

# Earthwise Delights

News & views from Earthwise Farms CSA

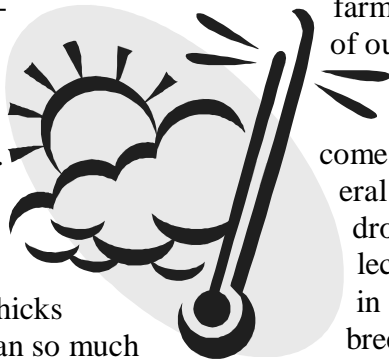
June 18, 2010

## Beat the heat: water less!

If you haven't been feelin' the heat this week then you haven't been in the CSRA, ok! It's early to be hitting 100 degrees but somehow mother nature pulled it off. We've been scrambling a bit to get water out to the fields, pastures and poultry yards but got it in hand just in time to pick your produce.

At first some of our creatures weren't entirely sure we'd get their water filled back up. The little chicks and teens crowded their pan so much the bees left off drinking there and went over to the grown-up chickens' pen to get a sip. That works out well for the bees, since they don't have to use energy dodging little snackers. The older birds know better than to try eating the tempting hummers!

The bees were bold, getting water everywhere they could- even skimming Farmer Debi's arms and back while she worked in the heat!



We could wait until the heat settled in to turn on the heavier watering because a lot of our seeds are special low irrigation varieties. We got these in nearby Saluda, SC, from the first SC farmer certified organic. Some of our tomatoes, garlic, Jerusalem artichokes, watermelon and cantaloupe come from his farm. Over several years he's bred many drought tolerant plants by selecting the most deep rooted in every generation and breeding them to each other.

We also use sustainable methods so less water's needed. Drip irrigation slowly leaks water at ground level so less evaporates. Mulch, chopped dried leaves or cover crops keep the ground cooler and hold in moisture. And, delicacies get shade from special cloth.

With a little luck, skill and hard work we can grow great produce with water left over so the helpful bees won't have to sip off us while we work!

## Call out the shredder!

Even the best of big veggies can seem a bit overwhelming at first glance. But there's a trick that'll tame even the biggest, oldest, or most plentiful, and that's shredding.

Peel and seed if you like (seeding makes drier shreds), shred each type separately or together, portion out 1/4 cup balls onto a sheet pan then freeze. Once they're stiff you can double wrap or bag and put back in the freezer. A single, thawed ball can be added to a dozen of most any type of muffins. Several can go in pasta sauce or soup.

## Neon eggplants a treat

Some varieties seem to have all the positives and none of their negatives. That's how it is with Neon eggplant.

Neon is a newer variety good for all recipes but especially for stuffing and grilling. In general these smaller eggplants are more tender and milder tasting, less spongy and seedy than older fruits. Eggplant hates the cold so keep in the front of the fridge or a cool pantry. Store away from ethylene producers like apple and pear, and keep on top to avoid bruising.

## Send back packing bags, cartons!

Please remember to rinse (if dirty) & return the orange-colored bag, white mesh bags, egg cartons, berry boxes, baskets and other reusable materials we deliver your produce in. That way we'll have plenty to pack your next share!

Sign-up today! Only  
**21 regular\*  
shares left.**

\*more if medium shares

## Your CSA share

This Spring delivery is #10 for the year. Egg sharers get eggs; Regular & even-week sharers get:

- Sweet corn *Cinderella*
- Redskin potatoes
- Eggplant *Neon*
- Green tomatoes
- Green onions
- Blueberries
- Boiled peanuts
- Acorn squash
- Zucchini
- Pepper mix- various



PO Box 413  
Aiken, SC 29802  
V: 803.221.3664  
info@earthwizefarms.com



[www.earthwizefarms.com](http://www.earthwizefarms.com)