

# Four Friends' CSA News

## The Bean Pole

August 4, 2009

2009 Season

Issue No. 48

**Dear Shareholders and Friends,**

This week's (No. 8) harvest consists of: Cabbage, culinary herbs, leeks, fingerling potatoes, carrots\*, and Swiss chard. (\*beets may be substituted)

### Coleslaw

8 cups of thinly sliced cabbage  
Two thinly sliced carrots  
½ cup of mayonnaise  
3 tablespoons of extra virgin olive oil  
1 tablespoon of honey or maple syrup  
Salt to taste

Blend the mayonnaise, olive oil, honey or maple syrup, and salt with a whisk. Set aside. Toss the cabbage and carrot in a salad bowl to mix them evenly. Pour the dressing over the cabbage and carrot mixture. Toss to coat the vegetables with the dressing. Place in the refrigerator for a few hours or overnight till the flavors combine and develop.

### **VEGGIE OF THE WEEK: CABBAGE**

**Nutrition Facts and Information about Cabbage:** Cabbage is an excellent source of manganese, calcium and potassium. It is a very good source of iron, phosphorous, magnesium. It is also a very good source of fiber, folate and omega-3 fatty acids. Further, sodium, zinc and copper are found in good amounts in cabbage.

**Vitamin Content:** Cabbage is an excellent source of vitamin C. Cabbage is also a good source of thiamin (vitamin B1), riboflavin (vitamin B2), niacin, vitamin B6. It contains good amounts of vitamin k, folate, vitamin A and protein.

**Calorie Content of Cabbage:** 100g of cabbage contains only 25 calories. This food is low in saturated fat, cholesterol and a good source of dietary fiber and folate. It largely contains carbohydrates.

**Health Benefits of Cabbage:** Cabbage is low in calories and therefore it is good for weight loss. It also has anti-inflammatory properties. It is believed that cabbage juice helps in treating peptic ulcers. Since cabbage is abundant in Vitamin C, it is good for protection from free radicals.

## FARM NEWS :

- ❖ While mowing, one of the tractors got stuck in the mud! When this happens the farmers need to call on another farmer (usually someone in the neighborhood) with a heavier tractor to pull it out. It is still very wet, especially in the upper part of the farm.
- ❖ Weeds! Weeds! Weeds! There was an explosion this week...all farmers seen using weed wackers, mowers and cultivators.
- ❖ Blue Skys Flower Farm's 2 year old weed wacker broke; Christina's lack of mechanical knowledge forced her to go out and buy a new one; about a \$200 purchase...yikes! John of Big Train Farm thinks he can fix the broken one.
- ❖ Pie Garden is having trouble with her rototiller...it is being repaired also.
- ❖ Speaking of mechanical stuff, Southside Community Land Trust spent about \$250 on parts to fix the BCS...a major rototiller, made in Italy. John of Big Train Farm started to replace the worn out parts...the work took about 4+ hours.
- ❖ There has been a lot of activity in the barn...about 8 baby barn swallows have left the nests.
- ❖ On Sunday, five out of the seven farmers and several volunteers help to move aluminum irrigation piping.
- ❖ Still no tomatoes, peppers or eggplant yet...these warm weather veggies are growing rather slowly this year.

## FLOWER OF THE WEEK: ZINNIA

Blue Skys Flower Farm is picking lots of zinnias this week! Zinnias are a gift from Mexico. They are warm season annual flowers with bold, hot-palette colors. Zinneas flowers are usually deep, brilliant hues of red, orange, yellow and purple, that work equally well in flower borders and flower pots.

**Cultural Notes:** Zinnias are hot weather lovers and will sit and wait for the temperature to warm up before really starting to grow. Very drought tolerant.

**Maintenance:** Deadhead for longer bloom. Prone to powdery mildew. Check frequently and remove any affected plants.

## **CARE INSTRUCTIONS FOR FRESH CUT FLOWERS:**

For those who purchased the flower share, here are some tips for prolonging the vase life of fresh cut flowers:

Remove any leaves on the stems that will fall below the water line. Leaves in water will promote bacterial growth that may limit water uptake by the flower and will definitely shorten their lifespan.

Recut the stems: Remove one to two inches with a sharp knife. Try to cut the stem on a slant, so it will absorb more water. Place the flowers in the vase with flower food (if available).

Always keep fresh flowers out of direct sun and away from drafts, like air vents, heater vents or fans.

Regular maintenance is a must. It's important to recut the stems and change the water often. Also, the vase may be too big once the stems are cut. Move to a smaller vase and rearrange the flowers. Don't be afraid to separate flowers into different groupings and move them into different rooms as the stems get shorter and the vase gets smaller.

When flowers come to the end of their life cycle, cut the stems 1/2-inch from the blooms and float them in a shallow bowl of water.

Till Next Week...

**ENJOY YOUR VEGGIES,  
FLOWERS and/or EGGS!!**