



Red Fire Reader

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

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AUGUST 1ST, 2010 ISSUE NUMBER III



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CALENDAR:

August 4th : Ona's cooking demo at the Commonwealth CSA

August 10th: Ona's cooking demo at the Springfield Farmer's Market in Forest Park.

August 13-15th: Summer NOFA conference, UMass Amherst. Info at: nofasummerconference.org

August 20th : Ona's cooking demo at the MIT CSA distribution

August 22nd: Free Harvest Supper, Greenfield, 4:30-6:30 PM

August 25th : Ona's cooking demo at the Cambridge Harvest Coop

August 28th : 10th Annual Tomato Festival 12-5pm

August 31st : Ona's cooking demo at the Springfield Farmer's Market at Forest Park

IN SEASON IN AUGUST

basil~lettuce~beets~carrots~kale~
garlic~herbs~onions~potatoes~
cabbage~okra~summer squash~
cucumbers~beans~eggplant~
peaches~melons~onions~sweet corn~
peppers~tomatoes~radishes~early
apples~blueberries~

flowers~raspberries~tomatillos

FROM THE GREENHOUSE

~peppers~cherry tomatoes~tomatoes~

Red Fire Farm's 10th Annual

Tomato Festival

& 7th annual Tomato Trot 5K

Tomato Tasting of over 100 varieties of heirloom, hybrid and cherry tomatoes.

Saturday, August 28th - 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, wild edibles walk and more!

Music by:

The Neilds

Carrie Ferguson

Eva Cappelli and the WaterShops

The Salvation Alley

String Band

Guest Chefs:

Peter Davis

Sebastian Carosi

Cathie Albrecht

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 Tamsin at events@redfirefarm.com for more info or to sign up for a time slot. Please plan to check-in 15 minutes before your shift.

Sign up now for the Tomato Trot

Download and send in your registration for the 7th 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 Festival t-shirts for all participants and baskets of fresh produce for top finishers

Registration forms at www.redfirefarm.com.



...a little about the artists...

Peter Davis, a native of Boston and the Chef

behind Henrietta's Table in the Charles Hotel in Cambridge, Davis is a proud supporter of sustainable local agriculture. His culinary philosophy is "fresh from the farm and honest-to-goodness New England cooking." and he'll be preparing salad dressings from his new book Fresh & Honest at this year's festival.

Sebastian Carosi a native of RI and self-proclaimed 'local foods junkie,' Carosi is the founder of the New England Farm to Fork Project and the chef behind many local food events, most recently based out of southern Maine. Carosi will be preparing "Oven melted" Red Fire Farm heirloom tomatoes on garlic toast with crushed basil and homemade farmers cheese, smoky red fire farm heirloom tomato broth 'liquid salad' with a tiny local goat cheese grilled cheese, and a sauce of small smoked misc. heirloom tomatoes with pasta, chilies, basil and wild fennel pollen.'

Cathie Albrecht of Springfield's 3 Café will share her love of supporting local farms by preparing 'Stuffed Tomato Salad with three different fillings: Orange Chutney Chicken Salad, Curried Tuna and an Chunky Avocado filling served on mixed greens and a Tomato and Sour Dough Salad.'

The Nields- Nerissa and Katryna, this sister duo hails from Williamstown where they have been writing and singing together for over 20 years. Beautiful harmonies and thoughtful, often comic lyrics, the Nields sing folk with a rock spirit.

Eva Capelli and the Watershops, based in Easthampton, MA, they have been playing together since 2008. 'Eva's music is a lively mix of blues, folk, country, rock, "torch songs" with 1940s-50s styling, latin/tex-mex, and a wide range of other popular and ethnic styles.'

Carrie Ferguson, a Pioneer Valley local has been playing for 10 years and has just released her first solo album "Riding on the Back of the Wind". Her music is 'rootsy and rocking, swinging and soulful.'

The Salvation Alley String Band, based in Northampton has been playing acoustic music in western MA since 2006 and consider their music country folk rock. They have an album due out this summer, so look for it at the Tomato Fest!

Schedule of Events

10:30 am - Tomato Trot 5K Starts

12 pm - Main festival opens

Cathie Albrecht - in the Chef Tent

Carrie Ferguson - on the stage

12:30 pm - Madelyn Young - cut flower arranging- in the Barn

1:15 pm - Sebastian Carosi - in the Chef Tent

The Salvation Alley String Band - on the Stage

David Lover, vermicomposting - in the barn

2 pm - Mary Nelen and Donna Fisher, canning - in the Barn

2:30 pm - Peter Davis - in the Chef Tent

Eva Cappelli and the Watershops - in the Stage

3 pm - John Root, edibles walk- meet in the Barn

3:45 pm - The Nields

4 pm - Jo Brown, tour of flower garden, meet in the Barn

Fresh Green Bean Salad

½ lb. green beans

3 small summer squash/zuke 2 tomatoes

2 scallions

2 cloves garlic

2 Tbs. olive oil

1 Tbs. balsamic vinegar

salt and pepper to taste

Snip the ends of the beans, cut into 1-2" pieces and add to boiling water.

Return water to a boil, and cook another three minutes. Drain and dump into ice water to chill. Drain again. Julienne the summer squash or zucchini and add to the beans. Mince the garlic and scallions and chop the tomatoes into small pieces. Dress with olive oil and balsamic vinegar, salt and pepper. Let marinate until the squash softens a little. Serve with bread to soak up all the yummy juices.



BULK ITEMS AVAILABLE:

CUCUMBERS - \$35 per half bushel (about 20 lbs)

DILL - \$1.50 per bunch

GARLIC - \$1.50 per head

GRAPE LEAVES - \$1.50 for 10 leaves (for use in [fermented pickles](#))

BASIL - \$7.00 per LB

SUMMER SQUASH/ZUCCHINI - \$35 per half bushel (about 20 lbs)

BEANS-\$40/bushel

CORN-\$30/bag(5 dozen ears) for Organic, \$25/bag for Conventional

PEACHES-Check the website or emails for pricing when it becomes available

TOMATOES (second half of Aug.) Check website for pricing when it becomes available

PLEASE check the Bulk Order page on the website when placing a bulk order to ensure it goes through.

Parking at the Festival:

The lot at the Brown Ellison Park, adjacent to the farm will be open for festival parking AND in the Army Reserve Parking lot across from the park. 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' driveways.

PYO Update

The **Cherries Ground** are now available for picking. These are a farm crew favorite, so give them a try even if you've never had them before. Ground Cherries are ripe when the husks are dry and yellow or when they fall off the plant. Hunting for them is half the fun!

The **Cherry Tomato** patch is also now open. We have over 20 varieties so make sure to walk through the whole patch and pick a few of each. The ripe fruit could be red, pink, yellow, brown or orange, so make sure you are picking the ripe ones for the best tasting tomatoes.

The **Cut Flowers** are still full of blooms there are plenty of **herbs** to season all your summer cooking. There are also green, yellow and PURPLE beans to pick. Check the board in the barn for weekly picking amounts.

Coming Soon: Tomatillo, Hot Peppers, Fall Raspberries

Freezer Pesto

The PYO herb patch is full of basil so it's a great time to put away some pesto for the winter. Make the pesto without cheese now to save freezer space and you can add it in to your liking when you eat it.

In a food processor or blender, blend basil, garlic, olive oil and salt to taste. Proportions may vary, but 1 lb basil, 3 cloves garlic, ½ cup oil ½ cup pinenuts, walnuts or sunflower seeds and 2 tsp salt is a good place to start. When smooth, fill an old ice cube tray and freeze. Pop the cubes out and put in a Ziploc bag for storage. When ready to serve, defrost, add in parmesan cheese and mix with noodles. Enjoy!

Baba Ghanouj

Did you get a REALLY BIG eggplant in your share and not know what to do? Baba Ghanouj is easy to make and a great alternative to hummus on your summer sandwich.

2 1-pound eggplants, or one very large eggplant

1/4 cup olive oil

1/4 cup tahini (sesame seed paste)*

3 tablespoons fresh lemon juice

3 garlic clove, chopped

Salt

(1 tsp cumin and ¼ cup parsley are opt. ingredients and can be added in before blending.

Preheat oven to 375°. Halve the eggplants and place face down on an oiled baking sheet and bake until soft (about 40 minutes). When cool enough to handle, scoop the insides, let drain, and put in a blender or food processor with the olive oil, tahini, lemon, garlic and salt.

5 Tips on Picking and Caring for vegetation

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.



New Views at Red Fire Farm

As of the end of July, the photovoltaic array is in place! There are a couple more steps before it is brought online, but by mid-August over half of the electricity used on the farm will be solar generated.

ALSO



Major road repairs in front of the farm are making it more challenging to stop in. Don't let the dust deter you, though, there is plenty to do and see at the farm these days. Besides, the dirt road gives the whole place a more rustic feel than ever before and all the cars that used to speed down Carver St. are moving much slower these days, making the farm yard more family friendly. The road repairs are due to continue for another few weeks and by the Tomato Festival we hope to have a shiny new stretch of pavement in front of the farm.

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.

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