

# Four Friends' CSA News

## ~~~~~The Bean Pole~~~~~

June 23, 2009

2009 Season

Issue No. 42

### Dear Shareholders and Friends,

The line-up for this week's harvest is as follows; Lettuce mix, onions, sugar snap peas, heads of lettuce, and radishes. Scratch Farm may be substituting cut herb bunches for their share of snap peas.

Please be advised that the above list may not always be 100% accurate. The farmers meet every Sunday to determine which farmer is bringing which item. The farmers look over their fields and estimate the amount of the crops they think will be available. The farmer then picks this particular crop the day of the pickup... sometimes substitutions are necessary.

### Herb Vinaigrette

5 tbs. Olive oil  
3 tbs. Rice wine vinegar  
¼ tsp salt (or salt to taste)  
A pinch of black pepper or cayenne pepper  
2 scallions or bunching onions, minced  
¼ tsp. chopped oregano  
1 tbs. Orange or lemon juice

Put it all together in a bowl and whisk it till it is well blended. Store the vinaigrette in the fridge in a covered container till you are ready to use it.

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## FARM NEWS:

Rain Rain go away! We need sunshine please!

Some pesky critters: chipmunks and mice have been causing havoc in the greenhouse eating squash and sunflower seeds galore. Blue Skys Flower Farm lost 300 sunflower seeds overnight!

Pak Express reports that the first seeding of cucumbers has died most likely due to the cool evenings and wetness. The second crop, however, should be OK.

Blue Skys Flower Farm reports that the sunflowers are half the size as last year, again probably due to the many cloudy days.

Scratch Farm has six work shares meaning that these folks work on the farm in exchange for their veggies.

Pie Garden has developed a composting system using hay bales.

Blue Skys Flower Farm would like to thank Carol and her son Ethan for helping out on Sundays. They helped to weed a row of gourds, planted decorative corn, and uprooted some old spinach plants and fed it to the chickens.

## **ENVIRONMENTAL NEWS: from the Rodale Institute**

**What we don't know CAN hurt us: the case for  
keeping an eye on additives and sticking to whole  
foods**

A new study reveals that estrogen-mimicking compounds - impostors that can bind to estrogen receptors in our bodies and influence hormone activity - are present in two widely used food additives. Which raises the question, how many more harmful compounds are hiding in the more than 3,000 preservatives, flavorings, colors and other additives found in processed foods, and what happens when they build up over time in our bodies? Until the FDA requires testing for estrogenic activity in these chemicals, we may be in the dark about what's on our plates.

And then there's the synergy of combined hormonal effects to watch out for. "We need to be mindful of these food additives because they could be adding to the total effect of other estrogen mimicking compounds we're coming into contact with," warned Clair Hicks, a professor of food science at the University of Kentucky. **Full story:**  
**Environmental Health News**

## Vegetable of the Week: Radish

(see [www.magazine.ayurvediccure.com](http://www.magazine.ayurvediccure.com))

**Radishes** are root vegetables that are similar to beetroots or turnips in appearance and texture. But, radishes are often characterized by their rich flavor. Radish that we eat is actually the root of a plant that has been classified under the mustard family.

Some people eat **raw radishes**, whereas some others like it in cooked form. They can either be served whole or along with other vegetables. Radish is an inevitable part of Chinese and Japanese cuisine. Radishes are beneficial to health as they are low in saturated fat.

The cholesterol contribution made by radish is also low. It has been estimated that hundred grams of radish contains a minimal sixteen calories. Since radishes are extremely high in dietary fiber, they are found to ease the digestive process. The presence of soluble fiber makes them an indispensable part of salads eaten by people with abdominal menaces such as **indigestion and constipation**.

The list of vitamins present in radish includes, riboflavin, folate, Vitamin C, Vitamin K and Vitamin B6. Apart from these vitamins, many other essential minerals are also presenting this root vegetable. This includes potassium, calcium, magnesium, copper and manganese. Radish is also known for the presence of certain other mineral salts such as iron, phosphorous, zinc and sodium.

❖ Remember to bring your reusable bags to the pickup



- ❖ Go slow when pulling into the driveway as small children are around
- ❖ If you have a favorite recipe or food tip and want to share it with others, please email Christina and she can add it to the newsletter