

# Otter Hook Farms

Traditional Family Farming



## Week of July 21, 2009, Harvest Week 7

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

Our plans for next week include Lettuce, Napa Cabbage, Beets, New Potatoes, Summer Squash, Parsley, Beans and Greens

### Carrot, Dill & White Bean Salad

1/4 cup extra-virgin olive oil  
3 tablespoons fresh lemon juice  
1/4 teaspoon fine grain salt  
1/2 cup thinly sliced shallots  
more olive oil (or butter) for cooking  
2 cups sliced carrots, cut 1/4-inch thick on deep bias  
3 cups cooked white beans  
scant 1/4 cup chopped fresh dill  
2 tablespoons brown sugar (or honey)  
1/3 cup sliced almonds, toasted

Combine the olive oil, lemon juice, salt and shallots in a small bowl. Stir and set aside.

In your largest skillet over medium high heat, toss the carrots with a splash of olive oil or a spoonful of butter. Let them cook in a single layer - they'll give off a bit of water at first. Keep cooking, tossing gently every three or four minutes until the carrots are deeply browned. All told, about twelve minutes.

Add the beans and dill to the skillet and cook for another five minutes, or until the beans are well heated through. If you are using beans that weren't canned you can allow them to brown a bit as well (just cook a bit longer, and stir less frequently) - they can handle this in a way that most canned beans can't. If you need to add a bit more olive oil to the pan - do so.

Place the contents of the skillet in a large mixing bowl, sprinkle with the brown sugar and pour the 3/4 of the lemon-olive oil mixture over the top. Toss gently. Let sit for ten minutes. Toss gently once again, taste and adjust with more salt or sugar or lemon juice if needed to balance the flavors. Serve warm or at room temperature and finish by sprinkling with the almonds just before serving.

Serves 6 - 8 as a side.

We wanted to share this article from the Tuesday (7/21) Times Union about Late Blight. We have been lucky enough to evade this thus far; we do know other farmers over in Columbia County, and have a gardener friend in Clifton Park who are dealing with this problem this season. Please keep your fingers crossed for some dry weather!!!

*A highly contagious and destructive tomato blight continues to advance across New York, another in a series of weather-related headaches for upstate farmers during this cool and rainy summer. The "late blight" seems to have originated with seedlings sold to gardeners by some big-box stores, but the fungus-based disease travels by air and has spread to commercial growers across the Northeast and Mid-Atlantic.*

*"It's just been going crazy," said John Mishanec, an Albany-based pest management specialist at Cornell Cooperative Extension. "It's like a nuclear bomb that went off and everybody's getting it sooner or later." Mishanec said on Monday he discovered the first confirmed tomato blight case in Schoharie County, although it's already been found elsewhere throughout the Capital Region. "It's widespread across the state, and it's a real problem," said Kenneth Carnes, who monitors plant diseases for the state Department of Agriculture and Markets. Mishanec and Carnes said the blight is likely to result in higher tomato prices at farmers markets. And it's a financial hardship for commercial growers who are losing portions of their crop or trying to fight off the disease with expensive fungicides.*

*Yet the blight is just one of several agricultural problems caused by the rainy weather -- including muddy fields in the spring that made planting an especially arduous chore. Cool and cloudy conditions also stunted the growth of corn and other crops, meaning many will be later-than-usual arrivals at farmers markets. Peppers, in particular, thrive in the heat and are behind their typical schedule.*

*Of course, every crop has different demands and needs, and some thrive in the wet and damp weather that has characterized much of the summer. "Potatoes are just growing like gang busters," Mishanec said. Potatoes, though, can also be affected by late blight, although they aren't as susceptible as tomatoes. The blight is particularly troublesome for organic farmers, who have fewer fungicides in their arsenal. Many non-organic farmers are spending between \$300 and \$800 per acre for each fungicide application, and they're applying the chemicals often.*

*Blight-infected plants have dark spots, or lesions, as big as a quarter. The edges of the lesions often show a white fungus, which releases the spores that spread the disease. The fruit, meanwhile, take on a discolored and unappealing appearance. Mishanec, at Cornell, says home gardeners who discover infected plants should place them in plastic bags and throw them away. Composting the plants is a mistake, he said, because it allows the spores to continue the spread of the disease.*

*Cornell has traced the blight to Bonnie Plants, an Alabama-based wholesaler that supplies retailers such as Wal-Mart, Lowe's and Home Depot. But Dennis Thomas, a general manager at Bonnie, earlier this month told the Times Union he doubted his company was responsible. Still, Peter Gregg, spokesman for the New York Farm Bureau, said the group is asking the state agriculture department to pressure big-box stores to curtail the sale of out-of-state plants, as a way to curb the spread of disease.*

*Officials say the best defense against this year's blight outbreak is something many upstate residents are craving: A long spell of sunny, hot and rain-free weather. "That's what most farmers are praying for," Carnes said.*

Written by Chris Churchill