

Farm Girl Field Notes

CSA edition

July 30, 2013



8 weeks...halfway!

It is hard to believe, but this week marks the halfway point for our CSA. We hope you have enjoyed it so far and we look forward to providing you with fruit for the next half of the season.

We love hearing feedback from our customers. It helps us to know what we are doing well and what we can improve upon. You can talk with us when you pick up your share, email or call.

Extra Fruit and Veggies

Because of the heat of summer, we will not be putting fruit on our stand. If you would like to purchase additional fruit or come another day of the week, the fruit will be in the cooler in the barn.

We will also have strawberries available by the flat, depending on availability. A flat of 8 quarts is \$34.00. Call or email to pre-order.

We will still have veggies on the stand:

- Squash
- Zucchini
- Cucumbers
- Garlic
- Sweet corn

Coming Soon:

- sweet onions
- tomatoes & cherry tomatoes

Fresh Herbs

Guin grows fresh parsley and rosemary, which she sells to some restaurants in the area. As a CSA customer, you can pre-order and get the discounted wholesale price:

Parsley-\$8.50 pound Rosemary-\$12.00 pound

Pickings from the Patch

Raspberry season is just about over, but Kerry can't resist going out to the canes and picking a few more raspberries. One of her specialties this time of the year is raspberry pie. Her brother and

sister-in-law are in town, so we are all having dinner together tonight. She told me last night, that she will pick enough today to make a couple pies for dessert. What a treat!

A raspberry pie takes 3 pints. Sometimes she makes them with just one type of raspberry, but often Kerry will mix all three: red, purple and black. That makes for a delicious pie with lots of flavor and sweetness.

As they come out of the oven, she often has to remind Jim to wait until it cools and sets a bit, before taking a taste. Paired with vanilla ice cream, raspberry pie makes the perfect summertime dessert!

Guinevere Panek for Kerry Panek, Panek's Pickin' Patch
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Life on the Ledge

The everbearing strawberries are ready. About a week earlier than last year, they surprised me! Once they start ripening, they kind of go in waves. We will get a few the first day, then a few more the next and so on until we reach a large number of quarts. They then gradually decrease and then increase again.

I grow three varieties: Albion, Seascape, and Monterey. Albion has always been my favorite, for its large, sweet fruit. Seascape I like for their tasty flavor and abundant crop. I grew Monterey for the first time last year along with Portola to see whether I liked the berry shape and size of these new varieties. I didn't care for Portola, but decided Monterey was a keeper!

One of the things I like about having strawberries in August/September is being able to make a fruit salad with peaches, strawberries, and apples. A dynamic flavor combination with fresh in-season fruit!

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Farm Girl Field Notes is a bi-weekly (or as often as we have time...the farming season is very busy!!) newsletter from Panek's Pickin' Patch, Ledge Rock Farms, & Flower Fields Forever (in the farmers' market edition). You will learn a little about our farms and what is happening each week.