

Seasons Changing

This is the week of the long days. The days preceding and following the summer solstice bring more light, and less night, than any week of the year. In the plant world, this week marks a major turning point.

In many cases, plants (and animals, insects, etc.) respond more often to day length than to temperature. Onions, for instance, put energy into their swelling bulbs rather than their towering leaves. Fruiting crops blossom heavily, and fruits ripen soon after day length reaches its zenith.

In the field, it's just hot. But, the longer days mean I can and will work plenty in the "cooler" times of day. Days start earlier and last into the evening, when the temperatures cool and the sunrays are less pounding.

With a couple of dry weeks (as of this writing), we're also into some full-on irrigation cycles. This year, with increased use of drip irrigation in the East Field, most of our crops have enough water to drink to keep them happy during dry spells. We still need rain, though. Rain is a different kind of water, a water that penetrates and feeds the soil. Irrigation is a way to bridge the gap between rains. Still, most of our crops, especially the summer crops, are looking fabulous.

Weeds, of course, love this time of year. They grow faster than ever, with more daylight than ever. I, and several great volunteers, have put a lot of effort into keeping weeds from establishing themselves, but they still have a remarkable instinct for survival. But, so do sweet peppers, sweet potatoes, leeks, etc.

So... Here's to summer!

Upcoming Events

Cooking Demo and Solstice Celebration!

Friday, June 22, 4:30 to 6, come to the farm for a Cooking Demonstration. Also on Friday, join Father Maurice for the annual Summer Solstice Celebration at 7 p.m.! Details in the Share Room.

What's in Your Share

Summer Squash

Cucumbers

Basil

Beets

Chinese Cabbage

Turnips

Radishes

Lettuce

Scallions

Swiss Chard

Herbs and Flowers OPEN in U-Pick

What's For Dinner:

Roasted Yellow Squash in a Mint Bath

4 medium **summer squash**, trimmed, cut across in half and each half cut lengthwise into 4 pieces, seeds scooped out

¼ cup lemon juice

¼ cup olive oil

¼ cup tightly packed fresh **mint** leaves, chopped medium-fine

1 tspn salt

Preheat oven to 500F.

In small bowl, combine lemon juice, oil, mint and salt. Pour into 14X12X2" roasting pan. Arrange squash in pan. Roll squash in oil mixture. Roast for 30 minutes. Use fork or spatula to turn squash over. Roast 15 minutes more.

Serve warm or at room temperature.

Looking Ahead

In the coming weeks, look for tomatoes, onions, potatoes, sweet peppers, fennel and carrots! Yum!

And... cherry tomatoes! Green beans in two or three weeks...