

## HERBED SUMMER VEGETABLES

Recipe from from the Farm House Cookbook, SusanHerrmann Loomis.

### INGREDIENTS:

1/4 C of loosely packed mixed fresh herbs such as oregano, basil, chives  
1 pound of Patty pan squash, trimmed and cut vertically into 1/4 inch-thick slices  
8 ounces green beans, trimmed and cut diagonally into 1/2 inch pieces  
1 pounds ripe tomatoes, cored and coarsely chopped  
Salt and freshly ground black pepper      1/4 C loosely packed fresh dill  
8 ounces feta cheese      3 tbs extra virgin olive oil

### DIRECTIONS:

Mince mixed herbs. Crumble feta cheese into a small bowl, drizzle it with 2 tbs of olive oil & stir in the minced herbs until thoroughly incorporated. Set aside. Heat remaining tbs of olive oil in a heavy skillet over medium heat. Add squash and cook until it begins to soften (3-4 mins). Add beans and toss to mix. Cook, stirring until they begin to turn a vivid green and remain crisp-tender. Remove from heat and stir in tomatoes. Season with salt and pepper. Mince dill and add it to the vegetables, mixing so it's evenly distributed. Transfer vegetables to a platter and put the seasoned feta cheese on top. Serve immediately.

*Cut along dotted line for 3x5 recipe card*



#### Farm Manager:

Michael Snow  
msnow@accokeek.org

#### Apprentice Farmer:

Angela Nelson

#### Farm Crew:

Natesha Tabor

#### Design, Editing and Production:

Julie Brunton  
Laura Ford

#### Accokeek Foundation

3400 Bryan Point Road,  
Accokeek, MD 20607

Phone: 301.283.2113

Fax: 301.283.2049

www.accokeek.org

### Upcoming Events

*(complete details at [www.accokeek.org](http://www.accokeek.org))*

#### COLONIAL COOKING

**Saturday, September 13, 2008, 10:30-12:30 p.m.**  
**National Colonial Farm, Rain or Shine**  
**\$20 Non-Members, \$15 Members, Class Size is Limited to 10, Registration Required**

This hands-on, open-hearth cooking workshop focuses on "receipts" from the 18th century. With the help of our historic interpreter, Ellyn Mary Farrar, learn fire-keeping, the use of 18th century culinary equipment, and creation of a complete meal using ingredients appropriate to the season.

#### NATURE NUTS

**Tuesday, September 16, 2008, 11:00 a.m.-noon**  
**3rd Tuesday of each month, April-October**  
**Education Center, Rain or Shine**  
**\$6.00 Non-Members, \$5.00 Members**

This fun-filled hour of exploration at the Museum Garden is the perfect setting to learn about the wonders of nature. Designed for children ages 3-5, the children will hear a story, create a craft project, and go on an outdoor adventure. Children must be accompanied by an adult. Limited to 15 Children, Registration Required.

**For more information about these, or other events, please contact Julie Brunton at 301.283.2113 or at [outreach@accokeek.org](mailto:outreach@accokeek.org).**

# FIELD NOTES

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## Hurricane Hanna

We had a good time this week in preparation for Hurricane Hanna. At the risk of seed rotting or getting washed away, we put a fair amount of it in the ground (if the ground were to get too wet, we might never get it in on time). And we harvested the first of our potatoes (see below), as well as a getting in a good bean, tomato, and red pepper picking, just in case Hurricane Hanna actually brought some hurricane with her.

In the end, she graciously gave us first a light shower Friday night that moistened our dry ground, then a steady and even rain most of the day on Saturday. We ended up with four and a half inches followed by sun and wind in the afternoon. It's tough to ask for much more from a hurricane, I think. So far on Sunday, things look generally good. We'll get a better idea of the extent of Hanna's effects over the next few days.

## Diggin 'Taters

Back in May we turned a frustration with wet ground into a small experiment. Instead of tilling and planting potatoes, we bought a

## THIS WEEK'S HARVEST

**Basil**

**Beans**

**Cukes**

**Figs**

**Garlic**

**Leeks**

**Onions**

**Peppers**

**Potatoes**

**Summer Squash**

**Tomatoes**

**To Take: Okra**

couple of round bales from Jerry TePaskey, who raises beef cattle in Fort Washington and at the Puterbaugh's farm in Accokeek. Unrolling a round bale is kind of like unrolling a Ho-Ho: exciting but not perfect. We'd hoped the bales would roll out in thicker layers and

would go further than they did (it took two medium sized bales to thinly cover two beds). We planted seed potatoes into the mulch and covered up the holes.



*Share boxes waiting to go home, Summer 2008*

Success in this case is a relative term. Some potatoes were actually taken out of the mulch by some mischievous animal. We'd put them back in, and the next morning

they'd be laying on the surface again, where eventually they would dry out. Germination was inconsistent. Growth was limited. We held off harvest for some time hoping the potatoes would size up.

Which they did not. Each seed potato gave us an average of one medium-large potato, two-to-three medium potatoes, and a bunch of marbles. These are roasting 'taters. Roast 'em whole. In the end we are, of course, happy to have potatoes and they are in your SHARE box this week.

I'm not sure if we'll do it quite this way again, but I do recommend the concept. In your own garden, you might try it this way: over well-drained soil, lay down some well-rotted manure, then a good layer of hay or straw, then potatoes, then another thick layer of hay or straw. The mulch can be good and deep. Digging your potatoes will be less digging and more rummaging in the straw, and they will come out easily and clean. I bet they'll produce quite well this way. If you do use hay or straw mulch, you may find it difficult to find round bales in the future. Regulators are planning to ban their use, explaining that cows are not getting a square meal.

## Accokeek Foundation Invite

Last Thursday and this Monday you found, or will have found an invitation in your boxes along with veggies and Field Notes. The Foundation invites you to join us as we honor the outstanding contributions to environmental preservation, historic preservation and stewardship of land and history made by **Glenn Eugster, Willem Polak, and Nancy Wagner**. We'll be celebrating at this year's Leadership Salute on **Sunday, September 28**. There will be hors d'oeuvres, wine, and musical entertainment. The buffet lunch, I should add, will be catered by Susan Gage Catering. Susan and her husband Tom are share members. And if this year's meal is anything like last year's, you will not be disappointed.

If you receive another invite in the mail, please feel free to pass it on. I look forward to seeing you all there.

Be great,  
Mike

## OKRA AND TOMATOES

*Recipe from CSA Sharemember Gaby Gollub.*

### INGREDIENTS:

1 medium onion	1 red pepper
20-30 little okra (smaller the better, do not cut)	2 tsp tumeric
1 tsp cumin	optional cayenne or hot pepper to taste
1 can diced tomatoes or 4 fresh tomatoes cut	1 tbs lemon juice
1 or 2 garlic cloves, smashed	olive oil

### DIRECTIONS:

Adjust amounts based on what you have/your taste.

The lemon juice keeps the okra from breaking and getting like glue.

Saute chopped onions and red pepper in pot with olive oil, tumeric, garlic and cumin. Add hot pepper if you like spicy food. Once soft, add tomatoes. Add okra. Add lemon juice. Simmer until okra is tender, 45 minutes. Stir only occasionally. Stirring breaks okra bits which then get gooey. Try not to break the pieces. Serve over rice/quinoa.