

## Around the Farm...



**Buckets**—We still really need more 5-gallon, food-grade



buckets w/ handles for harvesting—the sort of thing you see at the left. These are made with HDPE plastic or other FDA-approved, food-grade resin. If you have any, or wouldn't mind asking your favorite restaurant or food shop to donate some to the Farm, it

would be great! Thanks so much!



**T-Shirts**—Also, more clean, old t-shirts are very much



wanted to keep the veggies cool in their lugs as they're waiting for you to come pick them up! (Btw, in the “useless info” category, Matt McAllister is holder of the Guinness World Record for most T-shirts worn at

one time—155! [above]. For a You-Tube of him donning shirts, see [here](#). Surely he could spare some for us?!?)



**Indian Orchards' Fruit Shares**—Nancy Bernhardt tells us that fruit shares will be starting this week with the very first **raspberries**. Furthermore, at our pickups, one of Nancy's neighbors will be selling baked goods that use fruit from the farm. Yummy!!!



## News from the Furrow

Mira Kilpatrick's Report



(photo credit)

Beyond the call for more food-grade buckets and old t-shirts for the veggies, above, Mira's biggest news—though we all were well aware of it, surely—was the

**HEAT WAVE MELTDOWN!!!** As Mira says, “We pushed through the mornings, trying to get work in the fields done. In the afternoon, we focused on cooler activities, such as office work...or irrigation. The heat seems not to have done too much damage, but definitely in the green-house, our transplants showed signs of meltdown. We could not water them enough! Now that is a hothouse!! They recover quickly, but you never know what signs will show down the road from the heat stress once [they are] planted in the fields.”

Beyond this, our seasonal worker Marcy Magness went to the Sieman's Health Expo and tried to recruit new Red Hill members as well as generally talk up the importance of local food. Thanks Marcy! There was some interest in Red Hill, but overall Marcy felt she was providing more CSA education for those who had never heard of CSAs.

The Farm gang planted flowers and okra in the U-Pick



area, peppers in the hoophouse—with more peppers going out into the fields too! They also continued to clip and prune hoophouse tomatoes and cucumbers, discovering (much to their surprise!!) that there are some cucumbers already set to eat. Wonderful thing, nature! (cucumber [photo credit](#))

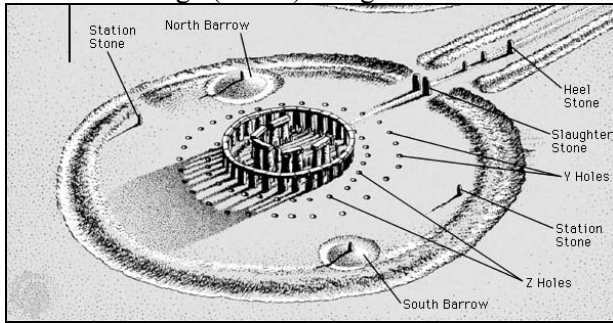
## Is Solstice the First Day of Summer?

Nowadays we're used to calling 20<sup>th</sup>-21<sup>st</sup> June, also known as summer solstice, “the first day of summer.” Summer solstice, in the northern hemisphere, is the longest day and shortest night of the year. It occurs when the sun hits the earth at its northernmost point and seems to “stand still” for a few days (hence the word “solstice”: *sol* means sun, and *sistere*, to stand still). After solstice, the sun appears to move south again, and our days become shorter.



In olden days, people regarded solstice as midsummer, rather than the beginning of summer: the moment when summer had reached its peak and after which it gradually declined into fall and winter. Before there was modern technology (and times were much colder), it was important to know when solstice occurred, because if

solstice heralded darker, shorter days, then folks had to start harvesting crops and putting food away for winter. Neolithic cultures built various calendrical devices, the circle at Stonehenge (below) being the most famous.



Reconstruction Drawing of Stonehenge ([source](#))

In the diagram above, the avenue at upper right points to the northeast, where the sun rises in summer. On solstice, to an observer within the stone circle, the sun appears to rise directly over the heel stone on that avenue, as below.



Sunrise views toward heel stone (photos A. Hammond)

In the days when Stonehenge was complete, it would have shone onto an altar stone in the center of the circle. For various other astronomical functions of Stonehenge, see this Harvard [astrophysics site](#). For recent research on Stonehenge's builders, see *National Geographic* [here](#).



In the Church, the time of summer solstice is also the **Feast Day of St. John the Baptist**. According to *Catholic Encyclopaedia*, St. John—called the Precursor of Christ—is believed to have been born six months before Christ. The Church had determined by ca. 350 AD ([here](#)) to

celebrate Christmas near the winter solstice, a decision “possibly suggested by...astronomical considerations, [or]...inferred from astronomico-theological reasonings.” ([source](#)) Hence John's birth was marked in midsummer. In mediaeval Europe, St. John's Eve was the time that healers of the period gathered all their healing herbs for the year ([source](#)), reinforcing the spiritual/agricultural meaning of this holy day. (Leonardo, *St. John*, 1513-16)

**Chard Utopia**—*Mira Kilpatrick* sends us this recipe, which is like *Spanikopita*, but w/ chard replacing spinach.

- ❖ 2 cups onion, minced
- ❖ 1 tsp dried basil (or 2-3 tsp fresh)
- ❖ 1 tsp dried oregano (or 2-3 tsp fresh)
- ❖ ¼ tsp salt
- ❖ 1 tbsp olive oil
- ❖ 2½ lbs chard, finely chopped
- ❖ 4-6 cloves garlic, minced
- ❖ 1 tbsp flour
- ❖ 2 cups feta cheese, crumbled
- ❖ 1 cup cottage cheese
- ❖ pepper to taste
- ❖ 1 lb frozen phyllo pastry sheets, thoroughly defrosted (takes 4-5 hrs!) plus extra olive oil

In large fry pan, sauté onions, herbs, & salt in olive oil for 5 min. Add chard & cook till wilted, 5-8 min. Add garlic & flour, stir, & cook on medium heat 2-3 min. Remove from heat. Mix in pepper, feta, & cottage cheese. Place a sheet of phyllo pastry in an oiled 9x13" baking pan. Brush or lightly spray sheet w/ olive oil. Repeat 7 times. Spread half the chard/cheese filling on top. Add 8 more sheets of oiled phyllo (follow the same procedure as the 1<sup>st</sup> 7 sheets) and cover w/ rest of filling. Follow w/ remaining sheets of phyllo, oiling each, including the top sheet. Tuck in edges & bake uncovered at 375 until gold & crispy, ~45 min. Serves 8-10. **Thanks Mira!** You're making me hungry!

**Scallion Pancakes**—As we're now getting scallions (green onions), Mira also sends this along! **Thanks Mira!**

- ❖ 1 cup all purpose flour
- ❖ 1 cup whole wheat flour
- ❖ 1 tbsp peanut or corn oil
- ❖ ¾ cup boiling water
- ❖ 4 tsp toasted sesame oil
- ❖ 1 cup chopped whole scallions or just scallion greens
- ❖ ½ cup corn oil for frying
- ❖ salt & pepper to taste

In large mixing bowl, combine flours, peanut oil, & boiling water. Mix w/ wooden spoon to form a workable dough, adding more flour or water as needed. Knead the dough on a lightly floured surface until smooth, ~5 min. Put in plastic bag & let rest for 20 min. Divide dough into 4 parts. One at a time, roll out into a circle, brush w/ sesame oil, & sprinkle w/ ¼ cup scallions, salt, & pepper. Roll as a jelly roll into a cylinder, flatten cylinder slightly, & crimp ends. Coil the cylinder into a disk & crimp to seal. Roll the disks out again into thin pancakes. Fry

pancakes one at a time, preferably in cast-iron skillet, until brown on each side, adding oil as necessary. As *Mira* says, “*Not super healthy, but a treat once in a while!*”

**Miso Salad Dressing**—Red Hill member *Mary De Witt* sends us this recipe for a vinaigrette that goes well w/ salad or pasta or grains-and-greens. *Thanks Mary!!!!*

- ❖ 1 cup extra virgin olive oil
- ❖ ½ cup balsamic vinegar
- ❖ ¼ cup dark miso
- ❖ 3 large cloves garlic

As Mary says, “*I use a large wooden bowl & a wooden pestle for this recipe, but any bowl will do. Pour in the olive oil. Using a pestle or garlic press, squish the garlic. Remove any large chunks of garlic left if you’re using a pestle [not necessary w/ garlic crushed in a garlic press]. Add balsamic vinegar & miso to the oil & mix well. Adjust proportions of garlic, miso, oil, & vinegar to taste. You can add grated ginger or lemon zest—combine any way you want.*” Very creative, Mary! Lots of scope for experimentation!

**Lettuce Soup**—a good way to use up outer leaves & ribs, as well as the rest of the lettuce! Any kind of potato, and any salad greens (lettuce, arugula, spinach, young chard, etc) will work.

- ❖ 1 cup chopped scallions (could also use onions or shallots)
- ❖ 1 garlic clove, chopped
- ❖ 3 tbsp unsalted butter [or olive oil]
- ❖ ¾ tsp ground coriander
- ❖ ¾ tsp salt [or to taste]
- ❖ ¼ tsp black pepper
- ❖ ¾ cup diced (1/3”) potato
- ❖ 8 cups coarsely chopped lettuce leaves, including ribs (¾ lb)
- ❖ 3 cups water

Cook scallions/onions & garlic in 2 tbsp butter in 4-5 qt heavy pot over medium-low, stirring, till softened, 3-5 min. Add coriander, salt/pepper & cook, stirring, 1 min. Stir in potato, lettuce, & water & bring to boil, then reduce heat & simmer, covered, till potato is very tender, ~10 min. Purée soup in batches in blender (use caution when blending hot liquids) & transfer to 2-3 qt saucepan. Bring soup to simmer, then whisk in remaining butter & season to taste. ([source](#))



**Bok Choi with Cashews**—Try this w/ our gorgeous red bok choy! My recipe.

- ❖ 2 tbsp olive oil
- ❖ 1 cup chopped scallions (or more)
- ❖ 3 cloves garlic, chopped (or more!)
- ❖ 1 lb small bok choy, rinsed, large leaves separated from base and sliced horizontally; small inner base can be left together for visual contrast, or sliced across too
- ❖ ½ tsp dark sesame oil (or more to taste)
- ❖ ½-1 tsp tamari soy sauce (or to taste), or salt
- ❖ ½ cup chopped cashews (or try walnuts, peanuts, pecans, or other nuts)

Heat oil in large skillet on medium high. Add scallions, then garlic, then bok choy. Sprinkle w/ sesame oil. Cover & let bok choy cook ~3 min, till somewhat wilted. Remove cover, lower heat, add soy sauce, stir a little longer till bok choy is cooked to your taste. Stir in nuts. Serve as is, or over rice or pasta. You can also add some chopped fresh ginger when you add the bok choy, or add some thin-sliced raw scallions at the end. (photo M. Parsons)



**Spicy Green Hummus**—my recipe; makes a bunch!

- ❖ 2 cans cooked garbanzo beans, drained, or equivalent in cooked, dried garbanzos (makes it taste nuttier)
- ❖ 4 cloves garlic, peeled & coarsely chopped
- ❖ 3-4 tbsp sesame tahini (or more to taste)
- ❖ 2-3 tbsp lemon or lime juice (or key lime juice!) or more to taste
- ❖ salt & pepper to taste
- ❖ olive oil, enough to turn it into a thick paste
- ❖ greens from 1 bunch radishes (or equivalent of other greens)

Put everything into a food processor and grind. Remove lid & scrape down sides. Add olive oil to thin if necessary. Add other stuff for flavor if you like (kalamata olives, capers, red kidney beans substituted for 1 can garbanzos, whatever). It’s yummy. Can be frozen. *Mangia!*

*“In winter I get up at night  
And dress by yellow candle-light.  
In summer quite the other way,  
I have to go to bed by day....”*

Robert Louis Stevenson, “*Bed in Summer*”