



What's for Dinner?

Food, news & views from Earthwise Farms CSA

Farm Views

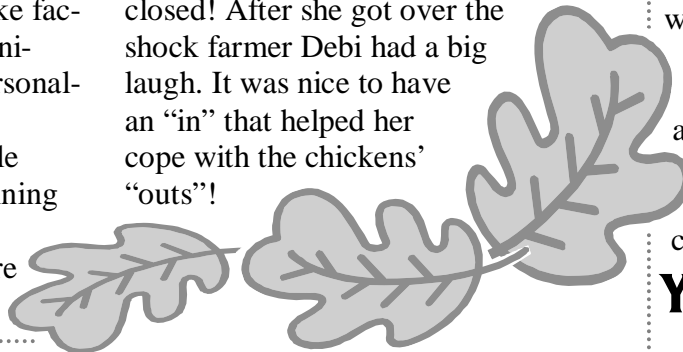
Chicken coop ins and outs

The last few weeks have been really tense as we struggled to get our chickens back on a solid egg laying track. That's hard enough in the best of times but a short while ago several of our chickens were stolen. The rest were badly stressed and stopped laying. The loss is hard to take, not just financially but emotionally. Unlike factory producers we know all our animals. The chickens are full of personality and attached to their keepers.

We've had the police out to file charges and have given the remaining hens extra care so they're laying again, though not as before. We're searching for more heritage hens

and working hard to get back up to full production. We appreciate your patience in the meantime.

Then this week there was a better coop surprise: Levi, farmer Debi's Tennessee Walking horse, somehow worked his way into the shed attached to the chicken coop- while it was closed! After she got over the shock farmer Debi had a big laugh. It was nice to have an "in" that helped her cope with the chickens' "outs"!



Farm Views

See cats' coop

This week's horsey antics are funny enough but you'll marvel even more when you see the coop (cats and all) for yourself in the Farm Views section at

www.earthwizefarms.com We're looking forward to hearing what you think!

Our Facebook community is growing steadily. The discussion section is a great place for y'all to ask questions, compare what you're cooking, and just connect with each other and the farm. **Facebook fans get the first notice of each week's CSA share list**, find out the

yummy food Eileen makes with her share, get links to other great sites and more. To make it easy to find us there's a direct link on our website. **Join in the fun- become a Facebook Fan today!**



Weekly Star: Boniato

How sweet it is!

Rich, orange sweet potatoes bloom so large in the Southern psyche it's easy to forget how many other kinds there are. More than a dozen types thrive all across the tropical zones, including the boniato (aka white sweet potato).

Boniatos are sweet but the flavor's more delicate and hints of chestnut. The texture is fluffy and starchy, so it'll soak up liquids and/or thicken well. Cook as you would any other potato- bake, boil, steam or fry. They aren't cured so they don't keep as long as other potatoes. Don't refrigerate! Store cool and dry for a few days at most.

The cinnamon basil from your herb bouquet is a good savory/sweet partner. Need more ideas? Check our website this Sunday for recipe and info links!

CSA News

Got leaves?

Compost is a natural fertilizer made from plant scraps, and we use a lot of it. It's good for the soil and keeps plant material out of the landfill. If you have leaves with no other plant materials bagged and ready to go we'd love to get them when we deliver your share. For five or more large bags we may be able to arrange separate pickup. Please email or call by Tuesday so we can plan the pickups.

Your CSA share

This is delivery six of six in Summer cycle two. Egg shareholders get eggs; weekly and even-week delivery shareholders get:

- Herb & Flower bouquet
- Spring onions
- Green slicing tomatoes
- Pickling cucumbers
- Boniato (white sweet potato)
- Green bell peppers
- Scuppernongs
- Jalapeno peppers

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Earthwise Farms is a Certified Naturally Grown, family farm enterprise. We practice sustainable, pesticide-free farming and humanely house, feed and harvest our livestock. Learn more at: www.earthwizefarms.com



Earthwise Farms
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from people who care

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Special Feature

Fresh is best for basil

As herbs go basil is a real pleaser- versatile, flexible, and ready to go at a moment's notice. The only problem? It doesn't like to hang around once it's been cut, and even when you can coax it not to wilt, mold, or just turn black and disgusting, the flavor is noticeably weaker the longer it's been off the plant. So instead of giving you basil sprigs we brought you basil plants so you can have the very freshest basil for weeks and even months to come.



Basil is easy to grow and I've included all the high points at the end.

First, think about how long you're going to want to keep it going and where you'll be keeping it for the winter. Basil dies back at

the first sign of frost so if you want to keep it going over the winter it needs to be kept in something that can come inside. The pot it's in will be fine for a couple of months but for longer or for bushier plants a size larger will do better. It also needs to be pinched back to about 6" inches or so tall on all stalks, to encourage bushiness and increase vigor. Just clip right above a place where leaves come out of the main stem. Every few weeks pinch out just the pair of leaves at the tip end of each stem to keep it growing. Season your dishes with the leaves and stems removed, enjoying the basil's fresh flavors all through the Fall and Winter.

Growing basil

Soil: Well drained, loamy

Light: Full sun or, in very hot climates, light, partial shade

Moisture: Evenly moist regular watering. Mulching the roots keeps them cool and conserves water

Hardiness: Tender annual keep warm and covered during frost, or bring inside

Size: 2-3 feet wide; Clip to 6-8 inches high to encourage bushiness and delay flowering

Earthwise Faves

Bruschetta it is

Farmer Debi's fave basil treat is bruschetta. This Italian creation starts with grilled bread rubbed with a garlic clove, then topped with extra virgin olive oil, salt and freshly ground black pepper. Toppings can be more complex, with fresh tomato with basil leading the pack. You can have this on the table in about 30 minutes, or make the topping the day before so the flavors can meld and construct the bruschetti right before serving. This serves 12 as hors d'oeuvre or 4-6 as starter.

Fresh Tomato Bruschetta

6 fresh tomatoes, chopped
3 cloves minced garlic
2 tablespoons olive oil
2 tablespoons balsamic vinegar
1/4 cup fresh basil leaves, sliced fine
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1 French baguette
2 cups shredded mozzarella cheese

1. In a large bowl, combine the chopped tomatoes, olive oil, vinegar, basil, salt, and pepper. Let this sit 10-15 minutes while the broiler/grill heats
3. Cut the baguette into 3/4-inch slices. Lay out a single layer of bread slices on a baking sheet or grill rack. Broil/grill 1 to 2 minutes, until lightly brown.
4. Divide the tomato mixture evenly over the baguette slices. Top the slices with mozzarella cheese.
5. Broil/grill for 5 minutes, or until the cheese is melted.