

Summer Creek Farm

2009 CSA Newsletter

Heirloom Tomatoes

Heirloom tomatoes are plants that were commonly grown during earlier periods in human history, but are not used in modern large-scale agriculture.

These plants can be reproduced from their seeds, and only varieties in existence before World War II qualify as heirlooms. Heirlooms have outstanding flavor, come in a variety of colors (pink, yellow, orange, maroon, purple), may be marbled or striped and have unusual shapes.

Heirloom tomatoes often have fun names, like Casady's Folly or Mullens' Mortgage Lifter. Store tomatoes in a cool place, but for the best flavor, do not refrigerate whole tomatoes.

Sources:
[Wikipedia](#),
[Washington Post](#) and
[Pasadena Star-News](#). Image:
[Mercedesfromtheheights](#)



From Farmer Rick

We are at the time of year when our college help is returning to school. This month we will lose 3 of our workers and one more will go to part time. I am glad that our farm, with your CSA participation, has provided jobs for this many people in this economy. We have been working very hard this month since it will be our busiest month of the year. By this time of year we are certainly tiring. Our week goes like this:

Monday - Pack Monday Farm CSA, call and get our orders for wholesale and restaurant sales. We then start picking for our wholesale accounts.

Tuesday - Start by picking and then we go on delivery. I leave the farm for two deliveries in Frederick, one in Clarksville and then to Annapolis and back to the farm.

Wednesday - We pick for Frederick CSA, Urbana CSA and restaurant deliveries. Once the CSA boxes are picked I leave the farm for Frederick CSA delivery, four restaurants and one store delivery, then to Urbana CSA.

Thursday - On our only true farm day, we weed, plant and fix all the issues (well as many as we can get to!).

Friday - We pick for one wholesale customer and our weekend markets. We ship Friday evening to one customer and pack our trailer for Frederick Farmers Market.

Saturday - We are off to Frederick for Farmers market. We set up, sell and then pack it all back up to be home by 3:00 p.m. Saturday evening I pick more for Sunday market and Sunday morning we are off to Clarksburg for Farmers market.

Sunday - When I get home around 3:00 p.m., I rest. I do some farm work, but not much. I need the rest to start on Monday all over. I do this schedule from May to November. It is no wonder why I love December!

I hope you are enjoying your produce, as you can see a lot goes into keeping a farm running to get it to you. Thanks for your support.

-Farmer Rick

p.s. Our last CSA day is the week of September 23. More information on the fall CSA in future newsletters. I hope you enjoyed your Heirloom tomatoes this week!

Week 13
August 18, 2009

Recipe Feature

CSA "French Fries"

Idea from [Flour Girl](#), creator of [Cooking Away My CSA](#)

I call these CSA "French Fries" because with a little salt, they are just as irresistible. -- April

Ingredients:

1 bunch green beans
1 to 2 tablespoons extra virgin olive oil
1 teaspoon sea salt, or to taste

Preheat oven to 425. Wash green beans, and trim ends. Snap them in half for bite-size pieces.

Drizzle green beans with olive oil and mix to coat evenly, spread on nonstick cookie sheet (or a regular one covered in foil), and sprinkle with sea salt. Roast until they just begin to brown, about 10 to 15 minutes.

This week's box

- ☀ Heirloom tomatoes
- ☀ Regular tomatoes
- ☀ Jalapeno peppers
- ☀ Green peppers
- ☀ Potatoes
- ☀ Basil
- ☀ Squash
- ☀ Beans

Contact us: farmer@summercreekfarm.com

Items may vary by location/pick-up day.