RED FIRE READER

A bimonthlu newsletter from Red Fire Farm, arowers of healthu oraanic food for communities in Massachusetts

GRANBY, MASSACHUSETTS 01033 (413) 467-SOIL AUG. 11, 2008 ISSUE NUMBER VI

IN THIS ISSUE

TOMATO FEST
FARM UPDATE
PYO UPDATE
BULK ORDERS
RECIPES
FARM CAM

CALENDAR

August 17th: Free Harvest Supper, Greenfield Town Common, 5-7PM
August 20th : Ona's cooking demo at Commonwealth CSA
August 23rd : Red Fire Farm's 8th annual Tomato Festival plus Trot and Contradance. **Rain Date: Sunday August 24**
August 26th : Ona's cooking demo at Springfield at the X
Sept. 20th : Farm Aid Concert, Mansfield, MA (www.farmaid.org)
Sept. 20-21st : North Quabbin Garlic and Arts Festival
October 3rd : Eat the View fundraising dinner for Community Involved in Sustaining Agriculture (CISA) 413-665-7100 for more info.
October 11th : Red Fire Farm's Fall Harvest Feast, 5:30 PM.

IN SEASON

lettuce – summer squash – zucchini – cucumbers – carrots- chard – beets- parsley – dill –basil-- new potatoes- cabbage– radish – broccoli – cilantro– walla walla onions – scallions - garlic – kale – collards – tomatoes- peppers – melons –corn – cut flowers –eggplant - beans
Locally grown Blueberries, Peaches

Red Fire Farm
2008 8th Annual

Tomato Festival

& 5th Annual Tomato Trot

Saturday, August 23rd - Noon - 5 p.m.

Admission $5 (CSA, Farm Stand Members and kids free admission)

THREE BANDS *playing live*
Sarah Levecque Band, The Amity Front, and the Drew Hickum Band

FOUR CHEFS *cooking for you*
Ellen Ogden, Roger Ingraham, Stockbridge Herbs and Mala Patel

CONTRA DANCE *with*
George Marshall and band

75 Varieties of TOMATOES *for the tasting*
Organic, farm-grown tomatoes – seventy-five varieties from classic to exotic - for you to try in the tasting tent.

TOMATO TROT - 5k race through the fields - start time 10:30 – pre-register $15/$10 h.s. students, $18 on the day of the festival - walkers welcome too! (race number gets you into TFest free) Registration Form online.

Wagon Rides to pick your own cherry and saucing tomatoes from Red Fire Farm fields.

Parking available in the Brown Ellison Park lot adjacent to the eastern side of the farm.

The high season is here at Red Fire Farm. August and early September are the times of the year when we have the most abundance of the widest diversity of crops. Most notably, field grown tomatoes ripen in abundance during these weeks! To celebrate we are again holding our annual tomato festival. By the time the festival arrives we expect to have about 75 different varieties of tomatoes ripening. Many of these are exotic heirlooms!

The weather this summer has so far been on the challengingly wet side, and we have had damage to one of our early tomato fields in particular. The field growing our early succession of heirloom tomatoes had standing water on part of the field for a week following the big rain storms we had last week. This has killed about 1/5th of the plants and damaged others. So, at the moment, our supply of heirloom tomatoes is very limited, but the good news is that we have three more successions of heirloom tomatoes coming. These other fields look great, and they should be ripening prime fruits in another week or two and should be totally abundant by the festival. Meanwhile, our early field of red tomatoes is doing okay, so CSA shares should get good amounts of these for the next week or two until the more exotic heirlooms become abundant.

We hope to see you all at the festival! Please plan to come with an appetite so that you can taste all 75 varieties of tomatoes in the tasting tent.

-Ryan

PYO UPDATE

Beans – this year we have a nice patch with three types of beans. The green beans are the maxibell variety, a very nice thin French type. We also have light green flat beans and yellow beans. Please be careful in the bean patch to not pick in the section that is roped off. These are fresh shelling beans and are not yet ripe.

Herbs – the herb patch looks especially nice this year. There is lots of basil, parsley, oregano, chives, salad burnet and others. Now is the time to pick some for drying for winter use.

Cherry Tomatoes – The cherry tomatoes are now ripe and abundant! We have 18 different types growing in the cherry tomato patch located just next to the barn parking area. Some of these types are hybrids; the others are open pollinated heirlooms. The patch includes: Supersweet 100, Sungold, Black Cherry, Golden Sweet, Sweet Olive, Favorita, Matt's Wild, Brown berry, Fargo Yellow Pear, Be My Baby, Apero, Tomato berry, Yellow Mini, Blondkopfchen, Austins Red Pear, Green Grape, Rose Quartz Pink Cherry and Red Fig. If you want to know exactly which is which, then plan to attend our Tomato Festival on Aug. 23rd. Otherwise, just pick the ones that taste good to you.

Pick up to 1 pint per week of cherry tomatoes per share.

Ground Cherries – are starting to ripen. So far there are only a few ripe ones, so only take a handful per week. Soon there will be a lot and then those who want to make pies and other big uses can get busy.

Throughout the day ~ Food provided by Hillside Pizza *and* The People's Pint

Schedule of Events:

10:30 am - Tomato Trot 5K Starts
12 pm - Roger Ingraham cooks "Wildman Vegetarian Stew" in the cauldron.
12 pm - Amanda Griffith and her guitar play in the barn.
12:30 - Preserving Tomatoes, a demonstration by Mary Nelen.
1:30 - Chef Mala Patel cooks Indian vegatable pakoras with local vegetables.
2:00 - Age Appropriate First Foods - learn to make your own baby food with Kelly Stellato-Petreaut in the barn.
3:30 - Chef, gardener and author Ellen Ogden Cooking Demo.
3:30 - Cooking with Herbs by Chefs Mary Ellen and Denise Lemay from Stockbridge Herbs.
7:30-10:30 pm - Contradance in the barn with George Marshall and band. $5 at the door.

Vendor Listing:

Hillside Organic Farm & Pizza
The People's Pint
Real Pickles
Appalachian Naturals Dressings and Salsa
Deborah's Kitchen
Good 4 You Herbal Teas
Tuckaway Farm Olive Oil
Hedgies Salsa
Berkshire Mountain Bakery

Crafters/Artisans:

Good Dirt Pottery
Stockbridge Herbs
Songline Emu Farm
Mountain to Seas Knits
Lill's Soaps
Blais Wood Products
Shakerae Gourds
Teddy Bear Favorites
Alana Corriveau's Bird House
Kiddstuff
Recycleze
Alisha Clarke Pottery
Boneyard Biscuits
Heidi Ho Jewelry
Fancy Free
Donna's Sewing
Ree Jewelry
Dolphin Design

Drew Hickum Band

Northampton, MA

"Drew Hickum's songs tell stories of men and women who confront hardship with grace and dignity. His stories are about his ancestors and about all of us, all at once….His songs draw on his southern background, and center on his love for the land and deep longing for roots."

Sarah Levecque Band

Framingham, MA

Rockin' roots and gritty country originals with some obscure covers thrown in the mix.

www.myspace.com/sarahlevecqueband

The Amity Front

Amherst, MA

"The Amity Front is a band that has wrestled Americana/Roots music to the ground and bent it to its will." -*The Greenfield Recorder*

"The band's hip swaggering, finger picking, Americana inspired music is an aural journey from the roots to modern rock relevance."

Tomato Festival Chefs

Ellen Ogden, co-founder of The Cook's Garden seed catalog and author of From the Cook's Garden cookbook and The Vermont Cheese Book.

Roger Ingraham, with forty years experience cooking over an open fire, he will take the raw energy of the seasons harvest and create this year's Wild Man Stew in his 50lb. cast-iron cauldron.

Mary Ellen and Denise Lemay of Stockbridge Herbs. For more than twenty years, they have been dedicated to exploring the flavors and wonders of herbs. With over a dozen culinary herb blends, they are the experts on how and when to use herbs in your cooking—from the common to the unusual.

Mala Patel, with a B.S. in Food and Nutrition, she has been teaching cooking classes in traditional Indian cuisine for over five years and will demonstrate making vegetable pakoras at the festival.

BULK ORDERS

Cukes are not doing too well this year. Many plantings were damaged by the flooding last week. We probably will not be able to fill any more bulk orders anytime soon. Sorry for those last week who did not get cukes that they ordered.

Organic Corn-60 ears per bag. $40 per bag
Basil- $6 per pound
Red and Paste Tomatoes will be ready to order starting the week of August 11th.
Garlic- $1.25 per bulb
Carrots- $38 per 25 pound bag
Dill- $1.75 per bunch

QUICK AND EASY PESTO

2 cups fresh basil, packed
½ cup grated parmesan cheese
½ cup olive oil
½ cup pine or walnuts
2 cloves garlic
salt and pepper to taste

Put all ingredients in blender and blend until smooth. Makes 1 cup.

TOMATO TROT
SIGN UP NOW!

Send in your registration form and entry fee ($15/$10 h.s.student--$18 on the day of the race) to reserve your spot and t-shirt. The 5K race will wind through Red Fire Farm fields and walkers are welcome.

FRESH TOMATO CORN SALSA

3 Tomatoes, chopped
3 ears Corn
1 Onion, chopped
1 pepper, chopped
3 cloves Garlic, minced
1 hot pepper, minced, or 1 tsp cayenne pepper
¼ cup Lemon juice or vinegar
2 Tbs. Olive oil
Salt to taste
1 Tbs. Maple syrup
3 Tbs. Cilantro

Chop tomatoes, salt and let sit in a colander for 30 min. to drain off extra juice. In the meantime, cut kernels from corn and mix in the rest of the ingredients, adding the drained tomatoes last and salting to taste.

Farm Cam

The peppers on Little Hill Field are looking good. The tomato plants did not fare so well after all of the rain and have started to die back and this may cause more of the tomatoes to get scalded by the sun as they ripen, but for now, we are harvesting a lot out of the field. The potato plants on the other side of the field are also starting to die back and will be dug soon.

The Red Fire Reader is compiled and edited by Ona Lindauer, the Red Fire Farm culinary intern. Newsletter topic ideas, recipes, writings, poems, and CSA community announcements are welcome and should be submitted to redfirefarm@gmail.com .

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