

# Wise Acre Farm

FRESH MARKET FARM PRODUCTS

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Week of June 15, 2009

**Please save the bags and glass jars that come with your deliveries and each week I will pick them up from the previous week and reuse them.**

### **This week on the farm:**

Eggs are coming! Well, in about 6 months or so. I just purchased 6 pullets (baby female chickens) and ordered another 45 to arrive in early July. Steve will be busy this weekend building a new chicken coup, complete with nesting boxes for the gals when they start laying. I will have both white and brown eggs available in limited quantities starting in winter. By next spring, I should have plenty of eggs available for CSA customers, special order and for sale at the farmers market.

Out in the field, the beets are done and the lettuce is finishing up. I am looking into constructing a shade house and planting heat-tolerant lettuce varieties to see if I can get a longer lettuce season. I am harvesting zucchini daily now and the cucumbers are coming on fast. Golden wax beans are just starting. I seeded pumpkins and winter squash this week and reseeded radishes, scallions and carrots. I have lots of green tomatoes just waiting for some summer heat to ripen them up. The eggplants are coming along beautifully, but like the tomatoes, okra and peppers, they are waiting for some hot weather to really start producing.

Like every year, I am constantly battling weeds. I am going to try to mulch the rows with straw this year if I can find a source of wheat straw at a good price. I may also experiment with using almond hulls as mulch. The "gardener" in me always wants the field to look neat and tidy and weedless. If I can get it to that point, I may have a "farm day" in fall so folks can come out and see where their Wise Acre Farm produce is grown.

### **What's in your bag (some or all of the following):**

Zucchini: Tigress & Fordhook (green) and Slik Pic (yellow), lettuce mix, cucumbers (Marketmore & Genuine), golden wax beans, spring onions, lemons, fresh Tarragon, and a bouquet of fresh flowers.



My goose, Grace, with her new babies...6 baby chickens! She is an excellent mother to any species of poultry.

Spring onions are early onions that have not formed bulbs yet. They are tender and should be stored in the refrigerator and used within a week.

The lettuce mix is at the end of the season and has a slight bitter taste to it because of the warmer weather. It hasn't been that warm this month for us, but a little too warm for lettuce. Some people enjoy the bitter flavor in their greens. It is not my favorite, but combined with a sweet dressing and maybe a little blue cheese, it tastes pretty good.

Please see the next page for your recipe of the week: Fish in foil with spring vegetables. I make this just about every week. It is very easy and very healthy. You can substitute any kind of fish and any kind of veggies and herbs that you like. It is a great way to use the ingredients in your veggie bag.

Have a wonderful week!

Visit Wise Acre Farm on Local Harvest:  
<http://www.localharvest.org/farms/M5587>

Newsletters and recipes are always available on my website: [www.wiseacrefarm.com](http://www.wiseacrefarm.com)  
Let me know if you prefer a paper copy.

The Arbuckle Certified Farmers Market is every Wednesday from 5 - 8 p.m. in downtown Arbuckle!  
[www.arbucklerevitalization.org](http://www.arbucklerevitalization.org)



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### **Week of 6/15/09**

#### **RECIPE:**

##### **Fish in foil with spring veggies**

- 2 pieces of white fish, such as Sole or Roughy
- 2 medium zucchini cut into thin strips
- 1 small onion, sliced into thin strips
- handful of golden wax beans, trimmed and cut into thirds
- 2 TBSP fresh Tarragon, chopped
- 1 TBSP olive oil
- 1 TBSP lemon juice
- Salt & pepper to taste

Prepare all veggies and herbs and put them in a bowl together. Add olive oil, tarragon, lemon juice salt & pepper. (You can add more olive oil or lemon juice depending on your taste). Divide the veggies onto two large pieces of foil. Place the fish on top of the veggies. Fold the foil over the fish and seal it around the edges.

Cook on a grill or in a 375 degree oven for 10 min.

##### *Other veggies & herbs you can use:*

- 1 potato, diced into small cubes
- 1 large tomato, diced
- Basil, dill, chives, thyme