



Kitchawan Farm Chronicle

-July 2008-



Greetings Farm Friends...

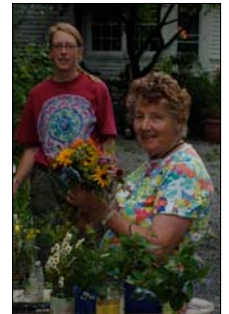
Ah, summer... it sure feels good! Sunflowers are brightening up the gardens by day, and fireflies by night. We've waited all year for the joy of tasting warm, sun-ripened tomatoes once again...

FARM UPDATE

COME FOR A FARM TOUR on Saturday, July 26th, at 11am See how everything grows here on the farm!

Please park at the farm stand, where we'll meet you & walk up to the gardens. Expect to last about an hour, and dress for hot sun.

We've been busy as ever, keeping up with the weeds and harvesting. Our first tomatoes have been ripening in the hoop house this month, and we're eagerly awaiting the harvests of summer vegetables that will be coming soon from the field... the nightshade family vegetables (potatoes, peppers, eggplants, tomatoes), cucumbers, beans, & squashes. The garlic is ready to harvest and hang to cure in the hayloft, and flowers are blooming exuberantly in the hazy heat. We've been so encouraged by and grateful for all the enthusiastic folks who have visited the farm stand this spring and early summer, and it's a delight to see familiar faces returning regularly. *Thank you kindly for supporting our farm!*



KITCHAWAN FARM STAND HOURS

- ❖ The FARM STAND is now open Fridays from 4pm to 7pm ONLY. Please note that the farm stand is no longer open on Saturdays.
- ❖ We are now at the Sunday Muscoot Farm Farmer's Market every Sunday from 11am-3pm.
- ❖ **We encourage you to bring your own reusable shopping bags when you visit the farm stand**

DIRECTIONS TO KITCHAWAN FARM: We are located on Route 134 in Ossining/S. Yorktown, one mile east of the Taconic Parkway on the left and one mile west of Route 100 on the right, directly adjacent to Westchester County Park's Kitchawan Preserve. Our driveway has two large stone pillars and a white gate. On Fridays, there is a sign that says "Kitchawan Farm" at the driveway, "Fresh Vegetables" signs several hundred feet from the stand in either direction. Visit www.kitchawanfarm.com for maps and detailed directions. Our address is 716 Kitchawan Rd. Ossining, NY 10562

WHAT'S READY TO HARVEST... direct from the farm to your table!

The "summer" vegetables are just beginning to ripen at last...

Ready to pick: New potatoes, turnips, carrots, peppers, eggplants.
Basil & cherry tomatoes from the hoop house... and many varieties of tomatoes will be ready by the end of the month!

We have lovely mixed summer flower bouquets, and cut flowers will be coming soon.

We still have organically grown PLANTS AVAILABLE FOR YOUR HOME GARDEN: heirloom tomatoes, sweet & hot peppers, & some herbs & flowers



SEASONAL RECIPE

Sautéed Cherry Tomatoes with Garlic & Basil

from *Vegetables Every Day*, by Jack Bishop (Great cookbook for farm fresh produce, with sections on each type of vegetable—how to select & use them— and over 350 recipes)

"The technique could not be simpler--- just warm whole cherry tomatoes in a hot skillet. This recipe relies on the simplest flavorings--- garlic and basil. The dish is especially good as part of an Italian meal." Serves 4 as a side dish



1 tablespoon extra virgin olive oil
1 pint cherry tomatoes, stems removed
3 medium cloves garlic, minced
8 large fresh basil leaves, cut crosswise into thin strips
Salt
Freshly ground black pepper

1. Heat the oil in a large skillet over medium-high heat. When the oil is hot, add the tomatoes and cook, stirring often, just until they are almost heated through and the skins are beginning to brown in spots, about 2 minutes.
2. Add the garlic and continue to cook for another 30 seconds, taking care not to let the garlic burn. Add the basil and salt & pepper to taste. Serve immediately.

RECOMMENDED BOOK & WEBSITE OF THE MONTH

It's a Long Road to a Tomato: Tales of an Organic Farmer Who Quit the Big City for the (Not So) Simple Life

by Keith Stewart who farms in Orange county and has a farm stand at GreenMarket in Union Square; his wife's beautiful block prints illustrate .

Northeast Organic Farming Association of NY (NOFA-NY): www.nofany.org Publishes local food guide, "The Local Organic Source" each year; will be available soon at our farm stand. We took the NOFA-NY "Farmer's Pledge" this year, to grow all our crops using ecologically sustainable methods; the pledge is posted at our farm stand.

HOPE TO SEE YOU SOON!

Please contact us if you have any questions or comments: (914) 941-0096 or freshandlocal@kitchawanfarm.com.



*Thank you for your interest in local food,
& enjoy the sweet summertime!*

Linsay Cochran & Mike Libsch, farmers
& The Cochran/Cook Family