loosened from the pit with relative ease. Peaches are sensitive souls. They bruise easily, and should be handled with care. They may be stored in the refrigerator for up to a week depending on the degree of ripeness. For full succulence, bring them to room temperature and then enjoy both flavor and aroma.

Peaches are fine sources of Vitamin A as well as C and E. They are a good source of fiber. They are also rich in phytochemicals which act as antioxidants, ridding the body of free radicals. Phytochemicals are critical for healthy skin and can be thrown out of balance in the body by exposure to the sun's UV rays. All the more reason to eat as many peaches as possible during the summer.

## Announcements

\*Interested in preserving hot peppers, heirloom tomatoes and basil (for pesto)? We are offering bulk quantities of these items for the following prices: Hot peppers- \$4/lb Tomatoes-\$1.50/lb and Basil- \$6/lb. To place an order, call or email me at 899-9668 or [siskiyoucoop@aol.com](mailto:siskiyoucoop@aol.com). Note: We will be providing you with a large quantity of basil for pesto in your CSA box in the coming weeks.

\*Save the date for our third and last Farm Day of the season:  
Saturday September 30th from 11 am to 3 pm in Williams. Details to follow.

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

## Ask the Farmers...

CSA member Shelley Elkovich asks “Is there a home for wayward snails? We have a terrible snail infestation. Beer traps don’t catch enough of them and I don’t want to squish them. What do the pros do about snails?? Do people feed snails to their chickens?”



Tom Powell, Wolf Gulch Farm

We don’t have a snail problem - it is too hot and dry here at Wolf Gulch. Chickens and ducks will certainly enjoy eating snails from your garden. It might also be helpful to try eliminating good snail habitat by keeping the garden clean - like getting rid of molding plants or piles of weeds. There is a natural product called diatomaceous earth (it’s ground up crustaceans) that will kill the snails by slicing up their bodies. It is very effective - we have used it here to control other pests like cucumber beetles.

CSA member Becky Hubert asks, “What have you learned from farming that you that you didn’t expect to and wouldn’t have learned anywhere else?”

Farming has taught me more about moving through this world with conviction and integrity than I could have ever imagined. There is something nearly un-nameable that occurs when one makes a commitment to a livelihood that is simultaneously filled with acceptance and resistance. We are forced to accept the difficult challenges inherent in a field full of so many variables out of our reach. At the same time, we are engaging in active resistance of the status quo. As growers and consumers of this movement we’ve decided that its time to take a stand for what we believe in. The belief that our health and survival does not have to come at a cost to the very thing that keeps us alive. Finding that balance between acceptance and resistance on the farm has spilled over into all aspects of my life. And I’ve learned that goats don’t celebrate labor day and don’t care if the feed store is closed.....they still want their grain.



Mookie Moss, Boones Farm



Trever Jones, Wolf Gulch Farm

I have learned how efficiently the government has pushed small farmers out of the market by giving tax breaks and land breaks almost exclusively to large scale factory farms. No matter how hard a small farmer works, they generally can not get ahead because the system favors industrial agriculture. Like many industries, agriculture has come to be dominated by fewer, larger scale firms, operating with the economic bottom line as their guiding principle. A philosophy like this in turn diminishes the quality and variety of the crops that are grown, and ignores the massive social and environmental components of agriculture.

**Don’t forget: THRIVE’s Eat Local Challenge 2006! [www.rogueflavor.org](http://www.rogueflavor.org)**

Join your neighbors in celebrating local food by pledging to eat from the greater Rogue Valley during the week of **September 9-17**. Check out the web page for a schedule of all the exciting events happening that week.