



CALM AFTER THE STORM

One never knows what the morning is going to bring. The recent run of stormy weather has been frazzling our nerves. We watch the weather closely and do our best to plan for the worst. Water on hand, flashlights and change of clothes packed, chainsaw and fuel in the truck - all in case we decide to leave our house in a hurry. Living in a mobile home elevates the threat of severe weather. Making your living in plastic covered buildings takes it to a whole other level. We feel fortunate in all the years we've never had an actual emergency.

Tuesday night's winds took the top off of the first high tunnel we installed back in 2014. It was due for new plastic on the roof and much like all maintenance on our farm, we were dragging our feet on getting it done. The edges were tattered and torn from years of wind, rain, snow and ice, so the whole east side zipped off clean without damaging the frame as far as we can tell. The 300+ tomato plants inside are now exposed to the weather, but that isn't such a bad thing being we are in the midst of the hottest part of the summer.

The soil inside of tunnels tends to build up salts and minerals because they don't get rain inside to flush them. This is a great opportunity to flush this tunnel. We have new roof plastic on hand but have decided to replace the side curtains as well. Roll up sides are easier to manage and do a better job keeping the heat inside in the winter and the animals outside in the summer. This was the first tunnel we ever purchased and there are a few things we've been wanting to change.

Finding the silver lining in the seemingly bad tunnel situation is easy. Unfortunately the hail that came along with the wind did a number on our tender leafy crops. The cucumbers and melons have been severely damaged but we are hopeful they will recover. On the contrary, the lettuce will be unavailable for at least two weeks. Just a bit too much damage from the hail. Much like us, everything else looks frazzled but will be fine.

Just another day on the farm,

eric + rebecca

IN THE BAG

Rutabaga
Beets with Greens
Red Potatoes
Kohlrabi
Green Beans
Zucchini
Cucumbers
Garlic Bulb
Onions
Mixed Tomatoes
Carrots (*larges*)

HAIL DAMAGE

As you might expect, there are going to be some signs of hail damage on your produce. We've been seeing a lot of blemishes on the zucchini and cucumbers. Most have healed over but if they are not healed, this will be a point of decay. Please try to use them up more quickly if you suspect your produce has hail damage. There are also holes in the beets leaves and most all of our greens. Please bear with us and we get through these items.

TUNNEL HELP

Thank you everyone who has reached out to help us replace the plastic on the tunnel. We will put a post on social media and in our weekly email to let you know when you can join us hold on tight to help out. Thanks!!

VEGGIE HUMOR

Why did the carrot make a hair appointment? Its roots were showing.

FOLLOW THE FARM:



RUTABAGA

Rutabaga is a cruciferous vegetable that is known in other parts of the world as a “swede.” It is a cross between cabbage and turnips. The roots can be prepared in similar ways to potatoes, either mashed, roasted or boiled. It does have that bitterness that is common in turnips.



This particular planting is heavily infested with root worms so please plan on a lot of chopping away of the outside layer much like you would a kohlrabi. We tested several and found the inside to be relatively free from worm damage.

Don't be afraid to try it raw. Sliced thinly it goes great on a veggie tray or serves as a substitution for crackers with hummus. Fall planted rutabagas tend to be much sweeter with very little bitter. So if you don't like vegetable this month please don't wipe it from your favorable veggie list. Try it again in the fall when it grows into the cool weather instead of growing into the hot weather.

Baggies are considered a healthy alternative to potatoes with fewer “empty” carbs, providing a wide range of minerals, vitamins, and organic compounds that are beneficial for human health.

We've read articles touting rutabagas ability to improve your digestive health, prevent certain forms of cancer, act as an antioxidant, boost your immune system, and improve your metabolic function. There are also claims that rutabaga lowers blood pressure, and cholesterol levels, aids in cellular and enzymatic functions, builds strong bones, and can even help you lose weight.

GREEK TOMATO SALAD

Ingredients

- 3 large ripe tomatoes, chopped
- 2 cucumbers, peeled and chopped
- 1 small red onion, chopped
- 1/4 cup olive oil
- 4 teaspoons lemon juice
- 1 tsp oregano OR 1 1/2 tsp basil OR 1 1/2 tsp parsley
- salt and pepper to taste
- 1 cup crumbled feta cheese
- 6 black Greek olives, pitted and sliced

Directions

In shallow salad bowl, or on serving platter, combine tomatoes, cucumber, and onion. Sprinkle with oil, lemon juice, herbs, and salt and pepper to taste. Sprinkle feta cheese and olives over salad. (Optional: Top with microgreens for added flair and flavor.) Serve immediately.

BITTER: Not just for Old-Fashions

Even the thought of eating something bitter makes many people pucker, but if you aim to eat healthier, science says to suck it up: simply adding more bitter vegetables to your diet will eventually change how they taste to you. Plants make these compounds to defend themselves. Evolutionarily, we think bitter signifies toxins, but not all bitter is toxic to us.

In modern times, humans forage in the grocery store and find our food on restaurant menus, and it's the calorie-packed sweet, starchy, and fatty foods we want to eat most. “We've selectively taken all the bitter out of our diets, especially in the last 100 years or so, as people have shifted from eating mostly vegetable matter to a grain- and meat-heavy diet,” says Dr. Bill Rawls, MD, medical director of Vital Plan.

That means, for many, their bitter taste receptors essentially go unused. It wouldn't be a big deal if all those receptors did was tell your brain you're eating kale, not cake. But bitter receptors actually play an important role in healthy digestion, appetite, and more.

In fact, we have bitter taste receptors not only on our tongue, but throughout the digestive system, and on other organs like the pancreas. Fun fact: There are 25 different receptors for bitter in the gut alone, while only one each to detect sweet and umami compounds.

“When something bitter hits your mouth, it sends a signal that primes your GI tract for action,” explains Dr. Rawls. “Receptors in your gut then stimulate production of enzymes that break down food, the churning action of the stomach, and movement in the GI tract. But we're mostly missing that stimulation now.” The result? Digestive issues, carb cravings, weight gain—and all the health problems that can come with it.

The good news? Waking up those often-ignored receptors can help support healthy digestion and regulate other eating-related issues and functions. Here are three ways that getting a little more bitter can benefit you, plus how you can take advantage of that.

Source: <https://vitalplan.com/blog/the-impressive-health-benefits-of-bitter-foods>

BEANS

The beans this week are largely coming from outside in the field. This means there will be more dirt and debris in with your beans from recent storms. Please wash well at the time of use. They store better unwashed and mostly dry. You will find a mixture of green, yellow wax and royal burgundy.

