

Community Supported Garden at La Vista

THE WEEKLY WEEDEEER

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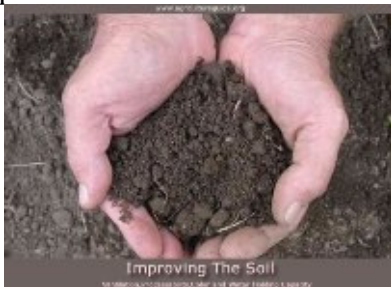
LIVING ORGANICALLY WITH DISEASES

If diseases weren't so destructive we'd probably celebrate them like we celebrate other fascinating natural creatures like eagles, snakes, redwood trees, or any other part of creation that has adapted to this world in some kind of amazing, successful and beautiful way. But, we don't celebrate diseases because they don't leave us alone.

Like any farm this time of year, during the muggy, wildly alive days of summer, we have a lot of diseases around. But, unlike most farms, because we are organic, we must learn to live with and manage diseases, not control or try to eradicate them. Of course, no one has figured out how to control or eradicate diseases, and that's where the fascinating element of disease lies. Diseases are the most adaptable and rowdy of natural creatures, and quite brilliant and creative. They tend to figure out whatever they need to figure out in order to not only survive but to thrive.

We're not going to eradicate diseases. However, we can surely learn to live with them. Some of the many crop diseases we have to learn to live with are leaf blight, mildews, and bacterial wilt. These diseases infect our tomatoes, carrots, squash, cucumbers, and many other crops. It's not easy to live with these diseases. Even writing them makes me cringe, because they make our day-to-day farming lives so unpredictable and our work so precarious. Farm or garden long enough, or at all, and you'll inevitably walk out one morning and find a crop that looked great the day before has wilted, faded, or otherwise succumbed to some kind of disease.

How do we try to manage diseases? In brief, we try almost every thing that does not include applying fungicides or any other type of chemical that we don't want to ingest ourselves, or that would help the disease adapt into ever stronger forms. Instead, we try to fool them. We select varieties of crops that might have a stronger resistance to a particular disease. We move crops around year-to-year and



Improving The Soil

planting-to-planting to discourage build-up of soil-borne diseases. We try to keep our fields "clean" of diseased plants. And, we try to plant enough and keep our crops healthy enough that we still get plenty of production despite the

WHAT'S IN YOUR SHARE?



- Eggplant
- Potatoes
- Carrots
- Basil
- Tomatoes
- Squash
- Beets
- Garlic
- Peppers
- Cucumbers
- Onions
- Scallions

and U-Pick plum & cherry tomatoes, green beans, herbs and flowers

WHAT'S FOR DINNER?

Summer Squash or Zucchini Pancakes
(from from Mark Bittman, *How to Cook Everything*)

- About 2 pounds summer squash
- 1 egg, lightly beaten
- 1/2 cup minced onion
- 1/2 cup freshly grated Parmesan cheese
- 1/4 cup flour or bread crumbs, plus more for dredging
- Salt and pepper to taste
- 1/4 cup minced fresh basil or parsley leaves
- 4 Tbsp olive or other oil
- Lemon wedges



1. Finely grate the squash by hand or with food processor. Combine it with the egg, onion, flour or bread crumbs, Parmesan, salt, pepper, and herb. Add more flour or bread crumbs if necessary to make a mixture capable of holding its shape.
2. Shape into 4 to 8 burger-shaped patties. If time allows, refrigerate for 1 hour to allow them to firm up.
3. When you're ready to cook, place the oil in a large skillet and turn the heat to medium-high. When the oil is hot, dredge the cakes in flour or bread crumbs and place in the skillet. Cook, turning once, until nicely browned on both sides, about 15 minutes. Serve with lemon wedges.

Planting Lettuce

presence of disease.

August is an anomaly. It's often burgeoning with fruiting vegetables, and we're on pace to break production records this year. But, we still have all these diseases that defy our best efforts. Sometimes I get discouraged by the reign of disease, but then I remember that we're working in a natural world that is as creative, destructive and diverse as it is fertile. Our goal is to implement and develop a new paradigm of farming that works with and mimics natural rhythms and patterns, which includes the diseases that we cannot wish away.



UPCOMING EVENTS

Volunteer Work Day Saturday, August 29 at 8 a.m.

Take note that we are bumping up one week our September "first Saturday" work day because of Labor Day weekend. The following workday will still be the third Saturday of September.

LOOKING AHEAD

Leeks are coming soon, and then, in a few weeks, salad and other greens will begin returning.



Volunteers



Volunteers Again



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www.lavistaCSA.org

The ***Community Supported Garden at La Vista*** is one branch of the **Oblate Ecological Initiative**, a ministry of the Missionary Oblates of Mary Immaculate. The other branch, the ***Ecological Learning Center***, offers seasonal celebrations, retreats, presentations, discussion groups and a week-long Earth Literacy course. For more information visit www.lavistaELC.org.

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