



Red Fire Reader

A monthly newsletter from Red Fire Farm, growers of healthy organic food for communities in Massachusetts

GRANBY, MASSACHUSETTS 01033

(413) 467-SOIL

AUGUST 2ND, 2009

ISSUE NUMBER III



IN THIS ISSUE

TOMATO FESTIVAL INFO
CALENDAR
RECIPES
BULK ORDERING
PYO INFO
FARM CAM

CALENDAR:

August 4th : Ona's cooking demo at the Springfield X Farmers Market/CSA distribution.

August 7-9th : Summer NOFA conference, UMass Amherst. Info at: nofasummerconference.org

August 12th : Ona's cooking demo at the Cambridge Harvest Co-op

August 16th: Free Harvest Supper, Greenfield, 4-6pm

August 22nd : 9th Annual Tomato Festival 12-5pm

August 28th : Ona's cooking demo at the Brighton Whole Foods

IN SEASON IN AUGUST

basil~lettuce~radishes~beets~carrots
~kale~mesclun greens~cilantro~
garlic~herbs~onions~potatoes~
cabbage~basil~summer squash~
cucumbers~beans~eggplant~melons~
onions~sweet corn~blueberries~
tomatoes

FROM THE GREENHOUSE

~peppers~cherry tomatoes~tomatoes~

Red Fire Farm's 9th Annual

Tomato Festival

& 6th annual Tomato Trot 5K

Heirloom and hybrid tomatoes to taste and vote on your favorite

Saturday, August 22nd - Noon-5pm

Admission \$5 (CSA, Farm Stand Members and kids under 12 free admission)

Wagon rides to pick your own cherry and saucing tomatoes, kids activities, local craft vendors.

Music by:

Rusty Belle

The Can Kickers

Drew Hickum

Guest Chefs

Christina Pirello

Janet Fletcher

Brian Aussant

WE NEED VOLUNTEERS

Sign up for a two-hour volunteer shift at the tomato festival and get free admission and a lovely basket of vegetables! It's a great chance to meet the crew and help Red Fire Farm pull off this great event. Volunteers needed from 9:30-4pm. Contact Janna Berger at events@redfirefarm.com for more info or to sign up for a time slot.

Schedule of Events

10:30 am - Tomato Trot 5K Starts
12 pm - Main festival opens
Drew Hickum and the Colonels - on the Stage
Brian Aussant - in the Chef Tent
12:30 pm - Seth Travins from Hawthorne Valley Farm teaches how to make lactofermented sauerkraut - in the Barn
1 pm - Janet Fletcher - in the Chef Tent
The Can Kickers - on the Stage
2 pm - Christina Pirello - in the Chef Tent
2:15 pm - Henry Lappen juggling - on the Stage
3 pm - Mary Nelen, locavore columnist for the Advocate, teaches how to can tomatoes - in the Barn
3:30 pm - Rusty Belle - on the Stage

Sign up now for the Tomato Trot

Download and send in your registration for the 6th Annual Tomato Trot 5k race through the pastures and farm fields at Red Fire Farm. The registration fee is \$15/\$10 h.s.student-\$18 on the day of the race with free Tomato Trot t-shirts for all participants and baskets of fresh produce for top finishers

Registration forms at www.redfirefarm.com.



The Black Sheep Deli will be selling food all day at the festival.

MENU

Grilled Margherita Pizza (\$4)
homemade whole wheat crust with crushed plum tomato marinara, basil pesto, garlic, & mozzarella

Pekarski Farm's Grilled Kielbasa Sausage

with grilled onions & peppers

Grilled Vegan Italian Eggplant & Garlic "Sausage" (\$5)

with grilled onions & peppers

Tequila Lime Flank Steak Fajita (\$5)

with sour cream, guacamole, & salsa

Three Berry Shortcake (\$4)

with homemade whipped cream

Szechuan Peanut Noodles (\$4)

with scallions, cilantro, & cucumber

DRINKS (\$2)

Iced Regular/Decaf Coffee

Lemonade

Iced Tea

...a little about the artists...

Christinal Pirello host of the PBS show 'Christina Cooks' and author of several books about cooking with whole foods will teach new methods for healthy eating in her signature exuberant style.

Janet Fletcher, a food writer currently writing a book on Community Supported Agriculture that will feature Red Fire Farm, will demonstrate recipes based on seasonal cooking.

Brian Aussant of Springfield's restaurant Bottega Cucina will introduce the world of raw foods by preparing a meal without any heat.

Rusty Belle- hailing from Amherst, this band is a little bit country, a little bit rock'n'roll, a little bit old-timey and a whole lotta fun.

The Can Kickers, this high-spirited band from Connecticut will entertain you with their 'punk bluegrass' tunes.

Drew Hickum and the Colonels from Northampton, are returning for another year of great music.

Henry Lappen, also known as Henry the Juggler, has been performing and teaching juggling for over 25 years. He's sure to entertain and impress watchers young and old.

PARKING AT THE FESTIVAL:

The lot at the Brown Ellison Park, adjacent to the farm will be open for festival parking. Please do not park near the three-way intersection of Taylor, Carver and Brook Streets to reduce congestion and please do not park blocking our neighbors'

GREEN BEANS BRAISED WITH TOMATO AND BASIL

3 tablespoons extra-virgin olive oil
1 cup finely chopped onion
3 garlic cloves, minced
1 1/2 pounds green beans, trimmed
1-2 tomatoes, finely chopped (about 1 cup)
1 cup (packed) fresh basil leaves
1/2 cup water

Heat oil in large nonstick skillet over medium heat. Add onion and half the garlic and sauté until onion softens slightly, about 5 minutes. Add green beans, tomatoes, basil leaves, and 1/2 cup water. Cook until beans are crisp-tender, stirring and tossing occasionally, about 10 minutes. Add the rest of the garlic and season to taste with salt and pepper. Transfer to bowl and serve.

BULK ITEMS AVAILABLE:

PICKLING CUKES - \$30 per half bushel (about 20 lbs)
SUMMER SQUASH AND/OR ZUCCHINI - \$30 per half bushel (about 20 lbs)
FRESH GARLIC - \$1.50 per bulb
DILL - \$1.25 per bunch
GREEN BEANS - for pickling and freezing (green or yellow beans available) - \$40 per bushel (25 lbs)
CORN - \$30 per 5 dozen (organic) \$25 per 5 dozen (conventional)
CARROTS - \$32 per 25 LB bag
BASIL - \$6 per LB

PYO Update

As long as they don't get late blight, **cherry tomatoes** should be ready for pick your own starting the week of August 3rd. Watch the PYO board in the barn for picking quantity info. It is likely to be light at the beginning, but the amounts will increase as the crop ripens more in mid to late August.

Cut Flowers- The PYO patch is beautiful this season. Pick up to 20 stems per week.

Yellow and Green Beans are at their prime for picking now. Boston area members can pick 6 quarts for the year, Granby and Springfield members can pick around 2 quarts per week.

Herbs- pick as needed for your cooking pleasure. We have fresh mint for your summer ice tea and oregano and thyme for your tomato sauce canning

Coming Soon: Ground Cherry, Tomatillo, Hot Peppers, Fall Raspberries



Ryan juggling cucumbers at the stand

CHICKPEA TABBOULEH - like the traditional version with bulgur, this salad tastes like summer with a little more protein. Extra parsley is always available in our pick-your-own herb patch.

1 cup dried (2 cups cooked) chickpeas	
1 tsp salt	3 tablespoons fresh lemon juice
3 tablespoons olive oil	2-4 cloves garlic, minced
1 cup boiling-hot water	1/4 cup finely chopped fresh mint
2 medium tomatoes, cut into 1/4-inch pieces	3/4 teaspoon salt
2 cucumbers, peeled and cut into 1/4-inch pieces	1/4 teaspoon black pepper
1-3 bunches parsley, finely chopped	1 Tbs. Toasted cumin seeds (opt.)
1/2 onion, thinly sliced (opt.)	

Mix the bulgur with the salt and oil and pour the boiling water over. Cover and let sit for 10 min. If using chickpeas, soak dry beans for 2 hours to overnight and boil until soft (up to 3 hours depending on soak time). Run under cold water and remove skins as desired. Add remaining ingredients and mix well. Chill.

5 Tips on Picking and Caring for Flowers

1. Cut yourself a nice long stem, but don't cut all the way to the bottom of the plant. Be careful to leave some of the branching sets lower down as they will continue to produce.
2. When you get your flowers home, re-cut the stems about an inch from the bottom. Cut them at an angle with a *clean, sharp* clipper, scissor or knife.
3. Strip off any foliage at the bottom of the stem that might be under the water line. This will help keep bacteria from growing in your vase.
4. Keep your vase as clean as your dinner dishes, changing the water often. Flower stems are like pipes, if they get clogged up by bacteria the blooms will wilt.
5. Remove any wilting elements from your bouquet. Some flowers last longer than others so you can improve the staying power of the long lived flowers by removing the dying ones.

Follow these helpful tips and you should have lasting flowers in your home and a long-lived PYO Flower Patch at the Farm.



FARM CAM: Hatch Field

We've started harvesting eggplant from the field in all shapes and sizes. Soon the peppers will be ripening. We've also have ploughed a whole new block (the brown patches in the top photo) which doubles the size of the whole field. Sadly, Late Blight hit this field's tomatoes and we may have to pull them all out. Don't worry, the Tomato Fest is still on! Check out the weekly emails for more info on the Late Blight situation.

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

thefarmers@redfirefarm.com.

RED FIRE FARM
7 CARVER STREET
GRANBY, MA 01033
(413) 467-SOIL
thefarmers@redfirefarm.com



VISIT US ONLINE!
www.redfirefarm.com