

Preparing for the Future at Northcroft Farm

When I see people around town and at the farmers market, they often ask how the farm is doing. This year the big question is how I have been handling the big rains. I'll tell you it's been a challenge this year. My farm is flatter than a pancake. When we get a big rain the water doesn't flow off real fast. This is great in drought years, but in big heavy rains it can lead to a lot of flood damage. That being said, I like to look on the positive side of things and find lessons to be learned when things don't go according to plan.



During the big June storm, I had one field that came through with very little damage. This field had formally been a beef cow lounging area. When I had some ditching work done several years ago, I had the extra soil put onto this field as well. As a result, this field is about 4 feet higher than the surrounding ground.

As a farmer, I am always trying to keep one eye on what's going on this year and another on what's to come next year. Climate models are predicting more heavy rains like the ones we have had the last few years. I decided to make some changes that will better prepare me for future heavy rainfalls. Behind the old dairy barn there is a large wet area that was the dairy herd's lounging yard. It is filled with a couple feet of decomposed cow manure. Today it is cover by reed canary grass, an invasive grass with little value for wildlife or

animal forage. Last week. I had all that nice decomposed cow manure scraped off with a bulldozer and a new field built up that is raised above the surrounding area about 3 feet. This second raised field should help keep my crops above any potential flood waters.



Once I had the nice organic matter spread on my new field, I had a pond dug in the low wet area. The pond will act as a reservoir for irrigation in case of drought. In addition, the pond will help slow down water running off the fields. I live next to North Fish Creek, a class 1 trout stream.

Trout are very sensitive to both flooding and influxes of warm water coming off agricultural fields. The pond will provide a place to catch water and let it release more slowly into the creek. Finally, the pond will provide improved habitat for other wildlife on the property and be a source of water for our honey bees.

In farming you never know what the weather is going to be like from one year to the next, but in a changing climate it's prudent to plan for any eventuality. With luck, we will have regular moderate rains all year, but if not drought or flood I am better prepared today than I was yesterday. Wishing you all warm and sunny days from Northcroft Farm.

Brian



Greens growing at Northcroft!

RECIPE CHALLENGE!

We're finally entering apple season! What are your favorite meals to use them in? Are they savory? Sweet desserts? Share with others in the Facebook recipe page!



FRIENDLY REMINDER!

- Please return your boxes each week! We will reuse them as long as they remain in good condition.
- When you return your boxes to your pick-up location, please be courteous and break them down. There are many sites where boxes stack up quickly and take up a lot of space.

WHAT'S IN THE BOX

VEGGIE BOXES

~ **Great Oak Farm** ~

Carrots, Green Beans, Sweet Corn, Cherry Tomatoes, Cucumber, Onions

~ **River Road Farm** ~

Slicer Tomatoes, Broccoli OR Peppers

~ **Yoman Farm** ~

Zucchini, Leeks, Dill

~ **Twisting Twig Gardens** ~

Roma Tomatoes

MINI VEGGIE

~ **Great Oak Farm** ~

Sweet Corn, Green Beans OR Broccoli

~ **Yoman Farm** ~

Zucchini

~ **Twisting Twig Gardens** ~

Roma Tomatoes

MEAT BOXES

~ **Hidden Vue Farm + Griggs Cattle Co** ~

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

MINI MEAT BOXES

~ **Hidden Vue Farm + Griggs Cattle Co** ~

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

PLUS ITEM

~ **Happy Hollow Creamery** ~

Cheese

~ **Heritage Acres** ~

Honey

FRUIT BOXES

Apples

September 5th, 2018

How To Store Your Produce

Cucumber: Put in a sealed plastic bag in crisper drawer of the refrigerator for up to a week.

Green Beans: Store unwashed beans in a perforated plastic bag in the veggie bin of your fridge for up to 1 week. Rejuvenate limp beans by soaking them in ice water for 30 minutes.

Broccoli: Wrap broccoli loosely in a plastic bag and keep it in the vegetable bin of your refrigerator. It keeps for over a week but is firmest and tastiest if used within a few days.

Dill: Trim bottom of the stem and put in a small cup of water and place in the refrigerator.

Onions: Wrap in plastic bag and store in fridge for over a week. These onions are not cured like typical onions and will not keep outside of refrigeration.

Sweet Corn: Refrigerate with the husk on. The sooner you eat the corn, the sweeter it will taste.

Sweet Peppers: Simply store in fridge as is. Peppers will easily last a week.

Tomatoes: Do not refrigerate tomatoes; cold temperatures deplete their flavor & texture. Putting dry tomatoes in a brown paper bag may accelerate the ripening process.

Zucchini: Store unwashed in a perforated plastic bag in the vegetable bin. In the refrigerator they keep for about a week and a half.

Apples: Store your apples in the refrigerator in the packaging it is delivered in.

Recipe on the next page!

SNEAK PEEK AT NEXT WEEK
September 12th, 2018

VEGGIE BOXES

~ Great Oak Farm ~

Carrots Green Beans, Sweet Corn, Cherry
Tomatoes, Cucumber

~ River Road Farm ~

Slicer Tomatoes, Garlic, Peppers

~ Yoman Farm ~

New Potatoes, Dill, Zucchini

~ Twisting Twig Gardens ~

Roma Tomatoes

MINI VEGGIE

~ Great Oak Farm ~

Sweet Corn

~ Yoman Farm ~

Potatoes

~ River Road Farm ~

Slicer Tomatoes, Garlic, Peppers

MEAT BOXES

~ Hidden Vue Farm + Griggs Cattle Co ~

Assorted Beef

~ Maple Hill Farm ~

Assorted Pork

~ Heritage Acres ~

Chicken

MINI MEAT BOXES

~ Hidden Vue Farm + Griggs Cattle Co ~

Assorted Beef

~ Maple Hill Farm ~

Assorted Pork

~ Bodin Fisheries ~

Lake Trout

PLUS ITEM

~ Heritage Acres ~

Honey

~ Happy Hollow Creamery ~

Cheese

FRUIT BOXES

Apples

**Pork Chops with Apples and Garlic +
Smashed Potatoes**

*Ingredients: Pork Chops, Apples, Garlic, Onions,
Potatoes, Sage, Butter, Olive Oil, Buttermilk, Salt +
Pepper*

This tasty, seasonal recipe includes ingredients from each of our box types, so depending on what you receive each week you may need to supplement with ingredients from outside the CSA. Enjoy!

Step 1: Put the potatoes and a couple cloves of garlic in a saucepan, cover with cold water and season with salt. Cover and bring to a boil, then uncover and continue cooking until tender, about 15 minutes. Cover and set aside.

Step 2: Rub both sides of the pork chops with the dried sage, and salt and pepper to taste. Heat a large cast-iron skillet over high heat, then add 1 teaspoon olive oil and sear the chops until golden on both sides, about 5 minutes total. Transfer to a plate. Wipe out the skillet and add the remaining 2 teaspoons olive oil. Add the onion and apples and cook over medium-high heat until lightly browned, about 5 minutes. Season with salt and pepper or stir in the apple cider if you have any.

Step 3: Return the chops to the skillet, now alongside the apples and garlic on medium-high heat. Cover and cook, turning once, until just cooked through, 4 to 5 minutes.

Step 4: Drain the potatoes, reserving a little liquid. Return the potatoes to the pan; add the 1/4 cup buttermilk (or whole milk) and then smash, adding cooking liquid as needed. Season with salt and pepper. Serve with the pork chops, onion and apples. Drizzle with the pan juices.