

DERI FARM NEWS

<http://derifarm.com/newsletters/>

Skyline Fundraiser and Auction "Fundraiser in the Field - Keeping it Local"

This weekend, Skyline Farm is holding a delicious and enjoyable fundraiser: Fundraiser in the Field (see the posting at <http://skylinefarm.org/events.asp>.) On Saturday, July 11 from 5-9 pm, a delicious menu of summer foors from Basil Provisions in Cumberland will be served along with a bagpipe performance by Jeff Herbster and a participatory concert by Harmony Station. There will also be a silent auction. This is a critical fundraiser for Skyline that enables it to provide a living window into our shared history of carriages, farms and community.

The menu will be made from as much organic and local products available and includes:

- Roasted Asparagus Wrapped with Prosciutto
- Tomato & Goat Cheese Tart
- Mini Italian Chicken Cutlets with Lemon & Fresh Herbs
- Spinach & Cheese Stuffed Mushrooms
- Fresh Tomato, Basil & Mozzarella Salad with Champagne Vinaigrette
- Fresh Fruit Salad
- Roasted Shrimp & Orzo Salad
- Chocolate Hazelnut Brownie Bites & Lemon Squares

This year's donation is \$65 per person for a full evening of fun, food and entertainment - and most importantly - support for your local museum and green space. Please call now to reserve your spot by contacting Greg Wiessner at (207) 400-7809 or emailing at info@skylinefarm.org. Payment can be made in advance or at the Fundraiser by cash, check (payable to Skyline Farm) or major credit card. All profits will benefit Skyline Farm's operational expenses.

What Everyone Has Been Talking About... Rain

For most people, the weather has been the topic of too many conversations, articles and even posts on Facebook the past few weeks. I have really tried to not complain about it and just accept what we've been dealt-- with only a minor melt-down last week as the stress of the rain brought my spirits to a major low. You'll notice that I didn't send a newsletter last week because all I really felt like doing was being upset about the weather.

Now that the worst of the weather is behind us (though that wet system that caused so much trouble slid to the northwest and is still lurking and causing some rain today and tomorrow) and we are all enjoying our moments of sunlight, I want to spend a little time writing about what the long streak of wetness means for you as a shareholder. To sum it up in a word: patience. With so little of the sunlight's energy coming through and the cool and damp weather slowing the availability of the nutrients in the soil, nearly all of the crops are behind schedule. The good news is that a majority of the vegetables that were planted in the field have survived the onslaught of rain; however, many of things that I seeded just before the rains arrived have not germinated and are likely to have rotted in the soil.

Another challenge presented by the wet soil are weeds. Oddly, weeds seem to grow quite well in rainy weather; however, it is difficult for us to do anything about them with wet fields that we can't drive a tractor on or even use a hoe in. Though Kristin, Sarah and I (along with several volunteers) are focusing all of our non-harvest time on dealing with weeds and the ramifications of the wet weather, only time will tell how the vegetables do. Patience...



Potatoes, corn, cucumbers and tomatoes spent an afternoon under water during one of the recent rainstorms.

Kohlrabi

Food for the Gods, Well I Enjoy It At Least

Kohlrabi is one of my favorite vegetables. It is related to broccoli and cabbage. The swollen stem is the part that is typically eaten, though the leaves can be cooked like collards or a tough kale. If the bulb isn't too large (i.e. small as a golf ball), it really doesn't need to be peeled. Otherwise, the tough skin should be peeled and the fleshy inside is eaten. Many say that kohlrabi tastes like broccoli stems, but I think it has a slightly sweeter taste like a red cabbage and a fresh and crisp texture. There are some interesting recipes for cooking kohlrabi, but I enjoy it best either sliced and eaten as is or added to a salad. What are you doing with it?

{ For some reason, kohlrabi reminds people of creatures from outer space, though I've yet to see such creatures. }

This year, I am growing two varieties of kohlrabi. Many of you have already seen the purple kohlrabi and will certainly see more in the coming weeks. I also planted a variety called "gigante" which gets to be about eight inches wide, but doesn't become tough and fibrous at that large size. Remember, the bulb grows above ground, so technically it is not a consider a root vegetable. See the picture of kohlrabi growing to the right.



Purple kohlrabi growing. Notice the bulbing stem is above the ground.

Recipes

Another Thought on Chard and "Sautéed Chard with Coconut"

In the previous newsletter, I sent along a couple of recipes for swiss chard (does anyone know if the "s" and "c" need to be capitalized and if it always needs to be called swiss chard or can just be chard?) One additional idea I have heard (but haven't tried) is to use it like cabbage in making a stuffed cabbage dish. Give it a try and let me know how it works for you! Also, I found a nifty recipe for chard in the calendar called "Savoring Maine - A year of seasonal recipes and fine art photographs" found at: <http://savoringmainecalendar.com/>. The recipe:

Sautéed Chard with Coconut
from the "Savoring Maine" calendar - recipe by Mark Rampacek of Bar Harbor.

Ingredients:

1 Tablespoon oil
2 teaspoons, fresh ginger, minced
1 teaspoon black mustard seeds
1/2 teaspoon turmeric
2 bunches chard, rinsed and rough chopped
1/2 Cup coconut milk
1/4 Cup shredded, unsweetened coconut
Salt and pepper to taste

Preparation:

Saute ginger, mustard seeds and turmeric in oil for a few minutes. Add chard and cover. Once chard has wilted, add coconut milk, coconut, salt and pepper.

Cover and simmer until chard is tender.

Serves 4