



Community Cultivator

Newsletter of the Foggy River Farm CSA, Week 8



Long Ago but not so Far Away

So you've seen the grape vines and the vegetable fields, but you may have wondered how long they've been there and what came before them. Well, last week Emmett and his dad participated in a panel discussion at a conference relating to diversifying vineyard lands in Sonoma County. To prepare, Bob dug up some old photos from the family collection. The pictures below show a few of the many stages that the farm has gone through since the early 50s. They help to illustrate the evolving nature of farming and give a glimpse into the rich history of this particular piece of land that we call home.



Emmett's Grandpa John planting beans (with hop trellis in background), 1955



Bean Field, 1955



Young Prune Trees, 1955



Sheep grazing, 1960s



Prune Harvest, 1964



Prune Harvest, 1964

And of course, you know what things look like in 2012—organically grown wine grapes and vegetables, with a few goats and chicken sprinkled in for good measure!

Have a great week!

Your Foggy Farmers,
Emmett & Lynda



Grape Harvest, 1997 (Same tractor as 1964 photo)

Quick Announcements

1. **We are looking toward next season—in our crystal farm ball—and we see a new full-time farm employee/apprentice in our future.** We will soon begin a search for an energetic young farmer or farm couple who would like to join our farm community. We would ideally like to have a housing opportunity arranged for the hypothetical farmer(s), and so we are putting the word out to friends of the farm:

Please let us know if you (or anyone you know) has a granny unit or other rental housing that you would be interested to rent to a Foggy River farmhand for a reasonable rate for the coming year. Anywhere within a 15-20 minute drive from the farm would be a possibility. The earliest this would begin would be this autumn, although more likely during the winter season.

2. Last week we mentioned that you are invited to come by our market stall on Saturdays during the last 30 minutes to see if we have some produce left over for you to top off as part of your membership. **We neglected to tell you some important information: which markets we attend and when the last 30 minutes are...** We bring produce to Healdsburg's Saturday market (which ends at 12:00 noon) and the new Saturday market at the Wells Fargo Center (which ends at 1:00pm.) You may not see Emmett or Lynda at Wells Fargo, so introduce yourself to Eva who is selling at that market for us.
3. If you forget to pick up on Wednesday, we often try to put together a box of veggies for you to pick up later or Thursday morning. Please don't assume there will be veggies boxed for you unless you receive an email or phone call from us, as we don't want you to make the trip out here only to find an empty barn. **And if you are picking up late, please bring your own bag/box/basket to transfer the veggies into. The boxes we use are our special new waxed delivery boxes, which are not cheap to replace – they cost about \$2 each which adds up as a substantial cost to us very quickly! Thank you for helping us keep our costs down. (PS – If you have taken a waxed box home in the past and haven't returned it yet, please do – we promise not to hold it against you 😊.)**

What's In Your Box:

- **Spring Peas (Snow or Sugar Snap)** *The last round of peas for this year. Green peas are packed with vitamins C and A and other antioxidants, so enjoy these treats guilt-free! Both of these pea varieties are crisp and sweet—tasty for eating fresh or nice to toss into a veggie stir fry with some soy sauce.*
- **Head lettuce (various)** *A little lettuce for a light summer salad, perhaps garnished with cucumber and tomato. Or use the lettuce leaves as a bed for a cucumber and tomato salad.*
- **Cucumbers (Armenian or Sultan or Green Finger)** *A cool crisp snack for these hot days. Slice in thin rounds and drizzle with balsamic and oil, salt and pepper for an easy and elegant salad. Or try a mini Greek salad with this week's small tomato share. We have also included several simple salad/salsa recipes that use both cucumber and fennel. (Recipes included.)*
- **Summer Squash (various)** *Throw these on the grill or try using them as a healthy addition to a decadent chocolate cake or hearty zucchini bread. (Recipe included.)*
- **Fennel (Florence)** *Fennel is a bulb that grows just above ground, with frilly green stalks shading it from above. The licorice-like bulb is nice roasted, eaten fresh in a salad, or in a soup. A very simple way to prepare it is to slice very thinly and serve with a sprinkle of salt and squeeze of lemon. The stalks can also be used—added to fish or chicken broth, chopped like an herb, or used in lieu of a rack under roasting meat, chicken or fish. Sometimes you may have to peel off the tougher outer layer to reach more tender part within. (Recipes included.)*
- **Carrots (Danvers)** *Carrots were late to germinate this spring, but it seems that the third try was the charm. Here are the year's first carrots, and we hope to have plenty more to come.*
- **Tomato (various)** *We are plucking the earliest tomatoes from the vine. This week everybody gets a little taste, enough for a little tomato-cucumber salad or a salad garnish.*
- **Fresh Herb: Basil** *The basil is just growing big enough to harvest, so these are the first bunches to come out of the row. Lovers of this Italian herb know that it pairs well with most summer veggies, especially tomatoes and summer squash.*
- **Garlic (various)** *Some garlic to add that extra something to any dish.*

Foggy River Recipes

Chocolate Zuke Cake

Zucchini is a great secret weapon for cakes and quick breads. It helps keep them moist, and leaves hardly a trace of any vegetable matter! Although I have not personally tried this specific recipe, it was rated with 4 stars on epicurious.com so I imagine it will live up to my past experiences with chocolate zucchini cake.

[<http://www.epicurious.com/recipes/food/views/Chocolate-Zucchini-Cake-907>]

Ingredients

- * 2 1/4 cups sifted all purpose flour
- * 1/2 cup unsweetened cocoa powder
- * 1 teaspoon baking soda
- * 1 teaspoon salt

- * 1 3/4 cups sugar
- * 1/2 cup (1 stick) unsalted butter, room temperature
- * 1/2 cup vegetable oil
- * 2 large eggs
- * 1 teaspoon vanilla extract
- * 1/2 cup buttermilk
- * 2 cups grated unpeeled zucchini or other summer squash

- * 1 6-ounce package (about 1 cup) semisweet chocolate chips
- * 3/4 cup chopped walnuts

Preheat oven to 325°F. Butter and flour 13 x 9 x 2-inch baking pan. Sift flour, cocoa powder, baking soda and salt into medium bowl. Beat sugar, butter and oil in large bowl until well blended. Add eggs 1 at a time, beating well after each addition. Beat in vanilla extract. Mix in dry ingredients alternately with buttermilk in 3 additions each. Mix in grated zucchini. Pour batter into prepared pan. Sprinkle chocolate chips and nuts over.

Bake cake until tester inserted into center comes out clean, about 50 minutes. Cool cake completely in pan.

Three Simple Cucumber & Fennel Recipes...

1) Fennel Cucumber Salad

Ingredients

- 3 large cucumbers, sliced
- 1 medium Sweet Onion, thinly sliced
- 1 small fennel bulb, thinly sliced
- 3 tablespoons lemon juice

3 tablespoons olive or canola oil
3/4 teaspoon dill weed
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon grated lemon peel

In a large bowl, combine the cucumber, onion and fennel. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Pour over cucumber mixture and toss to coat. Refrigerate until chilled.

2) Fennel Cucumber Salsa

Ingredients

1 English cucumber, diced
1 large fennel bulb, diced
1 avocado, peeled, pitted, and diced
1/2 red onion, chopped
1/2 cup pickled banana peppers, diced
1 bunch cilantro, chopped
2 tablespoons honey
3 tablespoons fresh lemon juice
salt and pepper to taste

Combine the cucumber, fennel, avocado, red onion, banana peppers, cilantro, honey, lemon juice, salt, and pepper in a bowl. Allow mixture to sit 20 minutes before serving.

3) Fennel Cucumber Relish

1 medium-large fennel bulb, finely chopped
1 pound cucumbers, halved lengthwise, cored, and cut into 1/4-inch dice
6 tablespoons cider vinegar, or to taste
2 tablespoons finely chopped shallot
1 1/2 tablespoons chopped fresh dill
1 1/2 tablespoons vegetable oil
1 tablespoon sugar
1/4 teaspoon salt, or to taste

Stir together all ingredients in a bowl and let stand 15 minutes.