

# Locally Produced

Food, Farms & Gardening on the Southcoast

Volume 5

August 2008

## Fresh from the Farm

### Produce Stands:

**Phipps Country Store & Farm**— Open daily, (10 am–6 pm) Fresh farm strawberries available for picking. They have some nice Summer Lady Peaches from Modesto for \$1.49/lb.

**Roadside Farm Stand** – at Pie Ranch, 2080 Cabrillo Hwy. Wide variety of fresh seasonal produce grown by Pie Ranch and Blue House Farm available. Open Saturdays and Sundays, noon to 6pm through November.

### Farms and Ranches:

**Blue House Farm** – Community Supported Agriculture (CSA) Fresh locally grown organic produce – also available at Roadside Farm Stand - Ned Conwell and Ryan Casey, 2601 Cloverdale Rd., Pescadero, Phone: 650-879-0704 Email: [bluehousefarm@gmail.com](mailto:bluehousefarm@gmail.com); <http://www.bluehousefarm.com/>

**Green Oaks Creek Farm** – CSA subscriptions. 2060 Green Oaks Way, Pescadero, CA 94060, Phone: 650-879-1009 Email: [paulandsteph@greenoakscreek.com](mailto:paulandsteph@greenoakscreek.com) Website: <http://www.greenoaksfarm.com/>

**Harley Farms** – 205 North Street, Pescadero, Phone: 650-879-0480, Website: <http://www.harleyfarms.com/> “We won 5 National Cheese Awards last Friday in Chicago! It signifies our sense of place and that Pescadero indeed does have a 'taste'. Our big win was in the Farmstead category winning 1st place in the all-milk division (cow, sheep and goat). Farmstead means those that make cheese from milk produced from their own herd of animals that live on the farm. Also we will be involved with Slow Food Nation over Labor Day weekend displaying our cheeses at The Civic Center. Julie Burns Silva, our Harley Farms shop keep will be entering her 4H pig and 2 sheep at this year's County Fair to be held Aug 8th to the 17th at the San Mateo County Event center. Lastly, along with Blue House and Pie Ranch, we were featured in the August edition of Sunset Magazine.”

**Markegard Family Grass-Fed Cattle** - Providing the community with locally born, raised and processed beef. There are still a few shares available for the summer of 2008. The cattle spend their lives grazing on 1,000 acres of range-land in San Gregorio. By taking part in the community supported share program you will be enjoying beef that meet the following standards:  
Ranch is pesticide and chemical fertilizer free    Cattle are not given synthetic hormones or antibiotics    Never grain-fed  
Cattle are not put in feedlots    No genetically modified organisms (GMOs)    Supports small family farming  
Fed only the forage the range provides    Our grazing methods improve the biodiversity of the land  
To participate and find out more information on share options and pricing visit our website [www.designsbydoniga.com](http://www.designsbydoniga.com) or contact us at [doniga@designsbydoniga.com](mailto:doniga@designsbydoniga.com) (650) 747 0205

## What's Cooking in Town

We heard from Mike at Arcangeli (Norm's) Market, “We've increased our inventory of gourmet food gift items including: jams, preserves, salsas, mustards, and pickled vegetables. We're also now selling local strawberries from Swanton ranch in Davenport, Olallieberry pies with fruit from the Watsonville area, fresh corn from Christopher Ranch in Gilroy. Look for our special on local vintner, Lou Bock Wines, Sauvignon Blanc at \$9.99 a bottle.”

Just back from a relaxing vacation (at home!), Annie couldn't wait to get downtown to see what was new and exciting. Her first stop was at Norm's to take a look at the gourmet gift items that Mike mentioned above. “Oh yeah,” she said, “very yummy, jams and jellies including strawberry, spiced apple, and seedless black raspberry,” priced at \$5.95 for 11.5oz and \$7.99 for 13oz. Tempting syrups and toppings are also readily available. For my ice cream indulgence, I can't wait to try espresso chocolate topping; some others are carmel, crushed peach and raspberry liquor; \$4.95 for 9.5oz. The raspberry ring pastry for \$1.75 caught Annie's eye, and of course, had to be sampled.

Her sweet tooth fed and satisfied, Annie's next stop was at Cindy's Pescadero Country Store. Most requested pizza this month is the Margherita with Italian Sausage. Organic Produce delivery day is Tuesday; currently you can find: zucchini, yellow squash, mixed greens, carrots, arbolito (tree) bean, cucumbers, red and white onions. Cindy had some extra time and invited Annie out back to view her garden. Like everyone, Cindy is battling the gophers that have developed a sweet tooth of their own, for her sunflowers. She's growing beets, tomatoes, chard, a variety of beans, and potatoes to be sold in the store and for future pizza toppings.

As we've all come to depend on, **Duartes** always does their best to have local fresh fish available on their menu. Today, Annie saw they had local petrole sole and sand dabs. To make sure you're not disappointed, Duarte recommends always calling to make sure your favorite fresh fish is on the menu.

## Our Local Schools



### **School Meal Program Update from Kathy Webster**

Tuesday, August 26<sup>th</sup> is the first official day of school, only a few short weeks away! Regina and I now have our ingredients list and are comparing costs from various vendors. We have also connected with a vendor who makes sustainable eating-ware products, such as compostable plates, cups, and silverware; best of all, they provide schools with a 25 percent discount.

Now that we have all these great recipes, the fun part has been converting the recipes from the typical “serves 6-8” to “serves 300.” Good thing for calculators! Other than completing the recipe and nutritional content per serving calculations, our last big task is to place our food orders for the first few weeks of the new menu. Hopefully, very soon we'll be able to get settled into the new kitchen space and test out some of our recipes along with the new kitchen equipment.

Since there has been some questions regarding community food donations, I've been doing some research into whether the public schools can accept backyard grown fruits and vegetables. The information I have so far looks hopeful and doable! Look for the final decision in next month's newsletter.

Regina & I are excited to present to you a few sample recipes for the School Meal Program. You'll find them right below in the “Recipes, Menus & Health” section.

### **Recipes, Menus & Health**

Here they are!! A brief sample of the food Regina, Kathy and the District Food Service Staff will be preparing for the School District's students and teachers too!

#### **Spinach and Black Bean Burritos (Berkley Unified School District)**

1 1/3 cups dried black beans (or canned organic, low-fat refried beans)  
2 1/2 tsps, extra virgin olive oil  
1 clove garlic, minced  
1/4 cup diced yellow onion (1/2 small)  
1 tsp ground cumin

Makes: 8 Servings

2 1/2 tsps chopped fresh oregano  
1/4 tsp salt  
3 T. water  
1 cup spinach, steamed, and chopped (approx. 1 lb)  
8 6-inch flour tortillas

In a large pot of water, simmer the black beans until tender, for about 4-6 hours. For quicker cooking, soak the beans in water overnight, drain the water, add fresh water and simmer for 1 to 2 hours. Drain and set aside.

Heat oil over medium heat in a medium-sized sauté pan. Add the garlic and onion and sauté for 2 minutes. Add the cumin, oregano, and salt, and cook for 1 minute. Add the beans and water and cook for approximately 8 minutes. Remove from the heat and keep warm for assembly.

Assemble burritos by evenly distributing the spinach, beans, and salsa among the 8 tortillas. Roll up as desired and serve with salsa. For added protein, serve with rice and/or grated cheddar cheese.

**Nutrition Facts:** Serving size: 1; Calories: 233; Fat: 20% (46g); Saturate Fat 3% (1g); Chol: 0; Sodium: 34% (826mg); Total Carbs: 13% (39g); Dietary Fiber: 22% (6g); Sugars: 2g; Protein: 10g; Vit A: 551%; Vit C: 74%; Calc: 24%; Iron 45%

#### **Turkey Cheddar Wrap**

**Makes:** 4 servings

4 Whole Wheat tortillas  
1/2 cup lowfat yogurt  
1/4 cup raisins (optional)  
1/2 tsp curry or cumin powder (optional)

1 c shredded cheddar cheese  
6 oz sliced turkey breast  
1 cup baby spinach leaves (uncooked)  
1/2 c shredded carrots

Combine yogurt, raisins and curry powder. Spread 2 T of yogurt mixture on each tortilla within 1/2-inch of the edge. Top each with a 1/4 c. cheddar cheese, 1/4 turkey breast slices (approx. 1 1/2 oz), 1/4 cup spinach leaves and 2 T shredded carrots. Roll tightly and secure with plastic wrap. Refrigerate at least one hour before serving.

**Nutritional Facts:** Calories: 190; Total Fat: 8 g; Saturated Fat: 4 g; Cholesterol: 30 mg; Sodium: 480 mg; Calcium: 20% DV; Protein: 13 g; Carbohydrates: 22 g; Dietary Fiber: 2 g



#### **Baked Penne with Tomato and Ricotta** Makes: 8 Servings

1 lb any penne pasta (1/2 whole wheat, 1/2 white)  
1 T shredded mozzarella cheese  
1/2 cup ricotta cheese  
2 T grated Parmesan cheese

1 large egg, beaten (you may need another)  
1 tsp kosher salt  
1/2 tsp freshly ground black pepper  
2 1/2 cups tomato sauce

Cook pasta very al dente (just tender to bite). Preheat oven to 350 degrees

In a small bowl, beat together the ricotta, 1 tablespoon of Parmesan, the beaten egg, salt, and pepper. The mixture should be loose and easy to scoop. If it is too firm, add an additional egg.

In a 9 x 13-inch baking dish, layer basic tomato sauce (recipe following), pasta, and ricotta. Repeat the layers. Top casserole with the grated mozzarella and the remaining Parmesan. Bake for 20 minutes or until the cheese is melted and bubbly. (Can be made the night before and baked just before serving)

### Basic Tomato Sauce

4 ½ tsps onion, diced small  
1 clove garlic, minced  
1 tsp extra virgin olive oil  
3 ½ cups (28-ounce can) canned diced tomatoes

½ bay leaf  
1 ½ tsp chopped fresh oregano  
1 ½ tsps thinly sliced fresh basil

In a medium saucepan over medium-low heat, sauté the onion and garlic in olive oil until translucent. Add tomatoes and bay leaf and simmer until the flavors are blended about 1 hour. Stir in the oregano and basil. Remove the bay leaf. This sauce may be served as is or pureed.

**Nutrition Facts:** Serving size: 1 cup; Cal: 151; Total fat: 8%; Sat. fat: 2g 10%; Chol: 62mg 21%; Sodium: 709mg 30%; Total Carbs: 18g 6%; Dietary Fiber: 1g 4%; Sugars 0g; Protein 8g; Vit A 40%; Vit C 13%; Calcium 12%; Iron 17%



### Grate Zucchini Bread (Jane Brody's "Good Food Book")

Makes: 1 loaf (16 servings)

¾ c whole-wheat flour  
¾ c unbleached white flour  
½ c sugar  
1 tsp baking powder  
½ tsp baking soda  
¼ tsp salt  
1 tsp cinnamon  
½ c finely chopped nuts (optional)

¼ tsp nutmeg  
¼ tsp cloves  
1 egg white  
1 whole egg  
6 T vegetable oil  
1 ¼ c packed, finely grated unpeeled zucchini (about 1 medium zucchini)  
1 tsp vanilla  
1/3 c raisins (optional)

In a large bowl, combine the whole-wheat and white flours, sugar baking powder, baking soda, salt, cinnamon, nutmeg, and cloves. In a medium bowl, mix together the egg white, whole egg, oil, zucchini, and vanilla. Add this mixture to the flour mixture, stirring the ingredients to combine them well. Stir in the nuts and/or raisins, if desired. Pour the batter into a greased 9x5x3-inch loaf pan. Bake the bread in a preheated 350 degree oven for 50-60 minutes or until a toothpick inserted in the center of the bread comes out clean. Serve with string cheese and juice.

## Fun Hints, Folklore and Old Wives Tales...

### Kitchen:

Peel a banana from the bottom and you won't have to pick the little 'stringy things' off of it. That's how the primates do it. Take your bananas apart when you get home from the store. If you leave them connected at the stem, they ripen faster.

Store your opened chunks of cheese in aluminum foil. It will stay fresh much longer and not mold!

Peppers with 3 bumps on the bottom are sweeter and better for eating. Peppers with 4 bumps on the bottom are firmer and better for cooking.

Add garlic immediately to a recipe if you want a light taste of garlic and at the end of the recipe if you want a stronger taste of garlic.

Old Wives tale: When you're peeling an onion, to stop your eyes from watering, put a metal spoon in your mouth. (*Chilling an onion before peeling and chopping works well for me.*)

If you have a stainless steel sink, you can quickly rid your hands of the smell of onions and garlic by rubbing your hands over the surface.

Goodbye Fruit Flies - To get rid of pesky fruit flies, take a small glass, fill it 1/2' with Apple Cider Vinegar and 2 drops of dish washing liquid; mix well. You will find those flies drawn to the cup and gone forever!

The Five-Second rule: The old wives tale says that food remains edible if it's been on the ground for just five seconds or less. Unfortunately, this is not true; well, if you don't want to risk getting sick that is! The fact is, if there are bacteria on the floor that the food drops on, it doesn't matter if the food is there for five seconds, ten seconds, or two seconds, your food will contain potentially hazardous bacteria. It's worth noting that the moister the food is that you drop on the floor the more bacteria it will pick up.

### Garden:

Newspaper weeds away - Wet newspapers, put layers around the plants overlapping as you go, cover with mulch and forget about weeds. Weeds will get through some gardening plastic they will not get through wet newspapers.

No More Mosquitoes - Place a dryer sheet in your pocket. It will keep the mosquitoes away.

Rooting in Willow Water - When you need to root challenging plants, you can borrow the natural rooting hormones found in willow. Set a handful of slender peeled willow branches to steep in a deep container of warm water overnight so the hormones can seep out into the water. Then let your new cuttings soak in the water overnight before setting them to root in containers. (Mother Earth News, April/May 2008, pg 32)

One Cent Cure - It's said that gardeners should carry a copper penny in their pocket for bee stings. If stung, the gardener should immediately tape the penny over the bite and leave it on for 15 minutes. The stinging pain will be gone with no redness or swelling occurring. (*I've asked around but can't find anyone willing to be a guinea pig for trying this one out!*)

Marauding Gophers - Flori & I are trying to slow and deter gophers by cramming used coffee filters and grounds down their fresh tunnels - we'll let you know next month if we have any luck or if we end up with crazed and hyper rodents!

Old Wives Tales: If you disperse manure on a field during the dark of the moon it will sink into the ground and help the crop grow. If you put fertilizer on the ground during the light of moon, it will not decompose and will do no good. The worst day to plant is on the 31st of any month.

## Our Backyard Gardens & Orchards

### Notes from Alexis & her Container garden....

I hope all of you are now enjoying the fruits of your gardens! I love this time of year as it seems like every day when I get home from work something new is ripe!

Bad news first...though it shouldn't come as a shock to me or to any of you, there is one crucial element for growing veggies, whether container gardening or gardening in the ground: sun. Lots of sun. I've done OK with veggies like lettuces in less sunny spots, but I've really found that unless the plants get a very solid 7 hours of sun (and more for tomatoes), they really don't do very well. Which I knew in the first place but decided to try again anyway (the definition of insanity being, of course, attempting the same thing over and over and expecting a different result). I have given the veggies the most delicious fertilizers, have experimented with my watering routine, but there's really no substitute for a sunny spot. As a result my shady backyard experiments have been...well...shady. Only now with the August sun are the plants making real progress, and it's basically too late to hope for a good crop. I have officially admitted defeat and will turn to low-sun perennials to liven up my backyard and focus on container gardening in every sunny spot I have.

As for my successes...the wine barrels were a big hit with the tomatoes. While planting in the ground is still absolutely preferable to containers if you can do it, the large volume of soil held by the barrels did not seem to hamper growth and I'm waist-deep in tomato bonanza! Also, really cutting down on watering once the plants started bearing fruit, allowing the sugars to develop and concentrate, has produced incredible sweetness. It's hard to keep from watering more frequently (I've stuck to about an inch a week per plant) but it's truly worth it. A friend who lives on the Marin coast doesn't even water his tomatoes once they are established – they get all the moisture they need from the fog and as a result are amazingly sweet! As for the companion plantings, I'm not sure what flavors the basil and onions have imparted into the tomatoes but with such delicious results, I definitely plan to do it again. Besides, what's better than a fresh tomato accompanied by basil that has grown by its side?

And as each garden brings its own surprises, I'll share mine: we purchased a small squash seedling in the spring from our local nursery, what we thought was a small, pretty, yellow-and-green variety. What we got, however, was either two seeds that somehow grew together or the product of a strange hybridization experiment. The squash we expected grow side by side with enormous, pumpkin-like green squash monstrosities unlike any we've ever seen. Both are delicious though, so we figure two for the price of one!

Any unexpected crops in your gardens? Successes and failures? Share them!

### HOW DOES YOUR GARDEN GROW...by Flori

It's the end of July and you would think by now my garden would be thriving... I think the only thing thriving are the GOPHERS and VOLES! Now I know some of you are saying "what's a Vole???" Without going into long detail, it looks like a cross between a mouse and a gopher with a short to stubby tail; you can look it up on the internet. This year my garden has been bombarded with both! I had beautiful tomatoes plants, the best I ever planted, along with my favorite Maxibel string beans and an abundance of lettuces - ALL are slowly being eaten by those nasty varmints. Last year I had no gopher problems at all; this year made up for that. The voles come up out of their hole and eat the plant right at the base, as if they were enjoying the sunshine and having a picnic! I was watering the strawberries the other day and lo and behold this vole WADDLES, not scampers, away with a full belly of my strawberries. I must admit it was kinda funny to see it so fat but to be honest that just about done me in. Since I don't use pesticides or poisons I did what everyone does and set out traps and use the good ol' hose. I swear those gophers/voles must carry a long stick with them to trip the traps and use scuba gear because they are not going away. So I had to call in our specialist, Martin, with his favorite "toy" the Rodenator. I'm not going to go into detail about the Rodenator. You can go online and put in Rodenator in the search engine and it will show you exactly what it does. You can basically guess by the name what it can do. I don't like using it too much as I am left with a lot of damage repairs for the day but I was desperate. So far it's been slowing them down. You just have to keep it up for a few days and they seem to get the hint that it's not a great place to be. I guess what I really need is a gopher snake or two.

But all in all, my garden is doing well, I can't say I'm short on kale, lettuce, or any of the leafy greens as they are plentiful. I had some great broccoli and cauliflower, now my cucumbers, yellow crooked neck and zucchini squash, peppers, corn, pumpkins and string beans (what I have left) are growing like crazy. I have tomatoes that I'm growing upside down that I've hung on the barn eaves that are doing great. This is another experiment of mine. They claim if you grow upside down there is no need to tie or stake them. I also have an eggplant that I'm growing upside down as well and more in the beds. I notice that the ones in the beds are getting eaten by bugs and the one hanging has beautiful uneaten leaves. I'm going to try upside down peppers also.

As far as bugs go I haven't had any major outbreaks. Yeah, there's a plant or two that look pretty eaten but compared to last year, this season seems pretty mellow. It also could be that I have a little ladybug house that's under our weather station in my garden, in the winter it's just full of lady bugs and in the spring time they take off in what seems to be an eating frenzy. I had some fava beans that had a lot of aphids and the lady bugs were having a feast, thank goodness. I've also been very diligent about spraying all my plants with "Garlic Barrier" insect repellent. The active ingredients of course is 99.3% garlic, .5% Citric Acid and

.2% Potassium Sorbate. Totally organic and totally great smelling, if you like garlic. Don't worry it doesn't give your vegetables the garlic flavor. I spray my whole garden with it; it reminds me of the Gilroy Garlic Festival and the smell only lasts an hour or two. You can get this stuff in quart or gallon sizes. I haven't seen it in stores yet so I get it online from Gemplers, they seem to be the least expensive vendor.

I fertilize my veggies with Dr. Earth Organic 5 every other month or so, depending what kind of plant, all through the growing season. My garden seems to be thriving better on it.

So how does your garden grow?? Drop me an e-mail, I would love to hear your ideas, hints, comments, etc. Remember I'm not an expert at all. I used to be in the floral dept. here at TomKat and this is actually my second year of doing strictly vegetables. So, see I'm just as "green" as my garden! We all have such busy lives, the best thing for me to do is to get out in the garden and "GET DIRTY".



California Vole



Hanging Tomato



Corn, Sunflowers & Summer Flowers

## Innovations

### **Planting by the Moon** by Sandra Stent

By the time most people have been gardening for a couple years, they have likely heard some type of reference to the idea of planting by the phases of the moon. Can doing something as simple as studying the lunar phases, doing your seed starting and then planting accordingly, really work?

According to a [National Geographic](#) news article more gardeners today are turning to the moon for sage advice on the best time to plant, prune, weed, and harvest. The practice, known as moon or lunar gardening, centers on the moon's gravitational effect on the flow of moisture in soil and plants. Along the same line of thinking, Caren Catterall from [Gardeningbythemoon.com](#) tells us ... "The lunar phase controls the amount of moisture in the soil. The moisture is at its peak at the time of the new & full moon. (sic) Just as the moon pulls the tides in the ocean, it also pulls upon the subtle bodies of water, causing moisture to rise in the earth, which encourages germination & growth." As a gardener, this makes perfect sense to me. I wish I'd have paid more attention to those times when I just couldn't get something to germinate, like carrots and peppers. Could it have been because of my planting time versus the actual stage of the moon?

Wanting more real world information I headed out to the garden to consult with garden guru Flori. "Oh yeah, I use the moon charts all the time," she informed me. We went together into her processing shed/office where she shared her favorite reference source, a calendar "Gardening by the Moon 2008 – Planting Guide and Garden Activities based on the Cycles of the Moon." Each month has recommended activities and a list of vegetables and flowers to plant, based on the moon cycles and our long-growing season in Zone 9. Flori feels she was very successful out in her garden following the lunar cycles. But when disaster struck and many of her plants were lost due to pests and rodents, she had to scramble to get things replanted and fell out of her systematic lunar planting. This compromised what she hoped to achieve by completely following the suggested cycles for the entire season. But that's gardening, right? There's everything we hope, dream and work for, then there's what we get in the end.

Other interesting tidbits I learned in my research:

- a) **How to garden by moon** phases - <http://www.plantea.com/planting-moon-phases.htm>

The moon moves through a complete cycle every 29 days. For moon gardening purposes, this cycle is divided into four quarters or phases. The term phase refers to the moon's apparent shape as viewed from earth during the month. To plant by the moon phases, you will need an almanac or calendar, such as Ed Hume's Planting Guide, that lists the exact time and date of the moon phases.



The lunar month starts with the new moon, also called "the dark of the moon. From the new moon to the first quarter and from the first quarter to the full moon, the moon appears to grow from nothing to a crescent and then to a full circle at mid-month. These are the increasing or waxing phases.

b) **The best time to turn over garden soil** is during the last quarter of the moon (decreasing moon phase) because that's when the water table has dropped to its lowest point. This means there is less moisture in the soil. Taking your back into consideration, it is easier to turn soil over when there is less moisture in it!

c) From Don & Myrtle Holm, Wholesome County Cooking, pg. 45:

**First Quarter:** Phase is waxing new, increasing light. Plant leafy annuals like broccoli, Brussels sprouts, cauliflower, cabbage, lettuce, leeks, onions, spinach, parsley, asparagus and cereal crops.

**Second Quarter:** Gibbous (*more than half illuminated*), first quarter and half moon. Plant beans, cereals, cucumbers, eggplant, watermelons, peas, peppers, cantaloupe, pumpkins, tomatoes, and squash.

**Third Quarter:** Full but waning gibbous and decreasing light. Plant root crops, bulbs, perennials and biennials, such as beets, garlic, carrots, onions, potatoes, radishes, strawberries, turnips, grapes and shrubs.

**Fourth Quarter:** Last quarter, old moon, decreasing. Plant nothing!!

**Myth or Magic?** What do you think? How about trying your own simple experiments and sharing with us how it all turns out for you? Let me check Flori's "Gardening for the Moon" Calendar for August suggestions & activities...

1<sup>st</sup> - New Moon

3<sup>rd</sup> & 4<sup>th</sup> - Plant Flowering Vines (Sweet Peas)

5<sup>th</sup>-7<sup>th</sup> - Plant above ground annuals, especially flowers & herbs, for example: parsley, cilantro, dill, chives, broccoli, cauliflower, peas, lettuce, spinach, sprouts and kale.

8<sup>th</sup> & 9 - Plant above ground annuals, especially tomatoes (*I think that's an interesting suggestion, in light of how late in the season it is*).

16<sup>th</sup> - Full Moon

17<sup>th</sup> & 18<sup>th</sup> - Plant for root growth - green onions, carrots, beets, radishes

19<sup>th</sup> & 20<sup>th</sup> - Harvest, cultivate, weed and control pests

21<sup>st</sup> & 22<sup>nd</sup> - Plant & transplant for root growth

24<sup>th</sup> & 25<sup>th</sup> - Harvest, cultivate, weed and control pests

26<sup>th</sup> & 27<sup>th</sup> - Prune, water, compost and fertilize

28<sup>th</sup> & 29<sup>th</sup> - Harvest, cultivate, weed and control pests

30<sup>th</sup> - New Moon - Plant flowering vines

31<sup>st</sup> - Plant flowering vines

### **Bookshelves - Cooking, Gardening, Magazines**

**Mother Earth News** - Their motto is, "More than a magazine...A Way of Life." This is a bimonthly magazine with a one-year subscription costing \$19.95. I've subscribed to it for almost a year now and have to say I feel we really get a lot of bang for our buck with this one. We share it around the office and usually there's something in it for everyone to enjoy reading. Regular departments include: Country Lore, Green Gazette, Garden Know-how, Eat in Season, Crop at a Glance, Kitchen Garden, We See You and EarthWords. The Special Features are articles generally focused on what's happening in your gardens & farms and upcoming tasks. For example in the April/May 2008 issue topics covered were: creating an instant no-till garden, how to grow your favorite foods in containers and choosing renewable energy while the latest August/September 2008 issue talked about drying fruits and vegetables, planting a fall crop of carrots and ways to preserve your tomatoes (**quickest method:** place in single layer on tray and freeze; remove and place in freezer storage bags; when ready to use, begin thawing, remove skin; when fully thawed cut into halves or quarters, gently squeeze out seeds, then toss into your favorite soup, stew or sauce for a wonderful taste of summer). I look forward to each issue, they also have a website [www.MotherEarthNews.com](http://www.MotherEarthNews.com) but I didn't find it as helpful as the actual magazine. Subscribe & Enjoy.

### **Art & Literature**

*There's not a pair of legs so thin, there's not a head so thick,  
There's not a hand so weak and white, nor yet a heart so sick.  
But it can find some needful job that's crying to be done,  
For the Glory of the Garden glorifieth every one.*

*Then seek your job with thankfulness and work till further orders,  
If it's only netting strawberries or killing slugs on borders;  
And when your back stops aching and your hands begin to harden,  
You will find yourself a partner in the Glory of the Garden.*

*Selected Stanzas from Rudyard Kipling's "The Glory of the Garden"*

## Meetings & Events

**Pescadero Fun Fest:** August 16<sup>th</sup> & 17<sup>th</sup>, 10am-6pm, Pescadero IDES Grounds. Don't miss the Pescadero Education Foundation's Tamale Booth!

**La Honda Pescadero USD School Lunch Program** – Next meeting scheduled for Tuesday, August 19<sup>th</sup>, at 3pm, in the Russell Administrative Center.

## Budding Chefs, Farmers & Gardeners

How good are your eyes? Compare the two tables – Find & Circle the six items that DON'T appear on both sides.



## Reader Feedback, Comments & Suggestions

A big thank you from all of us to the over 175 subscribers in our Locally Produced Community!

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### **\*\*Other Information:**

If we at TomKat Ranch have surplus produce to share, we plan to harvest it ourselves, package it ourselves, and then make it available for sharing. That way, we feel we can control the impact on our land and the quality of our gift. Also, there's that liability issue always to think about and we are wrestling with how to be careful, generous and safe, all at the same time. Your ideas are welcome. And Please be careful if you decide to interact with others you may meet through the newsletter. A meeting in town versus at one's home might be more comfortable for everyone. Just food for thought...