

---

**Harvest Home Organics**

FNE00-348

Rose Ryan

**I. Personal Narrative**

**II. Financial Report**

**III. Appendix**

- A. Shareholder Certificate
- B. Newsletters
- C. Recipes
- D. Questionnaire

This garden season started for me like countless others. I searched seed catalogs for my favorite varieties, ordered seeds and planned my gardens on paper. I also developed a brochure to launch my new subscription vegetable delivery business. I advertised my business by word of mouth and distribution of brochures in my local community. Not one person responded. Determined to seek out the people I knew would enjoy this service, I broadened my distribution to the next biggest community about 15 miles from my farm. In Auburn, I quickly signed up 10 and ½ shareholders and with those shares, my commitment to a very large garden. Early seeds were sown and set to grow under the lights of newly purchased full spectrum shelving. All was well, good germination and healthy plants. As the time approached to begin planting outside, the weather became very inhospitable. Those rows that I managed to sow between rainstorms and what seemed like gale force winds germinated poorly and exhibited poor growth. Plants that were ready to set out were whipped beyond recognition in many cases. Mulch needed to be removed because of slug damage and weeding was a constant battle. A flamer was purchased and a call for help made to my shareholders. To my disappointment, not one person could come to help with the enormous task of weeding in this very cold, wet year.

Things began looking up weather wise by late June and my first baskets were delivered. Although not as full as I would have liked, I was pleased to be delivering and proud of my achievement. Baskets in subsequent weeks were also sparse until my replantings and second plantings were ready to harvest. The battle to harvest a bountiful supply continued throughout July with the National Weather Service reporting that it had been the second coldest and wettest July in 100 years. Finally in mid August, I was delivering the baskets that I knew I was capable of. Shareholders did not respond to my many requests for feedback. When I chanced upon them on delivery day, some said that it was just too much to expect someone who wanted the convenience of delivered vegetables to have the time to respond to questioners, phone or e-mail me, or stop up at the farm. To be perfectly honest, I was discouraged and disillusioned. Of course I believed that folks would be anxious to participate chores at the farm or even just stop up to take a stroll and visit their produce. The reality of my summer growing vegetables for others was that people were either too busy or too disinterested to participate. Although I invited shareholders to come up for demonstrations in each newsletter, the response and interest was minimal. One time a group of three came with their children to “have a look around”. Another time, one person came up to discover jelly making. Two people came on different occasions to plant a row of potatoes, and my extension agent/shareholder came with her companion on several occasions to pick rocks, plant potatoes, weed and offer encouragement. Only one person ever came to help on delivery day. That was a very nice experience, as she then understood all that goes into the magic of a basket of produce. I addressed a small group of folks with food allergies in July at their request. The topic included organic agriculture as well as setting up a community supported agriculture farm. Although they seemed interested, I received no further calls or visitors.

Baskets of fresh vegetables, flowers, and herbs with a newsletter and recipes to try were delivered through the second week of September as promised in the shareholder certificates. A final questioner was offered and 6 out of 12 possible responses were returned to me. Of those responding, all were satisfied with the amount of vegetables and the quality of the delivery. Some would like to participate again, others defiantly not. I

---

have invited my shareholders up for an end of the season get together; three have indicated that they will be coming.

This was a very worthwhile endeavor for me personally. It challenged me as a gardener, communicator, and marketer. I spent money beyond what I budgeted and worked harder than I ever have in order to provide a bountiful harvest in a less than perfect year. I learned to type and published information for the very first time via my weekly newsletters. The community outreach was great on a one to one basis. I made new friends and hopefully raised some awareness about small farm life. In reflection, my next season will have to include working shares as an option. The work involved in this type of endeavor is simply too much for one person to handle. If shareholders are unwilling to donate their time, I will consider charging more for a non-working share so that I can hire additional help. In a perfect world, all come to share the work. In this farmer's reality, people are too busy.

# One Share

This certifies that

---

*purchased one full share of produce  
from*

*Harvest Home Organics*



.....  
Garden 2000



## Harvest Home Organics

Rose Ryan  
4574 Duryea Street  
Moravia, NY 13118  
Tel: 315 497 0351

June 27, 2000

*"The seeds germinated. Neat rows of new green pushed up in the garden. The land remembers."* Ben Logan

Dear Shareholders,

I am pleased to be delivering your first basket from Harvest Home this week. Inside you will find fresh Garlic Scapes, Plum Purple Radishes, fresh tender Mixed Lettuces, Black Seeded Simpson Lettuce, a collection of fresh Herbs and Violas, a lovely Bouquet and a Jar of Homemade Jam.

It has been a challenging year to garden. The rains came early and continued for such duration that many early germinations were severely curtailed. We planted our first Sweet Corn on May 7th and then not again until one month later. I have had to replant Beets, Basil, Chard, Carrots, Peppers and Spinach. The Potatoes and Garlic on the other hand, braved the storm and look fabulous! Peas are plentiful (ready next week) and Lettuces colorful and tender. The flower beds are stunning this year with six inch blooms on my favorite Lincoln Rose, and scores of Honey Bees and Butterflies hovering with contentment.

The germination of Summer Veggies was good compared to spring sowing. Beans are a little spotty but I planted tons. Yellow, purple and green Fresh Beans and several old-timey dry beans. Squashes are coming along as are Cucumbers, Sweet Corn and Tomatoes. There are blooms on the Heirloom Tomatoes; Mr. Stripy and Arkansas Traveler notably. The Potatoes seem to be attracting the attention of every Potato Bug in the County, but I tell myself that I'm keeping ahead of the game with twice daily picking.

If you have any time at all I could really use a hand with weeding!!!!!!!!!!!!!! Even an hour or two would really help. Weeds like Ragwort, Nut Grass, and Red Root to name a few are glorious this year. The rain didn't seem to dampen their spirits at all. Many days I have spent hand weeding because the fields were simply too wet for any type of mechanical cultivation. We are a short, pretty drive from Auburn. Six miles from the intersection of Rockefeller Road and Route 38A will bring you to a left hand turn onto Duryea Street. There is a red Morton Barn right before our turn. Come straight up the hill approximately 2 miles and you will see a white Farmhouse on your right with a white Garage that sits next to the road (It's actually an old County School House.....but more on that later). Call first to make sure that we're home but do come if you can.....it's also a good excuse to come visit your veggies and enjoy our lovely Perennial Garden. Enjoy your Basket this week and expect another next week. We may have a break after that until the summer things come on but I will be sure to let you know. We feel very positive about our Growing Enterprise and look forward to hearing from you. You can E-Mail us at [rosendoug@baldcom.net](mailto:rosendoug@baldcom.net).

Your friend,  
Rose



## Harvest Home Organics

Rose Ryan  
4574 Duryea Street  
Moravia, NY 13118  
Tel: 315 497 0351

July 04,2000

*He was born on the fourth day of July, so his parents called him Independence, yeah..... John Mellencamp*

Dear Shareholders,

I woke up today thinking about early Americas agrarian roots. George Washington was a farmer. As a matter of fact, as late as 1910, one-third of the population, some thirty two million people, lived on farms. By 1993, less than two percent of the population was left on only 2.2 million farms, so few that the U.S. Census Bureau announced that it would stop counting them. National Crisis.....you bet. What can we do? Exactly what you are doing. Supporting your local, conscientious, community minded farmer is a great start. I have a wonderful book by Elizabeth Henderson that addresses Community Supported Agriculture, its history, relevance and application. You are welcomed to borrow it, just ask!

This weeks delivery brings some great produce that has a bit of historical significance on this patriotic holiday. In your baskets you will find Lincoln Peas. This pea apparently originated in England and was first offered in America by J.M. Thorburn in 1908, the year before the first Lincoln penny. There is a sample of Windsor Fava Beans grown as a culinary staple in Colonial times. A friend and fellow seed saver gave me the seed last autumn. I grew all that he gave me eager to try something new. Let me know if you love them as I do and I'll grow lots next year! Your bouquet this week is an old fashioned collection of Shasta Daisies and Perfume Delight Sweet Peas. I am also including the last of the garlic scapes (picked at the tail end of last week but refrigerated right away), a nice big bag of lettuce for you to enjoy, and my favorite Dwarf Gray Sugar snap peas.

Activities on the farm this week included thinning carrots and beets, sowing another few rows of lettuce, chard, spinach and beets, starting Red Russian Kale in flats for fall harvest, a major application of foliar feed, and .....weeding. Some of you have volunteered to come and help which would be wonderful! Just call ahead to confirm. I poked around in the potato patch today and to my delight the early All Red Potatoes are producing! I'm guessing that I'll harvest some new potatoes in two weeks. I just love newly dug potatoes, don't you? We're anticipating a bumper crop of garlic with harvest starting in about two weeks also. Your onions have nice big tops and most other vegetables have reached a critical stage that will begin the maturation process with vigor!

Again, thank you for your support and commitment to Harvest Home. I am anticipating that your next delivery will be in two weeks. I'll be sure to keep in touch regarding the same. Summer can be a busy time of the year and the communication part of this venture critical. Likewise, if you are going to be away and would like to make other arrangements for your delivery just let me know. I am gathering wild fruit now and making jam weekly. If you are interested in learning I would be happy to show you. Give a call and we'll arrange a date!

Your friend in Nature,  
\*Rose\*



## Harvest Home Organics

Rose Ryan  
4574 Duryea Street  
Moravia, NY 13118  
Tel: 315 497 0351

July 11, 2000

*When the bee comes to your house, let her have beer; you may want to visit the bee some day. -A saying from Zaire*

Dear Friends,

I spend a lot of time alone in my garden thinking about the world around me as I work. This weeks energy led me to thoughts of bees and lady bugs, lacewings and wasps and the wonderful contribution that these small helpers make at our farm. Insect damage is a major problem this year. The water that we have been blessed with this gardening season has brought with it an abundance of creatures that desire much more than their fair share of the harvest. Flea beetles, aphids and potato bugs to name a few have joined us in great numbers. Fortunately, I have also noticed many helper bugs busily consuming those who do harm. One of the goals of organic farming is that we seek to increase the ranks of the helper species in our gardens. Vetches and clovers are planted between gardens to attract beneficials and the use of insecticides is strictly limited to specifically organic products under specific conditions. We also use repellents, floating row covers, companion planting and crop rotation to aid in our plants defense. The best defense however, is a healthy plant. Improving the soil using green manures, cover crops, crop rotation and lots of compost is a priority in maximizing a plants health. The evidence of our commitment to soil full of life and robust plants is especially clear this year. Just today I noticed as I picked potato bugs that there were many, many, lady bugs greeting me as I traveled the rows. The ladybugs seek out and consume the eggs of the potato bug with gusto. It really is quite a sight to see and perhaps you will come visit soon to see and praise their hard work. ( We also have a large toad visiting the potato patch regularly and his efforts need to be recognized and applauded too! )

This week at the farm the tending of your vegetables continued and new plantings begun for the late summer/fall season. I sowed a nice big row of Arugala and replanted Kohlrabi ( your spring crop did not fare well ). I also planted parsnips for next spring and another row of pickling cukes. I have several hazel nut trees that I would like to include in next weeks baskets. They are a variety form Poland, very cold hardy and self pollinating. If you would like one of these trees ( they reach 12-18 feet ) let me know by phone or E-Mail. If you are sharing a share and would like an extra tree they are available for \$5.00 each. There is a nut from a mature tree in your basket. I am planting several here on the hill and looking forward to the time when I can offer fall gathered nuts to my shareholders. They will need a bit of TLC but I believe that the effort will be worth the time and care invested.

I hope that you enjoy your baskets this week. Your new potatoes look and taste wonderful. The salad greens are at their peak and the peas speaks for themselves. I have sent a bit of dill in the event that you would like to try the Dilly Potato Salad recipe. Your shallots are lovely. Just dug, they will need to be peeled like fresh onions. Use them where you would like a delicate onion flavor. A scented bouquet of lavender and herbs can be enjoyed fresh and then turned upside down and hung in an airy spot to dry for lasting pleasure.....

Love, Rose





## Harvest Home Organics

Rose Ryan  
4574 Duryea Street  
Moravia, NY 13118  
Tel: 315 497 0351

July 18, 2000

*It was still early in the morning when I found myself fairly adrift.*  
*John Muir, The range of light*

Dear Friends,

The season of summer brings such richness in nature that I too find myself fairly adrift in her beauty and diversity. In the past few weeks I have observed hen turkeys and their young, skunk, still spotted white tail deer, a snapping turtle, bluebirds, swallowtail and monarch caterpillars, red fox, gray and red squirrels, red tailed hawks, turkey vultures, ground hogs and bunnies to name a few. In the garden, I am surrounded by insects aplenty ( helpers and others...) and in the fields I am in awe with the splendor of plants as far as I can see. Medicine plants like Motherwort and St. Joanswort are in full, glorious bloom. They are carefully collected and dried, tinctured, or infused for the coming years needs. Wild and graceful Queen Anne's Lace nods her lovely umbel in the slightest breeze. Brilliantly colored and sumptuous fruits are gathered from our hedgerow. Baked goods and jam, cordials and out of the hand eating are the rites of summer foraging. Sometimes I find a small treasure. Bones and garnet or quartz speckled rocks, an occasional beautifully detailed feather or perhaps a horseshoe abandoned by its wearer long ago are brought home and tucked away for a long winters day bit of cheer. Take some time yourself if you can this lovely summer season to enjoy wild places special to you or come join us on the hill and explore at your leisure.

There was plenty of activity at the farm this week. I removed mulch from the small garden where I grow greens and carrots. In my gardening career, it is only the second time I ever remember doing so. The summer of '89 was similar with extended cold weather, rain, and excessive wind late into summer. We have never had an issue with slugs until this year. I've uncovered some cabbages in hopes that they will survive the damage. I'm seeing tiny beans on all of the bean varieties I planted and have observed blossoms on your cukes and zukes. Garlic harvest will continue through the next few weeks. Stop up if you can. It really is rewarding to harvest garlic. The plants are so robust this year and the digging is easy. The gladiolas will be blooming shortly. I planted many dozen this year and hope to include at least one bouquet in your share this season.

Your basket this week is full of our gardens bounty. Can you smell the freshly harvested garlic? It is a German white given to me by a dear friend ( who also happens to be a wonderful gardener). Look forward to an Italian rocambole that will be ready in a few weeks. Just picked beet greens; bulls blood and early wonder tall top and mixed lettuces are loaded with flavor and nutrition. I dug up some pink inside all red potatoes for you this week.....yes I am a color junkie in the garden.....and I have added a few lovely golden carolas in case you'd like to liven up a favorite potato dish. The pea patch has provided us with yet another week of wonderfully sweet and crunchy delights. A nice bouquet of fresh herbs will add to the flavor of your meals this week. We honor John Muir with the addition of a few wild flowers sprinkled in your bouquets.

Love, Rose



## Harvest Home Organics

Rose Ryan  
4574 Duryea Street  
Moravia, NY 13118  
Tel: 315 497 0351

July 18, 2000

*God said: "I have provided all kinds of grain and all kinds of fruit for you to eat."  
Genesis 1:29*

Dear Friends,

What a difference a week of warm nights has made. Your baskets are full and your gardener content. Growing things has been life long interest of mine and growing for so many a challenge above and beyond what I expected...especially this year. A group of you visited this week to have a look around and discuss our collective needs. It really made my day. The solitary life I lead most days is one that suits my nature well but feedback is crucial to the success of this enterprise. Do you like the vegetables that I have chosen to grow for you this year? Would you like to chose your own? Are you happy with the delivery service and the quality of your vegetables? Would you be willing to take a more active roll in the success of the farm?

I see this as a long term relationship and my interest in farming and feeding a calling that I continue to explore...but I cannot do it alone. Although I feel that I have done the very best job I could do with the garden, it would be wonderful to have an occasional hand at critical times of the garden season. Early spring rock picking and early summer weeding are probably two of the more glamorous jobs that seem to cry out for a party! Delivery has been a fun part of my week but is so time consuming and costly that a cooperative pick-up schedule is one I feel that must be explored for future years. Please take a moment or two this week to jot down a few thoughts that you may have regarding Harvest Home on the paper provided. Place it in your return basket next delivery day. I would love more input from you and at this half way point in the season it seems timely.

I found quite a bit of bean beetle damage this week on the dry beans. I'll be picking and squishing bugs for the next several days. My sister and nieces are visiting from Maine this week and I've enlisted their help also. Barbaric and yucky as it sounds, squishing is really ( in all its organic glory) effective. All of your second plantings are up and running. I hope this extra effort will extend the season for lettuce, peas, spinach, beans and greens.

You'll find in your baskets a big beautiful bouquet of tarragon not from this garden, but from the organic garden of my friend, Betty. Sweet gal that she is, Betty also took the time to type out a few of her favorite recipes for you to try. The "Salmon with Tarragon and Red Potatoes" sounds delicious! If you have recipes that you would like to share, by all means send them along for publication. It is a nice way for us to be connected.

Your baskets are plentiful with the seasons first zucchini and pickling cucumbers, more greens, potatoes (which you can expect every week), and rainbow beans. Have fun preparing and eating your veggies. I've sent mixed bouquets in all their random beauty for you to admire!

Love, Rose



## Harvest Home Organics

Rose Ryan  
4574 Duryea Street  
Moravia, NY 13118  
Tel: 315 497 0351

- *A watched pot never boils...*

July 25, 2000

Dear Shareholders,

This newsletter finds me frustrated and disappointed with the garden and its offerings. Yes, I know that this has been the rainiest, coldest July that any of us can remember... and yes, I know that it's not my fault. I still have a hard time with my confidence as a gardener though and I would be lying if I said that everything is going to be alright. Will we have corn and tomatoes? Possibly by late August or early September. Will we enjoy the flavor of lovely red peppers and crunchy broccoli? Again, possibly late in the season. The peppers defiantly need some warm nights and although I have planted a fall crop of broccoli, the bugs are terrible this year. It has been very difficult to keep up with insect control and we are far from out of the woods with their destructive habits. On the other hand, it has been a very good year for lettuce, potatoes and garlic. Perennial flowers have been showy, but summer annuals are having a hard time maturing with the cool and windy weather. Remember, I garden at the top of a hill and the weather tends to average towards the extreme. Although it might be warm and calm in town (or in the valley, ) it may be as much as 10 degrees or more cooler up on our hill with a bracing wind to contend with. Why is it that much of our beautiful, fertile soil lays under black top in the valleys and good gardeners must try to provide for us all on the thin, stony earth high on the hills? A question we must ask ourselves when housing developments encroach and subdivide yet another family farm.

Life cycles have started to come full circle at Harvest Home. The peas that you have been enjoying for the last few weeks have matured to set seed that I will collect when dry for next years garden. Let me know if you would like some. There is plenty to go around. Garlic harvest continues and the barn is full of aromatic stalks curing for storage. I'm hoping to have zucchini for you next week as well as purple beans and cukes. Time and the weather will tell. Sunflowers watch me through the day turning their heads as the sun travels through the sky. I will begin to "put food from the garden by" in the coming weeks. Dilly beans, pickles and the like will turn my kitchen into a variable flurry of activity. Roll your sleeves up, come to observe, or stop in to chat about gardens and their complexity if you would like. Give a call and we'll arrange a time.

Your baskets this week contain the first beans.....they are so tender and sweet. Eat them tonight if you plan on cooking, their wonderful flavor is worth waiting all year for. Another quart of potatoes have been added for you to enjoy and a nice big bunch of swiss chard would love to be steamed at dinner time. Herbs, flowers, garlic and your weekly bag of lettuce fill up your basket. Delivery day is the most fun part of my week. You are welcomed to come and help to prepare the baskets if you have an interest. I generally start harvesting late on Monday afternoon and continue Tuesday morning.

Love,  
Rose



## Harvest Home Organics

Rose Ryan  
4574 Duryea Street  
Moravia, NY 13118  
Tel: 315 497 0351

August 8, 2000

*Each fertile month does some new gifts present.  
-Virgil, Georgics, Book II, 29 B.C.*

Dear Friends,

The garden grows as I type these words. Just today while picking your beans, I was treated to the delightful sound of rustling corn at my back. It made me smile to know that even in this less than optimal growing season, the garden endures and the vegetables and flowers flourish. We are still quite a ways off from the ripening of heat loving vegetables like corn and tomatoes, and others vegetables that prefer dryer feet like zucchini and beans are showing signs of stress. Over all though, I am pleased to tell you that most of your garden delights are coming along quite nicely.

I recently heard that a neighbor of ours who grows contract beans for canning lost his entire crop to mold. Other farmers have had standing water in their fields off and on one too many times this season. It bothers me that when I listen to the evening news, the concern of the weather team seems to be providing a sunshine filled weekend rather than informing viewers of weather related damage and it's effect on all. I would much prefer a thoughtful synopsis of the days weather events and its true relevance in our lives.

This weekends rain curtailed additional planting that I had planned and left your beans rather muddy. I gave them a rinse and pulled any that had questionable tips. The cold and wet also intimidated your summer squashes. Another week should urge on the patty pan, crookneck and overly wet Zucs. I'm hoping to send greens every week now be they spinach, chard, lettuce or kale. The new lettuce, Raisa is lovely, don't you think? The seasons first roots liven things up a bit with their gorgeous color and just harvested sweetness. I'm sending more garlic (is there ever enough?) and a nice collection of herbs including cilantro, aka Mexican parsley. Some people hate it and others love it, something new for you to try if you would like. A nice big cabbage fills up your basket this week. Try the recipes I've sent or if you have access to a computer you can visit Shepard's Garden Seeds web site at [www.sheperdseeds.com](http://www.sheperdseeds.com). They have a wonderful recipe index and you can download individual copies. They also put out a free gardening newsletter and have a great catalog filled with unusual and interesting varieties for the home gardener.

A fellow shareholder came today to help with harvest and putting the baskets together. A special treat for me and a sharing/learning experience for both! Love, Rose



## Harvest Home Organics

Rose Ryan  
4574 Duryea Street  
Moravia, NY 13118  
Tel: 315 497 0351

Aug. 15, 2000

*" You can never eat out as well as you eat at home".  
Mike Pinker*

Dear Friends,

My father repeated those words often. Little did I realize the impact that his thoughts about food, family, and tradition would have in my life as an adult. Although deceased 10 years now, there is hardly a day that goes by that I don't take a minute to ask myself, "what would The Chief have done or thought"? My dad was a great gardener. He prided himself on his tidy efforts and looked forward to the days of harvest when he would go out to cut a fresh head of cabbage for his world famous cabbage rolls. I never liked those rolls as a kid and only tolerated them with a generous dollop of ketchup. The years passed however and my tastes matured, but home cooked meals just didn't taste the same with store bought vegetables. So, I became a gardener. My early attempts at food cultivation were simple but productive. I guess you could say that gardening was in my blood and it came very naturally to me. Even today, although my gardens have grown into major productions, I still rely on old favorite varieties I knew from my fathers garden and plant my rows with the memory of those from my childhood. Dad is with me in each season of the garden.

This week ( although hard to believe ) I began preparing beds for next years gardens. All of the pea vines were untangled from their netting and composted, the trellis rolled and tucked away for next spring. The garlic in that field was harvested, dried and sorted. Plowing, rock picking and sowing a cover crop remain to be done. We will plant next years garlic in what was this years potato patch after all of the potatoes are harvested. We have already begun picking rocks in that field. The potato digger leaves them visible and easy to pick as it runs through.

I'm sorry to report that the wet year has devastated our Gladiolas. I have had to remove and destroy the spikes and corms. There are a few that remain for sprinkling in bouquets but I am heartbroken that the specialty corms I have saved for years are no more. I'll start anew next year...that's the way of the garden. I'm sending you my favorite blue potatoes this week. They are beautiful roasted with other intensely colored root vegetables and are really delicious. They make pretty lavender mashed potatoes too! You'll find sweet carrots and beets, more yellow beans ( I have harvested upwards of 120 lbs this year ), tender lettuce and a sprig of precious basil. I'm really surprised that we have any basil at all. It does not appreciate cold and wet weather. There is a nice fresh onion and lots of cukes. I'm sending my mothers recipe for summer cucumber salad, simple but really tasty! We always loved it as kids.

Last weeks volunteer had such a great time that she came again this week! There are only four deliveries left after today. I hope that others of you will have a chance to see delivery day in action! Come if you can, there is always something new to discover; like butterfly eggs on the dill, or a type of flower that you've never seen. Thanks to all who lend their support and keep the faith....

Love, Rose



## Harvest Home Organics

Rose Ryan  
4574 Duryea Street  
Moravia, NY 13118  
Tel: 315 497 0351

Aug. 22, 2000

*Ya can't graze it, ya can't cut it, might as well burn it.*  
*Jack Weber*

Hello Friends,

These words come from a man who has lived in the west all of his life. He is of course referring to land that the B.L.M. holds and the wild fires that have been so intense this summer. I believe that a resource has meaning even when not in use but I could empathize with Mr. Weber as I picked your corn this evening. It has been a lousy year for corn on our hill. In fact, I considered not even picking it because I was so disappointed with the quality. You will find that it is small, buggy, and inconsistent in its maturity. A raccoon has been visiting us at night helping himself to what little there is. "Might as well burn it." It is however a resource. So, I worked through my disappointment and thought better of picking it because there are so many with so little. But I sure do feel like I don't want to grow corn again. Our second planting looks much the same. Organic corn is tough. Most corn in our neck of the woods is sprayed with insecticide, herbicide and given mega doses of fertilizer because it is such a heavy feeder. Needless to say, we don't do any of these things. It is probably a good idea to take a break from growing it though in order to break the cycle of worms. We already practice crop rotation and grow nearby plants that attract beneficial insects. Sometimes it is not enough. I've decided to be thankful for the blessings we have been given this garden season in light of the difficult growing year. Enough said!

I have been thinking about having a little get together the first Saturday in October. Your last delivery is scheduled for September 12th and I'm hoping that tomatoes and fall squashes are ready that day. But, there are additional things that I planted for you like ornamentals and pumpkins that will not be ready by that date. What do you think of coming up to the farm and picking up some fall garden specialties? I could serve cider and hors d'oeuvres, (and of course there will be rocks to pick in preparation for garlic planting if you would like to lend a hand). Let me know by phone or e-mail if you would like to participate. If you already have plans for that weekend, perhaps you could come during the week sometime.

Along the lines of fall harvest, if you would like storage onions, shallots, potatoes or garlic, I will have some available for purchase. Let me know early so that I can plan ahead. I would be happy to drop an order on your last delivery or you could pick it up at the farm.

There is a nice assortment of veggies in your basket this week; more cabbage, summer squash, cukes, chard, lettuce, and potatoes. Forgive me if the corn isn't up to snuff but hopefully you will enjoy it! I'm sending more shallots, garlic and a big bunch of parsley. I love to chop the parsley fine and add it to everything! The flavor of the flat leaf is really good. You can tell how rich in nutrition it is by the fabulous color and taste. Isn't it great knowing that food so beautiful is also good for you? Thank you Pam... Your summer bouquets are just lovely, the jewels of summer to be sure. My dad always called his Zinnias "The Queen of the Garden." I think he was right!

Love, Rose



## Harvest Home Organics

Rose Ryan  
4574 Duryea Street  
Moravia, NY 13118  
Tel: 315 497 0351

August 29, 2000

*"Green as green leaves on a tree. Green as islands in a sea".  
Margaret Wise Brown, The Color Kittens*

Dear Friends,

I cannot remember a year as lush as this. There is limited water on our hill and we have never irrigated any of our gardens because of it. Last year at this time, we were hard pressed to harvest late greens due to the extensive and prolonged drought. That is not the case this summer. Our greens are abundant and flavorful and continue to produce enough for me to include several different types in your baskets each week. The kale is a bit buggy from a never ending hatch of flea beetles and slugs have devoured more than their usual garden share leaving tell tale holes, but overall I have been pleased that we have been favored with so many dark green leafies this year. To me, they are the quintessential summer side dish (or meal). Steamed, sautéed, stir fried, quiched or raw I like eating them every day. If you would like extra, just let me know. There is plenty to go around.

I began harvesting dry beans this week. I just love to peel apart the crackly pods and carefully examine each bean for its unique markings. I planted Jacobs Cattle beans this year and King of the Earlies, both heirloom varieties with lovely mottling and fabulous earthy taste. I will continue picking and hope to add them to your baskets next week. Do stop up for a little shelling if you can. It is old-timey and satisfying in a way that is different from other harvest chores.

Tomatoes are yet quite green but I remain optimistic with a week of warm weather ahead. Rest assured that I will include them in your basket just as soon as they are ready. Cucumbers and summer squashes continue to produce an enormous amount of fruit and the sunflowers are just stunning this year. If you haven't been up yet, it is really worth the trip to visit the garden in all of its August splendor.

Last week I invited all of you to the farm the first Saturday in October. Oops, I have a commitment that day. O'Hara Farms annual farm day is scheduled for that Saturday and I will be participating as an agricultural vender. It is a fun family event with lots of hands on for the little ones. You can call Cooperative Extension for more information. I would like to change our get together to Sunday, October 1st. Come around one o'clock and help yourselves to fall decorations. We will be picking rocks and cloving garlic for planting later on in the month. Please give me a call if you are coming so that I can plan accordingly.

We are winding down on our delivery schedule. Only two baskets remain after this week. I will be sending you a questioner in next weeks basket that you can fill in and leave for me the following week. I would also ask that you leave an alternate container that last week as I will need all baskets returned. I'll remind you when the time comes so don't worry about it too much now.

I've sent elderberries for you this week from the bush at the corner of my garden. I make muffins from them and have included my favorite recipe for you to try. Enjoy this special gift from the wild garden.

Love, Rose



## Harvest Home Organics

Rose Ryan  
4574 Duryea Street  
Moravia, NY 13118  
Tel: 315 497 0351

Sept. 5, 2000

*Oh the wind blows cold, in the land of the Navajo.  
Peter Rowan, "Old and In The Way"*

Dear Friends,

I become very sentimental at this time of the year. The freshly harvested dry beans and lovely earthy tones and smokey flavor of fall squash make me homesick for New Mexico. As a young woman I lived on the Navajo Reservation in a rural community called White Rock. Life was very simple there. Although poor and living under circumstances we would call desperate, the people or Dine as they call themselves were warm and wonderful and happy to share whatever they had. Many a day beans and bread were the only choices at our supper table. I had come to New Mexico a self righteous food critic and left with an open mind and new understanding of the good earth and it's many blessings. Protein and fat are critical elements in the traditional Navajo diet. I have included the recipe for simple bean soup served on the res that I just loved and still do. As a matter of fact I made that soup last night for dinner. I hope that you will try it and feel some of the warm hospitality that their rich tradition offers.

Life is still busy on the farm. In many ways it rivals spring for hard work and not enough hours in the day. I dug potatoes, picked dry beans, made lots of pickles, prepared garlic for planting, mulched new fruit bushes and chopped corn this week. The raccoons devastated what little corn there was. Better to chop and be done with it than listen to their endless chatter and bickering each night over the newest ripe ears. I spent much time inspecting the tomatoes for any possible signs of ripening and am happy to report that there is hope for some nice slicing tomatoes next week. I'm sending what I found ripe in today's basket.

As promised, I have put together an end of the season questioner for you to fill out and return in next weeks basket. It is important for me to know what you liked and what you didn't. I truly desire to please and hope that your feedback will make this enterprise more wonderful in gardening years to come. Don't forget to have an alternate container out for me next week to put your veggies in as I will be picking up all of the bushel baskets. I hope that all of you will be able to come out to the farm on October 1st for our Autumn get together. Give me a call to R.S.V.P so that I can plan refreshments for you. Enjoy your basket this week. It is full of good greens and the wonderful beans and squash of my great adventure years ago. I have sent herbs by request and a beautiful bouquet to grace your homes.

Love,  
Rose





## Harvest Home Organics

Rose Ryan  
4574 Duryea Street  
Moravia, NY 13118  
Tel: 315 497 0351

Sept. 12, 2000

*To accomplish great things we must not only act but also dream, not only plan but also believe. Anatole France*

Dear Shareholders,

I'm never really at a loss for something to say. Each week I have tried to amuse you with chatty news from the garden, political rantings as they come to me, and personal reflections resulting from my many years as a gardener. This week it seemed appropriate to give this space to someone else. Carry Oostven is the person who made my summer as your gardener possible. Carry works for Cooperative Extension. She is a dyed in the wool believer in the importance of small farms and making them successful. Carry has put in many many hours of technical support. It was she who held my hand through writing a grant and she who directed my very first shareholder to me. Carry is the type of person who doesn't need to be asked. She has come out to help in the capacity of mentor, shareholder and friend in need. I dedicate this last newsletter to her. Thank you Carry for believing in me when I found it hard to believe in myself. This was a very tough year to start a garden business but with your tireless support and unwavering belief in me and the good earth, a business was born. It is not every day that you make a life long friend from a business encounter, I am so honored to say that I have.

I was thinking of the old saying "save the best for last" as I prepared your baskets today. I have a great recipe for you to try using your Baby Pam pumpkin. I made George Washington's Pumpkin Pie for my sons 4th grade class last year and they thought that it was "awesome". If you have never had fresh pumpkin then you are in for a real treat. There are more tomatoes this week but they persist in coming slow. Please give me a call if you would like to come up and pick some in the days ahead. If we do not get frost right away, I should have plenty to share and I would love for you to have them. I've been saving the stattice so that I could send you an everlasting bouquet. I can see your smiles already!

Thank you for your support this summer. I hope that you will continue to buy local products whenever you can and directly from the person who produced them as often as possible. It will make a difference in the quality of life on a farm in your community. The pleasure of gardening for you has been mine.

Love,  
Rose

## Recipes

June 27, 2000

### Garlic Scapes

We scape the garlic or remove its flower stalk so that the energy of the plant goes to bulb production and not seed protection. Snip the pointy end and flower swelling off the scape and compost. Chop the remaining green stalk. Toss into salad, stir fry or pasta dishes. You can also steam it like asparagus and serve with butter and lemon. We like it in egg dishes, loaves and mixed with sandwich spreads like tuna and egg salad.

### Basic Garlic Scape Pesto a la Diane

½ lb garlic scapes  
1-cup olive oil  
¼ teas salt  
8 oz cream cheese, softened

Puree garlic scapes in food processor with salt, add oil and softened cream cheese and pulse till smooth. Add parsley or basil; sun dried tomatoes or pine nuts for variety. Store in refrigerator.

### Chicken with Garlic Scapes & Capers

2 whole skinless boneless chicken breasts, halved  
4 tbsp. unsalted butter  
2 tbsp vegetable oil  
4 tbsp dry white wine  
2 tbsp lemon juice  
4 chopped garlic scapes  
1 ½ tbsp drained capers

Between sheets of plastic wrap slightly flatten chicken. In a large heavy skillet heat 2 Tbsp.of butter and the oil over medium high heat. Sauté until cooked through. Season with salt and pepper. Transfer chicken to a platter and keep warm. Pour off fat from skillet and add the remaining butter, the wine, lemon juice, scapes and bring mixture to a boil. Stir in capers and salt & pepper to taste. Spoon sauce over chicken. Serves 4.

### Vinaigrette Salad Dressing

From: The Moosewood

½ cup vegetable oil  
¼ cup olive oil  
1/3-cup cider vinegar or red wine vinegar  
2 garlic cloves pressed

¼ teas salt  
1 tbsp Dijon mustard  
1/8 teas black pepper  
1 tbsp chopped fresh parsley  
2 tbsp chopped fresh basil, marjoram, dill, chives, or tarragon in any combination

### **Radishes**

Eat them Raw, as is, sliced or grated into salads or sliced for dipping. Try a radish sandwich (yum-yum). Spread butter on French or Sourdough bread and layer with thin slices of radish and a sprinkle of salt – a slice of rich cheese is good too!

### **Viola Flowers**

Ours are organically grown and are delightful in salad, used as an edible garnish for desserts, fruit dishes, or frozen in ice cube trays or pretty molds to add to summer drinks and punches.

## **Recipes**

July 11, 2000

### **Garden Greens with Raspberry Vinaigrette**

¼ cup raspberry vinegar or balsamic vinegar  
¼ cup pure honey  
1 tbsp olive oil  
½ teas chopped fresh oregano, basil or thyme  
8 cups mixed salad greens

Whisk vinegar, honey, oil and herbs in small mixing bowl.  
To serve: drizzle 2-3 tbsp honey/vinaigrette mixture over greens.  
Toss to coat. Garnish with fresh fruit if desired.

### **Dilly Potato Salad**

Recipes from a Kitchen Garden

¼ teas salt  
1 clove garlic, halved  
2 tbsp white wine vinegar  
½ teas sugar  
¼ cup mayonnaise  
½ cup plain yogurt  
6 green onions, finely sliced  
6 tbsp chopped fresh dill  
1 ½ # new potatoes, steamed and cut into chunks  
1 cup cooked peas, drained  
½ cup chopped celery  
freshly ground pepper  
fresh dill sprigs

Sprinkle salt in a pretty salad bowl. Rub garlic around bowl; discard garlic. Add vinegar, mustard, sugar, mayonnaise, yogurt, green onions and dill, mix until combined. Gently mix in potatoes, peas, celery and pepper to taste. Garnish with sprigs of dill. Makes 6-8 servings.

1 package long grain and wild rice mix	1 Tbles. Lemon juice
1 1/2 cups chopped broccoli	1/2 teas, lemon pepper
1/3 cup sliced red or green onions	1 to 1 1/2 snap peas
1/4 cup bottled clear Italian salad dressing	1/3 cup slivered almonds

Prepare rice mix according to package directions. Cool slightly. Steam broccoli until crunchy-tender. Toss with remaining ingredients and refrigerate 2-24 hours. 4 servings

### **Fava Beans**

Favas are actually a legume not a bean. They were known as broad beans during colonial times and were a popular and nutritional staple for those early New Englanders. In time, the Fava was replaced by the more heat tolerant Lima. Here's to their revival! Your Favas should be shelled (taken out of their pod, similar to peas), dropped into boiling water for 30 seconds and drained. Remove the beans from their outer skin by slitting them with your thumbnail and pushing them out. They are a bit of work but are truly delicious and are an exceptional source of nutrition and fiber. I like them prepared with a little salt, butter or olive oil. There is just a taste this year but I would be happy to grow a substantial amount if you'd like for next season.

### **Five Ways To Highlight Your Dinner**

Garnish your plate with fresh herbs cut into sprigs.

Arrange your food on a bed of greens.

Sprinkle herbs or spices around the edge of your plate.

Serve a one-dish meal in beautiful shallow pasta bowls.

Dine by candlelight.....

## **Recipes**

July 18, 2000

### **Potatoes**

Potatoes come in a rainbow of colors. I've grown all red, all blue, and golden carolas for you this season. Whatever their size, shape or color, we look forward to the season's first harvest. When I was growing up the first potatoes of the season were eagerly anticipated. We were a family of nine and my parents took great pride in feeding us from their garden. I'm sharing one of my mom's potato recipes with you.

#### **Carol's Parslied Potatoes**

Potatoes  
Parsley  
Salt & Pepper  
Butter

Boil as many potatoes as you need to suit your families appetite until soft but not too mushy. Drain.

In saucepan melt butter (at least one stick) and add parsley and salt and pepper  
Then stir into potatoes lightly with a wooden spoon so as not to break up potatoes

#### **Potato Crust Quiche**

From: Crystal Lake Gardens

3 medium potatoes (to make 1 ½ cups) mashed  
1/3-cup butter softened  
2 cups mixed, chopped, cooked vegetables  
½ cup shredded Cheddar cheese  
2 eggs  
1 can (5.3 oz.) evaporated milk  
¼ teas salt  
1/8 teas pepper  
1-cup bread cubes (optional)

Cook potatoes in boiling water until tender; drain. Heat oven to 375 degrees. Mash hot potatoes with butter. Line bottom and sides of 9-inch pie plate with potato mixture. Spread vegetables over potatoes; sprinkle cheese over vegetables. Beat eggs, milk, salt and pepper in bowl. Pour over Quiche; top with bread cubes if desired. Bake 40-50 minutes. Eight servings.

### **Quick Beet Greens**

From: Vegetarian Gourmet, spring 93

- 1 pound beet greens, shredded
- 1 garlic clove, minced
- 2 tablespoons olive oil
- 2 tablespoons sunflower seeds, toasted

Toss beet greens, garlic, and oil in large sauce pan or skillet. Cover and saute until greens are just wilted. (Add a splash of water if necessary to prevent greens from sticking to pan.) Toast sunflower seeds in dry skillet or hot oven several minutes, tossing often and stir into greens. Four servings.

### **Roman Egg-Drop Soup with Peas**

From: Stracciatella all romana

- 4 extra – large eggs
- ¼ cup freshly grated Parmigiano-Reggiano (20 g)
- 2 tables fresh lemon juice (30 ml)
- 2 tables chopped Italian parsley (8 g)
- ¼ teas nutmeg
- ½ teas salt
- 2 quarts homemade chicken broth (2 liters)
- 2 cups peas cut into inch diagonal pieces

Beat eggs in a small bowl until just blended. Add Parmigiano-Reggiano, lemon juice, parsley, and salt. Mix well.

Bring broth to a rolling boil in a saucepan. Pour in egg mixture, stirring gently and constantly with a wire wisk. Add fresh cut snap peas to mixture and reduce heat to simmer. Cook 2-3 minutes or until peas are tender and egg mixture forms tiny flakes. Serve piping hot. Serves 8.

## **Recipes**

July 25, 2000

### **Swiss Chard**

Chard greens are high in vitamins A, E and C, and minerals are more readily absorbed from chard than they are from spinach. Indigenous to the Mediterranean, it is a flavorful yet mild leafy green that is nutritious and versatile. Use it in any recipe calling for spinach. Lasagna, quiche and omlets are good candidates. It is delicious lightly sautéed with garlic in a little olive oil or butter.

From: Dog Hollow Farm

1 onion, chopped	6 eggs
1 garlic clove, minced	1 cup shredded cheese
2 tbs. Oil	1 teas salt
1-bunch Swiss chard	2 piecrusts

Heat oven to 400 degrees. Brown onion and garlic in oil. Trim and chop Swiss chard, add to pan and cook down until wilted. Beat eggs in a bowl; mix in cheese, salt and chard mixture. Pour into pie shells and bake 30-40 min. or until knife inserted into the center comes out clean. Makes two pies

### **Garlic**

Try roasting garlic! Cut tops off garlic bulbs to expose cloves, brush or dab with olive oil and bake for one hour at 350 degrees. Squeeze garlic out of its skins and spread on a good crusty bread. A real treat!

### **Garlic and Dill Muffins**

From: Good- For- You- Garlic Cookbook

1 cup cake flour	4 cloves garlic, minced
1 cup all purpose flour	½ cup fat free sour milk
1 tbs. B. Powder	3 egg whites
1 teas. Salt	1 ½ cups non-fat milk
1 teas. Pepper	2 tbs. Grated Parmesan cheese
1 tables. Minced dill	

Preheat oven to 400 degrees. Fill 12 muffin cups with paper liners. Mix cake flour, all-purpose flour, b.powder, salt, and pepper together. Stir in dill and garlic. Whisk sour cream, egg whites, and non-fat milk together and stir into the flour mix until dry ingredients are just moistened. Stir in Parmesan. Fill muffin cups ¾ full of batter. Bake 12-15 min. Makes 12 servings. Good with tomato omelets and a green salad for dinner!



## Recipes

August 1, 2000

### Zucchini-Nut Bread

From: On the Rise Bakery, *"The best recipe for zucchini's ever!"*

I	II	Optional
2 c. flour	3 eggs	1 teas. Lemon extract
2 teas. baking soda	½ cup veggie oil	1 c. raisins
1 teas. salt	2 c. grated zucchini	1 c. walnuts
¼ teas. B.p	2 teas. vanilla	or 1 c. chocolate chips (my favorite)
3½ t: cinnamon	1 ½ cup sugar	

Measure and mix group one. Measure and mix group two. Combine one and two. Grease 12 muffin cups. Divide batter between cups. Bake for thirty-five to forty minutes at 350 degrees.

### Dilly Beans

From: Moosewood Restaurant Cooks at Home

1½ cups water	¼ teaspoon red pepper flakes
2 cups green beans	1/3 Cup cider vinegar
2 tables. chopped fresh dill	½ teaspoon sugar or honey
2 large garlic cloves, pressed	1 teas. veggie oil (optional)

Bring water to boil in a pot. Add beans; cook 3-5 minutes. Drain when beans are still bright green and just tender. Stir dill into warm beans. Combine garlic, red pepper flakes, vinegar, and sugar or honey in a saucepan and quickly bring to a boil. Simmer 2 minutes. Pour dressing over green beans and mix well. Add oil if desired. Serve hot or chilled 20 minutes. Makes 4-6 servings.

### Green Bean and Potato Pudding

From: Madison Herb Society Cookbook, L. Poehlman

1 pound green beans	2 tablespoons chopped fresh parsley
1 pound potatoes	2 tablespoons fresh marjoram or
4 eggs	1 tablespoon dried marjoram
½ cup grated Parmesan	salt and pepper
2 tablespoons olive oil	½ cup bread crumbs
2 garlic cloves, minced	

Preheat oven to 350 degrees. Cook beans and potatoes in boiling water until tender. Blend until smooth in food processor or blender. Blend in 1 egg at a time. Mix in cheese. Sauté garlic, parsley and marjoram in olive oil for 1 minute. Combine the two mixtures. Add salt and pepper to taste. Oil large, shallow baking dish. Dust with half the breadcrumbs, shaking out excess. Pour in bean mixture; top with remaining crumbs. Bake 45-50 minutes, until puffed and golden. Makes four servings.

## Recipes

August 8, 2000

### Beans

I have sent a bountiful volume of beans this week. If you can't use them all, freeze some for good eating later. First, I boil a quantity of water and trim the stem end of each bean off. Then, I drop beans by the handful into the boiling water until it is full. Do not overfill! I let the beans return to a boil for two minutes. I then take them out and plunge into very cold water to stop the cooking. Drain them, and put into a zippered quart plastic bag. Finally, put 2-3 quart bags into a larger gallon bag, zipper shut and pop in the freezer. Use as you would any frozen vegetable.

### Summer Potato Salad

From: McLenny Co.

1 pound potatoes, cut into 1-inch chunks	2 tablespoons lemon juice
2 cups green beans, cut into 2-inch pieces	2 tablespoons course Dijon mustard
3 tablespoons olive oil	1 teaspoon red pepper sauce
	½ cup crumbled feta cheese

In a 2 quart saucepan, bring potatoes to a boil and cook for about 10 min. Add green beans and simmer an additional 8 min. longer until all are tender. Drain. In a large bowl, combine olive oil, lemon juice, mustard and pepper sauce. Toss with cooked potatoes and green beans; stir in feta cheese. Serve warm or cold. Makes 4 servings.

### Beets

There is really no need to peel beets. Trace minerals lie just below the surface of the beet. Scrubbing them is all that is necessary. Steamed beets are wonderful served sliced at room temperature and tossed with a little olive oil and a dash of salt and pepper. I also like them roasted with garlic, olive oil, potatoes, carrots and shallots. Combine all after a good scrubbing ( peel the garlic and shallots ) toss with olive oil and roast uncovered in a 350 degree oven about an hour. Stir things up a bit as necessary during the roasting and add more oil if necessary.

### Lentils with Roasted Carrots and Beets

Autograph Celebrity Cookbook

5 tablespoons extra- virgin olive oil, divided	12 oz. Green lentils, picked over and rinsed
3 small beets, peeled and diced	½ teaspoon freshly ground black pepper
1 large carrot, peeled and diced	2 sprigs fresh parsley
4 shallots, peeled and halved	2 sprigs fresh thyme
4 cups of boiling water	3 tablespoons sherry wine vinegar
1 ¼ teaspoons salt	¼ cup chopped fresh parsley

Preheat the oven to 400 degrees. In a 5-quart Dutch oven, combine 3 tablespoons of the oil, the beets, carrot and shallots, stirring to coat. Bake, uncovered, until the vegetables begin to color, about 30 min. Remove from the oven and add the boiling water, lentils, salt, pepper, parsley and thyme. Cover and bake until the lentils are soft and all the water absorbed, about one hour. Remove the herbs and discard. Stir in the vinegar and chopped parsley, and remaining 2 tablespoons of oil. Makes 6 servings.

### **Cabbage Slaw**

1 head cabbage  
1 pound carrots  
1 bunch cilantro

1/3 cup apple cider vinegar  
2 tablespoons salt  
1 tablespoon ancho chili powder

Quarter and core cabbage. Slice thinly by hand or in food processor. Peel and grate carrots. Chop cilantro. Toss all ingredients. Let stand one hour before serving. Toss again. Serve as a garnish for tacos, as a side dish for sandwiches, or as a picnic salad. Make 3-4 quarts.

## Recipes

August 15, 2000

### Moms Cucumber Salad

One or more cucumbers  
One onion  
Vinegar  
Salt and pepper

Wash and slice your cukes. You may peel them or leave a little of the peel on. Place them in a pretty bowl. Chop the onion and add to the bowl. Splash the mix with a little vinegar (Mom always used apple cider but you may use balsamic too). Season with salt and pepper. Serve chilled or at room temp.

### Basil Carrots

From: The New York Times Natural Foods Cookbook

2 tablespoons butter  
6 medium-size carrots, thinly sliced diagonally  
¼ teaspoon sea salt  
1 tablespoon chopped fresh basil or ½ teaspoon dried basil

Melt the butter in a heavy skillet. Add remaining ingredients, cover and simmer gently 10-12 minutes or until carrots are crisp tender. No water is needed. Makes six servings.

### Carrot Bread

From: Farmers Market Cookbook

1 cup sugar	1 teaspoon baking powder
2/3 cup vegetable oil	1 teaspoon cinnamon
2 eggs	¼ teaspoon salt
1 ½ cup flour	1 cup grated carrots
1 teaspoon baking soda	1 cup chopped walnuts or pecans

Heat oven to 375 degrees. Grease and flour a loaf pan. Combine sugar, oil, and eggs; blend thoroughly. Sift together flour, soda, baking powder, cinnamon and salt; stir into creamed mixture. Stir in carrots and nuts. Spread batter evenly in loaf pan. Bake 55 minutes. Cool in pan on wire rack. Makes one 9-by-5 inch loaf.

### Mark's Sweet and Spicy Squash

From: Drumlin Community Farm

2 tablespoon olive oil	2 Hungarian Hot wax peppers, diced
3-4 cups summer squash, cut into ¾-inch pieces	3 tablespoons honey
½ cup diced sweet onion	salt & pepper
1 leek, chopped	

Heat oil in skillet; add squash, onion, leek, and peppers and sauté until tender. Drizzle honey over vegetables. Stir in salt and pepper to taste. Turn off heat, cover and let stand 3-4 minutes. Four servings.

## **Recipes**

August 22, 2000

### **Zucchini Soup**

From: Betty !

3-4 tablespoons of butter (1/2 olive oil is fine )  
1 large onion  
1 large clove of garlic ( more is better )  
stalks of celery (with leaves)  
4 cups Zucchini ( any other summer squash is fine too) do not peel 2 cups.  
4 cups broth (chicken or other)

Chop all veggies, sauté until tender ( not browned); add broth; heat through.  
Puree in your blender or food processor in batches.  
Add salt and pepper to taste; a sprinkling of parsley is nice too.

Note: Freezes well- great substitute for creamed soup!

### **Beans -n- Greens**

From: Zephyr Community farm

3 cups black eyed peas	2-3 bay leaves
butter or oil	large bunch of Swiss chard
1 large onion, chopped	salt and pepper
a few garlic cloves, minced	
1 teas. thyme	

Put peas on to cook in water. Heat a little butter or oil in a skillet. Add onions and garlic; sauté with thyme and bay leaves until tender. After cooking peas 1/2 hour, add the onion mixture and chopped greens. Cook 1/2 hour longer. Discard bay leaves. Season with salt and pepper to taste. Makes 8-12 servings.

### **Warm Marinated Swiss chard Leaves**

From: Still Life with Menu Cookbook

1-1/2 lbs Swiss chard	salt and pepper
1-tablespoon olive oil	2 tablespoons balsamic or red wine vinegar
6 garlic cloves, minced	

Trim chard leaves from stems and coarsely chop the leaves. Heat a wok or large heavy skillet. When hot, add oil and chard. Stir and cook 2 min. on high heat. Add garlic and stir-fry several min. more, until chard is limp. Salt and Pepper lightly and toss with vinegar. Four servings.

## Recipes

August 29, 2000

### Elderberry Muffins

From: Harvest Home Organics

1 cup unsifted all-purpose flour	2 large eggs
½ cup unsifted whole-wheat flour	¾ cup sour milk
1/3-cup sugar	¼ cup melted butter
2 teas. baking powder	1 teas. Vanilla
1 teas. ground cinnamon	1 large umbel elderberries
¼ teas. nutmeg	
¼ teas. b. soda	
¼ teas. salt	

Heat oven to 400 degrees. Grease 10 muffin cups. In large bowl, mix flours, sugar, b.powder, cinnamon, nutmeg, b.soda, and salt. In medium bowl, beat eggs, sour milk, butter and vanilla until blended. Stir into dry ingredients until just mixed. Fold in berries. Batter should be lumpy. Spoon into muffin cups. Bake 20 min. or until springy to the touch. Remove from tin and serve warm.

### Vegetable Chili

1 teas. Olive oil	2 cups chopped yellow squash
1 large onion, chopped	2 cups chopped Zucchini ( or Patty Pan)
2 large garlic cloves minced	1-cup vegetable broth
1 teas. Chili powder	1 can cannelli beans
1 teas. ground cumin	salt and pepper to taste
3 cups chopped tomato (fresh or canned)	

Heat oil in a large pot over medium heat. Add onions and garlic, cook until soft. Stir in seasonings. Cook briefly. Add tomatoes, and all other ingredients. Simmer uncovered about 20 min. Correct seasonings. You can top it with sharp cheddar cheese, or sour crème or both!

### Colcannon

From: The New Laurel's Kitchen

4 med. Potatoes	1/3-cup milk
3-12 cups chopped kale	¼ cup chopped fresh parsley
1 tablespoon butter	salt and pepper to taste
3 leeks or 1 large chopped onion	

Steam potatoes. Steam kale separately. Meanwhile, heat butter in skillet, add onions and cook until soft. When potatoes are tender, peel and mash them. When kale is tender, drain well. Combine potatoes, kale, leeks, milk, parsley, salt and pepper. Four servings.

## Recipes

September 5, 2000

### Dry Beans

Your beans were fresh picked this week. If you do not use them right away, shell them and store them in an open bowl for a little while to finish drying. They can then be put in a closed jar if you would like. These beans may also be used as seed. My friend Anita serves a nice side dish of chilled beans dressed with a sprinkle of first pressed olive oil and a bit of good balsamic vinegar. She then tosses in a confetti of chopped bell pepper, onion, celery and carrot. Left over beans are good refried with garlic and onions and served with tortillas.

### Four Corners Bean Soup

a quantity of beans  
water to equal four times the volume of the beans  
one onion, chopped  
butter  
salt

Rise and pick over the beans. Place beans in a deep pot and add water. Bring to a boil and boil one minute. Cover and soak for one hour. Bring beans to a second boil. Turn heat down to low and simmer gently with the lid partly on about 1-½ hours or until tender. You may need to add additional water to make more broth during the cooking time. When beans are done, add a little butter to the broth and the chopped onion. Serve immediately.

### Rice with Cheese and Onions

From: The Frugal Gourmet Cooks American

1 ½ cups converted rice	½ teaspoon salt
3 tablespoons olive oil	½ coarsely grated Swiss cheese
1 large onion peeled and sliced	1/8 cup freshly grated Parmesan cheese
2 tablespoons butter	black pepper to taste
3 cups Chicken Soup Stock or canned chicken broth	

Put the olive oil in a hot frying pan and add the rice. Cook for a few minutes over medium heat until the rice begins to lightly brown. Remove from the pan to a 2- quart covered saucepan. Place the butter in the heated frying pan and sauté the onions until they begin to lightly brown. Place the onions, broth, and salt in the pan with the rice and bring to a boil. After the pot boils for three minutes, cover with a lid and turn the heat to low. After 15 minutes turn off the heat. Do not remove the lid for 5 more minutes. Stir in the cheeses and pepper. Serve as a side dish with just about any meal.

## **Recipes**

September 12, 2000

### **Baked Whole Pumpkin**

From: The Frugal Gourmet Cooks American

This dish was called a pie in times past. It is said to have been a favorite with General Washington!

1 pumpkin, 5-7 pounds	½ teaspoon freshly grated nutmeg
6 whole eggs	1 teaspoon cinnamon
2 cups whipping cream	¼ teaspoon ginger
½ cup brown sugar	2 tablespoons butter
1-tablespoon molasses	

Cut the lid off of the pumpkin just as you would for a jack-o'-lantern. Remove the seeds and save for toasting later. Mix the remaining ingredients together with the exception of the butter. Fill the pumpkin with this mixture and top with the butter. Cover with the pumpkin lid and place in a baking pan. Bake at 350 degrees for 1 and ½ hours, or until the mixture has set like a custard. Serve from the pumpkin at your table, scraping some of the meat from the pumpkin with each serving. This is an interesting substitution for the usual pumpkin pie.

### **Baked Rosemary Squash**

From: The Sage Cottage Herb Garden Cookbook

1 ½ -2 lb winter squash	¼ cup apple cider or juice
1 tablespoon butter, melted	freshly ground pepper to taste
6 one-inch sprigs fresh rosemary (or ½ teas. dried)	

Halve squash; remove seeds. Brush each half with melted butter. Place each half; cut side down, on top of 3 sprigs rosemary in large pan with sides. If using dried rosemary, use a sprinkling under each half. Pour cider into pan; add enough water to reach ¼ inch up the sides. Bake at 375 degrees 45 min. Turn squash over and bake an additional 15 min., or until tender. Scoop squash out of shells, pile lightly in serving dish, and grind pepper over top. Six servings.

### **Barbecued Summer Squash**

Squash (zucchini, yellow or patty pan)  
Italian salad dressing  
Salt and pepper

Trim ends off the squash and cut each lengthwise in half and then each piece in quarters. Marinate in the salad dressing for ½ hour before cooking. Place on charcoal grill and add salt and pepper to taste. These pieces will cook in very little time so watch them carefully.



**End of Season Questioner**

Whole Share....Half Share....Sharing a Share (please circle)

Number in family            1 2 3 4 5 6+

- |   |      |      |           |
|---|------|------|-----------|
| 1. Quality of Vegetables                                      | Fair | Good | Excellent |
| 2. Quantity of Vegetables                                     | Fair | Good | Excellent |
| 3. Presentation of Vegetables ( condition, cleanliness, etc.) | Fair | Good | Excellent |
| 4. Delivery Service   | Fair | Good | Excellent |
| 5. Please list three favorite vegetables of the season.       |      |      |           |

6. Please rate the following in order of importance from 1 to 5:

Quantity of Vegetables

Quality of Vegetables

Newsletter

Home Delivery

Recipes

7. Would you be willing to work at the farm as part of your share?

8. Are you interested in purchasing a share for next garden season?

9. Additional comments:

Thank You! Please place in your final weeks return basket. ( September 12 )

## Harvest Home Mashed Potatoes

### Ingredients:

- 6 large potatoes
- 1 garlic bulb (peel all cloves)
- 3/4 cup warm milk
- 1 tablespoon extra virgin olive oil
- 1 tablespoon butter
- 1/2 teaspoon salt
- freshly cracked pepper

Bring potatoes to a boil in a covered pan. Boil gently about 15 minutes or until just under done. Add the cloves of garlic and continue to cook about 5 minutes more or until all are fork tender. Gently drain and add olive oil and butter. Gradually mash in warmed milk, adding more if needed. Transfer to bowl, and feel free to sprinkle seasonings to taste.

The choice to support organic farmers and eat local, seasonal food is a giant step towards a healthy, sustainable natural environment and personal well being. We hope to create long lasting relationships with our shareholders by learning and growing together.



COMMUNITY SUPPORTED AGRICULTURE

SEASONAL PRODUCE STAND

ORGANIC VEGETABLES, FLOWERS,  
HERBS, JAMS AND CRAFTS



## HARVEST HOME ORGANICS

Our small family farm located just east of beautiful Owasco Lake and about 5 miles north of Moravia has been producing wonderful organic vegetables, lovely flowers, and herbs since 1996. We specialize in old timey heirloom and open pollinated varieties known for their flavor, beauty, and wonderful diversity. We sell vegetables and flowers at our self serve seasonal produce stand at the farm and at the Farmers Market in Skaneateles. This season we are offering weekly home delivery service of produce and other goodies from the farm to customers with a growing enterprise called Community Supported Agriculture (CSA).

## Community Supported Agriculture (CSA).

Prepaying CSA-members, also called shareholders, will receive a weekly share of the farms' harvest from mid-July to early-October (12 weeks). Delivered baskets will include an assortment of freshly harvested vegetables, herbs, a seasonal bouquet, recipes to try, and a newsletter from the farm. Harvest Home Organics will work very hard to provide a bountiful harvest. Shareholders and their families are welcome to join us for planting, weeding, or harvesting.

Please call early to ensure your share!

**Harvest Home Organics**

4574 Duryea Street

Moravia, NY 13118

Tel; 315 497 0351

