

# Wise Acre Farm

FRESH MARKET FARM PRODUCTS

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Week of July 6, 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:**

The day-old chicks arrived on Thursday. They came from a poultry breeding farm in Texas. It is amazing that these little creatures can travel across the country in a cardboard box with no food or water and make it safe and sound to their destination. The yolk from the chick's egg gives it enough nutrients to sustain it for two days. The chicks are shipped via priority mail. My chicks shipped last Wednesday and they were in Arbuckle Thursday morning. They are in temporary housing in my studio while the new chicken coup is being worked on. We should have white eggs from the Leghorns in about 5 months and brown eggs from the Rhode Island Reds and Plymouth Rocks in about 6 months. When the chicks are grown enough to be outside, they will be on pasture during the day, and safely housed in their coup at night. We plan to plant a small fruit orchard (about a half acre) near the coup, with alfalfa growing between the rows. The chickens will be able to "graze" on the alfalfa and they will also scratch up weeds, eat bugs and leave a little fertilizer behind. It is a healthy life for the chickens and beneficial for the orchard.

Out in the vegetable field, the pumpkins and winter squash are coming in beautifully. I planted a second row of Basil, about 30 transplants from the greenhouse. I am

starting to get lemon cucumbers which everyone seems to love, and the tomatoes are starting to ripen! People keep asking me when the tomatoes will be ready...they are finally here, but in limited quantities. Soon there will be an abundance of tomatoes. All else is looking good. We should have melons in a few weeks and peppers in a month or so.

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

Zucchini: Tigress & Fordhook (green) and Slik Pic (yellow), cucumbers (Marketmore & Genuine), lemon cucumbers, golden wax beans, tomatoes (Early Girl), cherry tomatoes, fresh Basil, and a bouquet of fresh flowers.

### **Recipe:**

#### **Cucumber, Tomato & Basil Salad**

#### **Ingredients:**

1 medium cucumber  
2 medium tomatoes  
fresh basil leaves, rolled together and sliced (chiffonade)  
olive oil  
balsamic vinegar  
salt & pepper

Skin cucumber and slice very thin. Slice tomatoes very thin. Layer cucumbers and tomatoes and sprinkle with basil. Drizzle with olive oil and vinegar. Add salt & pepper to taste. Refrigerate and serve.



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)