

The Cost of Better Food

I love harvesting basil. It grows very well in this climate and benefits from regular harvest. It's fairly easy to grow, with moderately priced seeds and relatively medium water and fertility needs.

I was thus surprised on a recent visit to Whole Foods to see that it was priced above \$5 per bunch. And, the bunches were rather small and already going to seed!

There is nothing inherently pricey about growing basil. There is, of course, its one major flaw: a shockingly short shelf life, at least for the varieties we grow. Nevertheless, is it worth more than \$5 a bunch?

All of which brings up the topic of price, cost, value, etc., of organically-grown produce. Across the board, with increasing exceptions, prices continue to hover near premium levels, keeping organics out of reach for most potential customers.

On the one hand, this indicates a lack of supply to meet the growing demand for better food. It also represents the need of farmers to cover the higher costs of transitioning to a new style of farming. Or, often, new organic farmers face the high investment costs of a new operation and need the higher prices in order to get their farm up and running.

Eventually, though, prices should stabilize and then compete very well with all other produce, if not even out-compete. Once a farm and a farming system are established, if they are truly sustainable, then the cost of farming should drop considerably.

Your support for this kind of farming is making a strong foundation for the day, soon, when organic becomes the conventional means of growing our food. It may not always be clear, with weeds and bugs at times, but we're figuring this out, one bunch of summer basil at a time...

Upcoming Events

Tomato Festival! Sunday, Aug. 5
Work Day, Saturday, August 4

What's in Your Share

Tomatoes, Eggplant, Potatoes, Fresh onion, Summer Squash, Cucumbers, Beets, Radishes, Basil, Cilantro

Green Beans, Tomatillos, Okra, Basil, Saucing Tomatoes and Cherry tomatoes are OPEN...

What's For Dinner:

(this is a repeat recipe from last year for all our new members... Enjoy!)

Cherry tomatoes and Sage with Pasta

A wonderful, light summer meal. Someone showed me this meal, so I don't have an exact recipe. If you want fresh sage from the farm, ask me or the greeter.

Butter, up to a ½ stick

1 quart Cherry tomatoes, preferably red, stems removed, sliced in half

Handful Fresh sage

Pasta of your choice

Salt and pepper to taste

1. Boil water and cook pasta.
2. Melt butter in saucepan over medium heat and sauté sage for a minute until wilted (not burned!)
3. Add cherry tomatoes and sauté gently until heated through.
4. Add salt and pepper and toss with pasta. Add cheese if desired and serve with a salad and bread.

Looking Ahead

Spinach and salad mix are germinating well. Will they survive the rest of the summer heat? Let's hope so! At the earliest, we should see these greens again by late August.

Fall chard hasn't fared as well, but I'm not giving up. Carrots, though, are looking great for late August.