



From the Garden

Hello everyone. It's been a tough week at the farm. We are very disappointed to say that our garden apprentice, Jenny, is leaving. (See the article "Farewell Jenny" on page three for more.) What's more, there have been all these clouds and still not enough rain to register on the gauge! Even with the extra watering that we are doing, there is so little moisture in the soil that many plants aren't growing back as they should. We are constantly watching the skies, hoping for rain. As if this isn't enough, the gardens are facing a serious flea beetle infestation. They are causing a lot of damage to our kale and Asian cabbage, as well as the broccoli and cauliflower. Again, we'll remind you that while flea beetle holes don't look pretty, they don't change the flavor of the produce either!

Aerron and our WWOOFer, Kirk, (see picture to right) are doing their best to keep up with the work in the garden. Luckily, we will be getting another WWOOFer, Claire, from Ireland, very soon. Mostly, Aerron and Kirk have been harvesting vegetables, watering, and seeding fall crops. With our apprentice injured, only one volunteer left, and the continuing drought, we are very thankful that we can rely on Whole Village community Members to step up to the plate to help out in the garden!

A special thank you to prospective Whole Village residents, Anna May and Michael. This couple and their two young children, lately from Amsterdam, have been making a trip across Canada, filming a documentary of their search for an eco-village to call their home. They have been a great help in the garden in the past days.

We are so grateful to all of our CSA Members for the understanding that they have shown us as we have gone through this rough season. Your words of support and encouragement are the soul of community supported agriculture, and give us hope that the transition to a more sustainable food system is truly possible.

Happy Eating!

Your Whole Village CSA Team



Your Share this Week:

New Potatoes (Yukon Gold,
white and red)
Onion (Red and White)
Yellow and Green Beans
Garlic
Summer Squash
Radish
Peas
Chard
Broccoli or Cauliflower
Okra
Cabbage
Kale
Wild Arugula

Herbs:

Basil
Mint
Sorrel
Chives

*See previous newsletters
for repeated items.*

Whole Village CSA Goes Public!

Whole Village CSA will soon be getting more public exposure in several different venues. The Credit Valley Conservation Authority is sponsoring an “Eat Local Week,” to raise awareness about the importance of eating local food. Events will be held throughout the watershed. To kick off Eat Local week, Whole Village will be attending a one-day Caledon Farmer’s Market. The market will be held at **10:00AM on Sunday, September 9th** at the Caledon Fairgrounds.

The next weekend, **Sunday September 16th**, we will be attending the annual Feast of Fields event, held this year at the Everdale Environmental Learning Centre in Hillsburgh. Feast of Fields is a celebration of the growth, preparation and consumption of organic food. This year’s theme is: “Sustainability starts with your local organic farm.” There will be samples of local wines, beer and farm-fresh dishes created by top Ontario chefs. The event typically welcomes upwards of 1,000 people. To learn more, visit <http://www.feastoffields.org/>.

We are also being featured in an “Eat Local” calendar that will be inserted into the Fall edition of *In the Hills* magazine, with as many as 50,000 copies being distributed! The calendar will showcase the connections between local farmers and the restaurants and retailers that buy their produce. Whole Village will be featured alongside the Millcroft Inn.

Our cheeks are red from all this attention, but it is good to know that the importance of organic, local food is finally on the radar in the news, and in our communities.

Freezing Chard

Do you have extra chard? Try freezing it to get some local greens in your winter diet. It is best only to freeze the leaves of chard, and reserve the stems for fresh eating or compost, as they can become soggy when frozen.

1. Prepare a sink of cold water. Rinse chard through several changes of water lifting leaves out and leaving sand and soil behind. Then separate the stems from the leaves.
2. Bring 4 quarts of water to a rolling boil. Drop about one pound of whole leaves in boiling water, cover and blanch for 2 minutes (blanch stems for 3 minutes).
3. Remove chard from water and immerse in an ice water bath for 2 minutes. Drain.
4. Pack in zip-closure freezer bags or freezer containers, leaving no headspace. Label, date and freeze at zero degrees for up to one year.

Tips for Cooking with Home-Frozen Foods

-Don’t thaw frozen vegetables before cooking (with a few exceptions). Thaw in the refrigerator or under cold running water. Never allow to thaw at room temperature.

-When cooking frozen vegetables, bring a small amount of water to boil and add the frozen vegetables. Bring water to a boil again, cover the pan and lower the heat. Cook just until vegetables are fork tender, usually about half the cooking time for the same fresh vegetable.

-Prepare only enough frozen vegetables for one meal. Any leftovers can be used in salad. Do not refreeze cooked, frozen vegetables.

Farewell Jenny



Recipes!

Easy Cabbage and Potato Soup

½ cup chopped onion
2 tbsp. butter
3 cups shredded cabbage (about ½ head)
¼ cup chopped cabbage
4 cups milk
1 tsp. salt
2 cups potato, diced
Minced parsley
Dash paprika

In a heavy skillet, heat butter over low heat; cook onion until golden in color. Add cabbage with the water, salt, and potatoes and cook until tender, about 20 minutes. Add milk. Heat through, but do not boil. Sprinkle each serving with a little parsley and a dash of paprika, if desired. Serves 6.

Beijing Radish Salad

1 medium Daikon radish
2 tbsp. rice or balsamic vinegar (or a combination)
1 tbsp. soy sauce
1 tsp. sugar
2 tsp. sesame oil
2 garlic cloves, finely chopped

Wash and grate radishes. Mix together the rest of the ingredients and toss radishes in the dressing.

Wilted Swiss Chard with Garlic

Chard is a tender green and benefits from a brief cooking period. Wilted greens are simply sautéed in oil, covered and cooked without adding any cooking liquid. Tender greens such as beet greens and spinach can also be prepared in this manner.

2 pounds Swiss chard, cleaned and coarsely chopped
3 tbsp. olive oil
2 cloves garlic, minced
Salt and freshly ground black pepper to taste
Fresh lemon juice, optional

Heat a skillet over medium-high heat. Add olive oil and chopped stems. Sauté 5 minutes. Add garlic and sauté an additional 15 seconds. Add the wet chard one hand full at a time. Stir after each addition. After all the greens have been added, immediately cover with a tight-fitting lid. Allow the greens to cook or wilt about 5 minutes. They should be wilted and still bright green in color. Remove the lid and continue cooking over high heat until all the liquid has evaporated, about 2 to 3 minutes. Season with salt and pepper to taste. Serve immediately with a squeeze of lemon juice, if desired. Serves 4.

Picture of the Week



Apple season has begun on the farm! Whole Village Members had a great time making home-made apple cider this past week. We envision fruit as an important future element of the CSA.

Whole Village CSA

Fresh * Local * Organic

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