

Otter Hook Farms

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Traditional Family Farming



Week of July 14, 2009, Harvest Week 6

This week's share includes: Lettuce, Radishes, Cabbage, Carrots, Summer Squash, Green Beans or Broccoli and Greens

Our plans for next week are about the same, with the subtraction of cabbage and the addition of turnips.

Okonomiyaki (Japanese Pizza) Recipe

2 cups cabbage, finely shredded
1 cup leeks, well washed and chopped
2/3 cup flour
a couple pinches of fine grain sea salt
2 eggs, beaten
1+ tablespoon olive oil
Garnish: toasted slivered almonds, chives/herbs

Combine the cabbage, leeks, flour, and salt in a bowl. Toss until everything is coated with a dusting of flour. Stir in the eggs and mix until everything is evenly coated.

Heat a large skillet over medium heat and add a generous splash of olive oil. Scoop the cabbage mixture into the pan, and using a metal spatula press it into a round pancake shape, flat as you can get it. Cook for 4-5 minutes, or until the bottom is golden.

To flip the okonomiyaki, slide it out of the skillet onto a plate. Place another plate on top and flip both (together) over. If you need a bit more oil in your skillet, add it now, before sliding the okonomiyaki back into the skillet. Again press down a bit with a spatula and cook until golden on this side - another 3 -5 minutes.

When you are finished cooking, sprinkle with toasted almonds and chives, and slide it onto a cutting board to cut into wedges. Enjoy immediately.

Serves 1 - 2.

We have had many of you asking how the gardens are doing with all this rain. Now that we've passed the quarter mark on the season, we thought it would be a good time to update everyone on the state of affairs at the farm.

April and May were warm and dry, which allowed us to get all our early planting done on time or early, but also required irrigation, which we set up a system for this year using a gas-powered pump to get the water from the ponds we dug last year into the gardens. Flea beetles also got an early and hungry start to the season; eating three plantings of mustard greens, arugula, and our first batches of turnips and Asian greens. So, unfortunately, the early share has been short on leafy greens, but we are hoping they fare much better this fall, so we can all get our fill.

June was wet, wet, wet! We had nearly 10 inches of rain on the farm, which is nearly triple the norm. By planting differently and digging drainage, we have had little loss to the water – several weeks' worth of carrots and a couple of potato plants seem to be the only casualties.

Between the wet weather and the cool temperatures, our spring brassicas, the radishes, and lettuces did tremendously well. July continues to be cool, but (thank goodness) dryer. Beautiful weather for growing fall crops – in particular the fall brassicas and certain winter squashes look wonderful – but not ideal for peppers, eggplant and tomatoes, all of whom prefer their days in the 80's and nights in the 60's. The plants all look good, and we have tomatoes and a couple of eggplants forming. Harvests should be abundant, but a bit later than we had hoped – not until August. Our cucumber plants have been at a standstill and the summer squash is starting to come in, but slowly. We're hoping both will pick up now that we are getting more sunny days. The green beans are doing quite well, and we should have some new potatoes by the end of July.

So, overall, we feel positive about the season. The broccoli never looked so good, we've had more (and nicer) radishes than ever before, the potatoes will be abundant, and we are enjoying everything else we do have. This dryer weather trend is allowing us to get in the plantings we missed over the last month (it was too wet to rototill) and having Mary here to help has been really great; allowing us to get caught up on some much-needed weeding, planting and bug-squashing. We've also had more member interest in helping out at the farm, with Kristen, in particular, volunteering her time, which we very much appreciate.