

The Veggie Box From Quarry Farm



Welcome Everyone – We are excited to be off and running with the first week's delivery to you! Here is this week's harvest.

Italian Spinach	Kohlrabi	Radish	Arugula	Cilantro	Italian
Beets	Garlic scapes	Kale	Lettuce	Snow peas	

Garlic Scapes and Italian Spinach may be unfamiliar to some of you. A garlic scape is the stem and the seed head of the garlic which we top right away. This sends the plant's energy down to create the garlic bulb. Discard the actual seed head; it's inedible, but the stem is delicious. Chop it fine and use it in everything. Think of it as green garlic. I left a few whole and poached salmon on them not long ago.

Italian Spinach is like a cross between spinach and chard. It has nice salty tone and makes a great and quick pasta sauce. Chop a few garlic scapes, the Italian Spinach stems and some onion and saute in butter or olive oil. Chop the spinach roughly, add to the pan along with some salt and pepper. Turn the heat down and cover for a few minutes. Add the cheese of your choice. I used cottage cheese. Presto! Start your pasta early. If you are feeding a crowd, add some kale along with the spinach.

The arugula in the box this week is pretty spicy. Three ways to calm that down are to add salt and/or vinegar and let it sit for a bit, cut it smaller and mix with lots of other greens, or cook it in sauce or stir fry. New crop next week.

A bit about Quarry Farm.

When Daria and her husband, Ted and two friends from Victoria, bought the property in 2012, it was a quarry. Larry Bader, the developer of that neighbourhood, drew on the soil and rock there to construct the road to Bryant Hill. Needless to say, the property needed a lot of the work. The developers increased densities on the view lots by trading certain amenities on others. Quarry Farm borders a linear park and has about 2 acres covenanted as wetland.

The first job was to build the house. Daria and Ted built almost all of it themselves, taking 3 years to complete it and learning a lot of new skills along the way. Along the way, Daria established bits and pieces of the farm, the greenhouse, the greenhouse shed and the first gardens and irrigation. In recent years, she has focussed on creating soil and improving fertility by cover cropping, pasturing poultry and bringing in okara, manure, abattoir waste and mulch hay. All that hard work is starting to pay off. The veggie boxes are the next step in building the farm. All 25 shares are now sold. Daria has applied for organic certification for the property and has completed the Environmental Farm Plan. All round, this is going to be an exciting year.

Your boxes will be ready at 5:00 pm this Friday. Someone will be at the farm to greet you and answer any questions. If you happen to meet a very dignified turkey in the driveway, please stop and wait. If she is refusing to move, she is waiting for her babies to cross.

Happy dining! And thanks for supporting community agriculture.

The team at Quarry Farm

The Veggie Box From Quarry Farm

THIS WEEKS'S BOX

Arugula, beets, broccoli, green onions, Italian spinach, kale, kohlrabi, lettuce, peas, parsley and radishes

The arugula and the radishes are fresh crop so not so spicy. The hot spring has brought many crops on early so we are overfilling the boxes particularly for this time of year. When fresh vegetables are ready, we must enjoy the plenty, but we can only wait to see how the produce is affected by such sustained heat and drought



Now I would like to introduce you to **Daria Zovi**, the mastermind and Zen mistress of Quarry Farm.

Daria comes from Italy, 30 minutes north east of Venice, and found her passion for agriculture when she was very young. By the time she was 18, she began a degree in plant science in Italy, but life brought her to Canada before she finished. She completed an undergraduate program in agriculture at UBC but ended up returning to Italy to finish the plant science degree since she couldn't transfer her credits. With two agricultural degrees, she's a very well-educated farmer.

Daria was first tempted by farmland on Gardiner Island in Ontario. She woofed and interned on several farms in Italy and here in BC to learn about farming from the ground up.

Daria and her husband, Ted, finally purchased land on Norton Road here on Salt Spring. There they established an organic vineyard and began raising their family. BC Hydro interrupted that dream with its plan to run high voltage wire across the property.

Daria worked tirelessly to defeat the project, but BC Hydro would not budge. Refusing to raise their young children under the wires, Daria and Ted sold the property and moved to Victoria. However, Daria could not turn her back on farming so some years later, she and Ted returned to the island and bought the property at 190 Jasper that is now The Quarry Farm.



Believe it or not, Daria has a day job. She is a senior organic inspector in British Columbia, contracting with several organic certification agencies and is qualified to inspect crops, livestock and processing. After a long day of planting, she often retires to her room to write reports.

Next week, Weit.

Those of you on Macs may have distorted formatting on your newsletter. Please let us know if you are experiencing this problem, and we will send it as a PDF.



Quarry Farm Veggie Box Newsletter #3

June 28

This week's box: Arugula, Beets, Broccoli, Green Onions, Herb Bouquet, Italian Spinach, Kale, Kohlrabi, Lettuce, Peas, Radishes, Zucchini

Reminder: Boxes will now be ready for pick up at 3:00 pm. Boxes that are not picked up by 5:00 pm will be stored in the large cooler. Try to pick them up as soon as you can. Because we use minimal packaging (some of you have thanked us for that), the vegetables will keep much better once they are in your hands.

This last part of June has been cooler and not so sunny. However, the heat is likely to hit us very soon. This will help speed up the summer crops, but we will say goodbye to some of the spring ones. This will be the last week for kohlrabi. We will have peas for the next few weeks, but the beans will soon be ready. Some greens will be harder to grow, but we will keep them coming.

Meet Wiet. Wieteke Verhoeven, to be precise. Wiet hails from Holland. Her first career was as a goldsmith, but the call of the outdoors pulled her into gardens and gardening. Some of her first experiences were here in Canada when she first came for about ten months. Back in Europe, she took a basic gardening course and found work in nurseries where she learned about ornamental plants. When she, her partner and their young daughter returned to Canada and Salt Spring, she found work first at Thimble Farm and then for a CSA in the north end and at Hastings House where she met Daria. Daria and Wiet made a great team in the Hastings House Gardens. Four years later, she and Daria had both left Hastings House and The Quarry Farm CSA exists in part because they wanted to continue working together.

Wiet is a great planner and record keeper. She is responsible for all the seeding and provides a continuous supply of new plants, keeping the momentum of the garden rolling forward. Wiet can take a great deal of credit for the abundance of these early boxes. Here she is hiding behind the fence and picking peas.

Next week – Ronaldo





Quarry Farm Veggie Box Newsletter #4 July 5

This week's box: Chard, Cilantro/Basil, Green Onions, Italian Spinach, Kale, Lettuce, Peas, Potatoes, Radishes, Zucchini

This is the first week for potatoes. There's always something special about the first harvest of a crop, and if you like potatoes, you probably love new potatoes. They are so tender it's better to steam them, and it's always a good night to put the butter on the table. These are Warba, a good early potato with a very light skin.

This week please meet Ronaldo Barreto from Brazil. Ronaldo arrived in March and quickly became an integral part of the Quarry team. Ronaldo has always been interested in agriculture, but his other main experience was with a passion fruit orchard in Brazil. He came to Quarry prepared to learn, and as he says, the best way to learn about farming is to work alongside other farmers. You may have forgotten March weather by now, but it was so

wet that the only way to construct the garden beds was to dig them by hand. Ronaldo dug in along with the others and over the course of the month, the current garden emerged from the field. He has also been instrumental in installing the irrigation from digging the trenches to laying down the pipe and attaching the connection. Now Ronaldo weeds and plants and harvests and also takes care of the poultry.

The farm team meets every morning to discuss the work, make a list for the day and divide up the tasks. While everyone does a bit of everything, Wiet concentrates on the planting schedule, seeding and transplanting. Daria is the trouble shooter. When things go sideways with the irrigation or the composting she enlists Ronaldo to work with her to keep the systems up and running. Ronaldo plans to stay until the end of the season and hopes to come back next year.

Next week - Julia



Quarry Farm Veggie Box Newsletter #5

July 12

**Mark your calendars for
September 7 when Quarry
Farm will host a farm-to table
dinner in support of the Root
Produce Centre. More details
to come shortly.**

This week's box: Arugula, Broccoli, Beans, Beets, Chard, Italian Spinach, Kale, Lettuce, Parsley, Peas, Potatoes, Radishes, Zucchini

A few bits of organizing to discuss with you. We often have extra food after the boxes are all packed, and we offer it for sale to members. You will find it in the fridge in the packing shed and there is a note on the door with the prices. The fridge is cleared on Tuesday morning. Whatever is left is delivered to the food bank.

If you don't want your box because of holiday or travel and you don't have an alternate to pick it up, we will put the contents in the fridge for sale and what does not sell will go to the food bank.

Please return your ELASTICS. We need them. Just leave them in the box you are returning.

This week we will have tomatoes, cucumbers and strawberries but not enough to fill all the boxes. We will leave them on the shelf. Please take one of the three. The earlier you come, the more choice you will have.



Quarry Farm is hosting a sumptuous farm-to-table dinner in support of the Root Produce Centre on September 7 from 5:30-8:30. The Root will be a great asset to the farm community helping to store and redirect produce to obtain its maximum use and providing opportunities for value-added processing. Come enjoy the food we grow prepared by an island chef.

This week – meet Julia Grace. That's me. I am the ghost writer for Quarry Farm. Each week I meet with the team, write the weekly newsletter and attempt to mount it on the website. I'm getting better at that part every week. I am a retired farmer and old friend of Daria Zovi.

Back in 1993, I began a box program like this one on my farm on Beddis Road. Daria worked for me in the gardens. Some years later, my partner and I established Moonstruck Organic Cheese. We kept a small herd of Jersey cows and made lovely cheese. Daria sold for me in the market. Quarry Farm gives me a little hit of farm life every week. Daria and I take a tour of the gardens and discuss how to deal with the crops. I am very impressed with the depth and complexity of the Veggie Box program.

By the way, if any of you still have kohlrabi lurking in your refrigerator, let me recommend a dish that Daria made for lunch today. It was a simple stir fry with fresh broccoli leaves, garlic scapes, and kohlrabi that had been peeled and sliced all tossed together with turmeric. It was all good, but the kohlrabi slices were particularly delicious.

Next week – Volunteers, past and present.



Quarry Farm

Veggie Box Newsletter #6

July 19

PEPPERS – These beauties will be along shortly.

This week's box: Arugula, Basil/Cilantro, Beans, Broccoli, Chard, Cucumber, Hakurei Turnip, Italian Spinach, Lettuce, Peas, Potatoes, Tomatoes, Zucchini

Hakurei turnip is a Japanese salad turnip. There is no need to peel it unless you choose to. It will replace radishes in the box and bring a sweet crunch to your salad. We are harvesting early before the bugs take too big a share in the

harvest. They will be back in the fall.

We want to stress that the food has come early and fast this year. The boxes are much bigger than anticipated. You are participating in a kind of a glut. Later boxes may not be so abundant, and we don't want to disappoint you if that happens. As the season progresses, we will have a better handle on how to manage quantities. Don't expect the glut to last forever, but while it does, we will offer suggestions about ways to handle all this food.

For example – zucchini. What do you with zucchini that are big?

1. **Grill them.** Slice them about $\frac{1}{4}$ inch thick. Bathe them in olive oil, salt and pepper and lay them on your grill (on a grill pan if you have one). You will find the thickness that suits you after the first try or two. When the bottom side gets a bit brown and crusty, carefully flip them over and grill the other side. The interior will become soft and creamy, the coat is a bit crispy. They go with virtually anything.
2. **Make a Gratin.** Slice them in two lengthwise. Use a spoon to scrape out the seeds and then fill the cavity with a mixture of garlic, onion, bread crumb or bread chunks, herbs of your choice (sage is good), cheese if you like, salt and pepper. Top with parmesan. Put on a baking sheet or in a flat casserole and bake at 400 F until everything is soft and cooked and the parmesan is browned. Delicious.
3. If it's a busy week, chuck them in your food processor and buzz them until they are small chunks. Then bag and **freeze them** for winter soups, stews and casseroles.

If you have a terrific recipe, please share. We'd love to hear from you.

Quarry Farm wouldn't be what it is without the help of the many volunteers who come to live and work on our organic farm. Here are some of the volunteers that have helped to make it all happen.

Rebecca from Germany – Rebecca was with Quarry Farm during the winter. She took great care of the animals and poultry and helped dig the plant beds.

Rachel from New Brunswick – Rachel arrived in March and worked hard to prepare the plant beds. She stills lives at Quarry Farm but now works off farm.

Red from southern Italy is Rachel's partner. He is just beginning to work with the veggie box program and is proving to be a very good researcher.

Jase from Australia -Jase helped with the construction of the packing shed, with excavation and with installing the roof. He is also trained as a graphic designer and designed the Quarry Farm logo and website.

Erin from Ontario has just joined the team and plans to be with us for the rest of the summer. Erin's work was organizing kid's camps. She realized that she wanted to learn about agriculture and sustainability. She spent seven months in Latin America working on four different farms, and at one of them, she met Daria who promptly invited her to Salt Spring. Welcome Erin!

Have a great week and keep us posted on how you are managing the food. Happy dining!

The Quarry Team



Quarry Farm

Veggie Box

Newsletter #7

July 26

This week's box: Beans, Beets, Broccoli, Chard, Cucumber, Green Onions, Italian Spinach, Lettuce, Parsley, Peas, Potatoes, Tomatoes, Zucchini

The third week of July always seems to be when the summer food becomes firmly established. There are so many beans! But the

greens are harder to grow so the lettuces are smaller now, and we are taking a break from kale this week for sure and probably for one or two weeks to come. Salads will be chunkier, but those wonderful lettuces will be back in the fall. The early Warba potatoes have all been distributed. This week, you will have Yukon Gold – a yellow-fleshed mid-season potato that can be steamed, grilled, fried, you name it.

We are seeding less, shielding crops from the heat and sun, and spending much more time harvesting. Thankfully, there are more bodies in the gardens helping us to take care of it all.

I am going to pass on one more zucchini recipe – **Chocolate Zucchini Cake**. This is a moist flavorful cake, great for kid's birthdays, and face it, there's still a bit of kid in all of us. This cake serves 12 kids.

2 ¼ cups all-purpose flour sifted	1 ¾ cups sugar
½ cup unsweetened cocoa powder	½ cup unsalted butter at room temperature
1 tsp baking soda	½ cup vegetable oil
1 tsp salt	2 large eggs
1 tsp vanilla extract	2 cups grated zucchini
½ cup buttermilk (use scant ½ cup milk and ½ tsp vinegar – stir and let stand for 5 minutes if you need to substitute)	¾ cups chopped walnuts
1 6 oz package of semi-sweet chocolate chips	

Preheat oven to 325 F. Butter and flour a 13x9x2 inch baking pan. Sift flour cocoa powder, baking soda and salt in a medium bowl.

Beat sugar, butter and oil in a large bowl until well-blended. Add eggs one at a time until well blended. Add vanilla. Mix in dry ingredients alternately with buttermilk in 3 additions each. Mix in grated zucchini. Pour batter into prepared pan and sprinkle nuts and chocolate chips over. Bake cake for about 50 minutes until tester comes out clean. Cool cake completely in the pan.

Until next week
The Quarry Team



Quarry Farm

Veggie Box Newsletter #8

August 2

This week's box: Arugula, Basil/cilantro, Beans, Cucumber, Italian Spinach, Kale, Lettuce, Peas, Potatoes, Tomatoes, Zucchini

Well, there was a little mix-up last week, and we sent you Russet potatoes instead of Yukon Gold. This week, the potatoes will be Yukon Gold.

It's starting to be all about tomatoes at Quarry Farm. We are sending you a gallon pot full of them. Beefsteak are on the bottom, then the medium sized ones with the cherries on top. Please unpack them and spread them out so they are less likely to split. The beefsteak tomatoes are Brandywine. They have wonderful flavour, but those big crevices lead to splitting so they don't keep well. Eat them up.

We don't have enough peppers and strawberries to go around so they will be on the shelf. Help yourself to one or the other. First come – first served.

Abundance is the theme where tomatoes and beans are concerned. That's what local food is all about. We wait for it with bated breath all winter long. Then there is this brief period when we wonder what to do with it all. And then, we blink, and it disappears on us. Think about roasting, drying, stewing, saucing, pickling. People have been thinking about how to preserve summer's bounty since the beginning of time.

If you would like a bulk order of either, please email us at info@thequarryfarm.ca and tell us your wishes. We will pack them up and put your name on them.

Tomatoes will be \$30 for 10 pounds.

Beans are \$20 for 5 pounds.

Until next week

The Quarry Team



Quarry Farm Veggie Box Newsletter #9

August 9

This week's box: Beans, Beets, Cucumber, Garlic, Green Onions, Italian Spinach, Kale, Lettuce, Parsley, Potatoes, Tomatoes, Zucchini

Friday was a fantastic day on Quarry Farm! Ted powered up the walk-in cooler in the packing

shed. And here he is grinning from ear to ear as we cheer his accomplishment! The walk-in will help us plan harvesting and storage and increase our productivity on this small farm. There are, however, some rules of operation for those of you who need to go into it.

1. DON'T leave the door standing open. Don't let it slam behind you either. The goal is to collect whatever you are collecting quickly and leave.
2. SHUT the door firmly and carefully when you are done.
3. The light switch is on the left as you enter. Make sure to switch the light OFF when you close the door. Harvested vegetables do not like light.
4. If you notice anything amiss - doesn't seem to be working - door was left open, etc., ALERT us immediately. Call or text Daria at 250 537-6380. Speak to any farm member that you see nearby. We will thank you.

This is a week for cool food. Nobody feels much like cooking, but since you bought into a hearty box of food every week, we will assume that you enjoy cooking. This is the time of year to turn cucumber into Tzatziki and parsley into Tabbouleh. Tzatziki calls for fresh dill, but who has fresh dill in this weather? Try a few finely chopped mint leaves instead. Make a bean salad and throw the beets and Italian spinach in. Make the dishes in the morning while it is still cool. Then enjoy this delicious food all day long and forget about cooking.

Happy High Summer,

The Quarry Team



Quarry Farm Veggie Box Newsletter #10 August 16

This week's box: Beans, Beets, Cucumber, Herb bouquet, Italian Spinach, Kale, Lettuce, Peppers, Tomatoes, Zucchini

This is the first week for peppers. The bigger reddish ones are a sweet pepper. The yellow/orange ones are called Hungarian Hot Wax. The flesh has a mild heat, but the seeds are much hotter. Enjoy.

You may have noticed that often vegetables appear in your box but aren't mentioned in the newsletter. That's because I usually write the newsletter on Monday and in a garden, a lot can happen between Monday and Friday. So consider this newsletter a guide and not a road map. Last week, a green onion bunch appeared in your box. Daria and Wiet made a strategic decision to pull them. We still don't know if they are in this week or not. Strawberries sometimes materialize, and sometimes they don't. Very soon some of the steady crops will slow down or disappear entirely. We are taking a break from chard and you won't see peas for a while, but the fall crop is looking promising. That's life in the garden. I must say, as someone who only visits the garden once a week, the fall food is looking fabulous, lots of new plantings and lots of diversity.

Two Reminders. Please bring back the tomato pots! We don't have many and they are the safest way to get the tomatoes to you without bruising and splitting. We are batting about 50% in pot returns. We also ask you to remember to send back your elastics. Just throw them in the tomato pot. Elastics are one of those stupid bits of plastic that are cluttering up our planet, but they are useful. Put a note on your fridge if need be.

Just remember – elastics and pots, pots and elastics, elastics and pots, etc.

All the best from

The Quarry Team



The Quarry Farm Newsletter #11 August 23, 2019

This week's box:

Basil, beans, cucumbers, Hakurei turnip, Italian spinach, kale, lettuce, purple top turnip, strawberries, tomatoes and zucchini.

Mark your calendars for September 7 at 5:30pm for The Quarry Farm-To-Table Dinner featuring Chef Naomi Singh who will create a four course Indian feast featuring Quarry Farm ingredients.

In fact, Naomi is creating two feasts since you must choose between the vegetarian and the chicken option. Here are the menus.

Vegetarian Menu (and easily adapted to Vegan)

Appetizer	Vegetable Samosa and Pakora with fig chutney, makhana sauce & mint raita
Soup	Spinach Sambar with lentils, spinach, potato & Indian spices
Curry	North Indian Vegetable Curry, Saffron Rice
Dessert	Saffron Poached Pear with Cardamom Mousse

Chicken Menu

Appetizer	Vegetable Samosa and Pakora with fig chutney, makhana sauce & mint raita
Soup	Bangla Broth, chicken broth with Tamarind, Indian spices
Curry	North Indian Chicken Curry, Saffron Rice
Dessert	Saffron Poached Pear with Cardamom Mousse

Wine, beer, cider and non-alcoholic beverages can be purchased at the dinner. Proceeds from the feast will support the cold storage facility at The Root, our new food/farm security building which is almost complete.

Tickets are \$75.00 person and are on sale at www.plantofarm.org. You can also read more about The Root and other activities of the Salt Spring Agricultural Alliance at this site. This is the first Alliance farm to table dinner that truly embraces another cuisine. It opens a new door on farm to table dining. Come meet Daria Zovi, owner of The Quarry Farm, and her troop of trusty, hard-working gardeners. Enjoy a farm tour, some live music and then sit down to this sumptuous feast served right above the gardens. Questions? Please email at us info@thequarryfarm.ca. Don't delay! Tickets are selling slowly but steadily on the site.

All the best,

The Quarry Team



new compost structure.

Quarry Farm

Newsletter

#12

August 30,

2019

This week's box:

Beans, beets, cucumbers, Hakurei turnip, Italian spinach, kale, lettuce, parsley, peas, peppers, strawberries, tomatoes and zucchini.

In the picture, Ronaldo and Daria in front of a

Composting

Meet the composters. Well, two of them, Ronaldo and the biggest smile on Quarry Farm, Daria Zovi. There are lots more of them, and the tractor is involved, but composting is the heart and soul of Quarry Farm.

When Daria took on Quarry Farm, it was a quarry which means that the topsoil had been stripped off, the underlayers had been used to create roads and housing sites, and the quarry had been stripped bare. Over the years, Daria has brought in fertility in different ways, building up the soil in areas that seemed best suited for farming. Ongoing composting at the farm means that there is new fertility being added to the beds every time they are replanted which is why new crops, even late in the season, display a terrific spurt of growth.

Every two weeks, Quarry Farm brings in a pick-up load of horse manure from the Therapeutic Riding Association. This is mixed with weeds, old plant material, and a biodynamic preparation is stirred and then added to the mix. Then the pile is covered and monitored for temperature. To stay in line with organic standards, the pile must maintain a temperature of 55 C for four consecutive days. After two weeks, the pile is turned again thanks to the tractor and recovered. A month later, it is ready to be added to the garden beds to support new seedlings or as a side dressing on older plants. It is the mainstay of Quarry Farm, and every year, these composting practices will improve the fertility and the tilth of Quarry Farm.

Time is ticking and a week from Saturday is not far away. Come enjoy this terrific Farm to Table Dinner from 5:30 to 8:30 at Quarry Farm. Daria will have tickets available for sale when you come pick up your box on Friday. Support the Root, support the farm and enjoy a delicious al fresco dinner.

All the best from the Quarry Farm Team

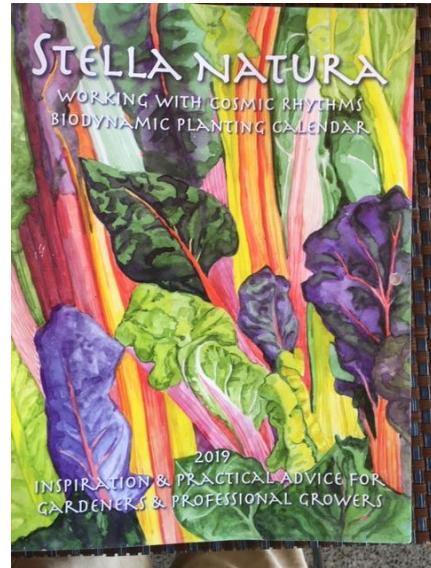
Quarry Farm

Newsletter #13

September 6, 2019

This week's box:

Arugula, beans, beets, cilantro, cucumbers, Hakurei turnip, kale, lettuce, peas, hot peppers, strawberries, and tomatoes.



Biodynamic Agriculture

Daria has visited many biodynamic farms both as a volunteer worker and as an organic inspector. She uses many components of biodynamic farming at Quarry Farm. The first is the calendar which lays out the work that should happen on specific days in relation to the cosmos. Leaf days, fruit days root days – it's amazing how, if you follow the calendar's listing, you make your way all around the garden over the course of a few weeks. The calendar specifies propitious days for working with root crops, leafy crops and flowering crops.

The farm also employs biodynamic preparations to the soil and particularly to the compost. Many people might say this is all hogwash, but in fact, it is an extremely well-organized system that ties all aspects of farming together. The gardens at Quarry Farm continue to generate new and delicious food. The peas in your box this week and last are a testament to this. It's no easy feat to grow a tasty crop of peas and harvest it in the first week of September. The constant attention to building and using good compost is another good example.

If you are interested in learning more about biodynamic farming, you can bug Daria or just google it online.

Sad news about our dinner. Due to an unexpected issue, we have had to cancel. If you have bought a ticket, write to info@thequarryfarm.ca to sort out your refund.

All the best from the Quarry Farm Team

Quarry Farm

Newsletter #14

September 13,

2019

This week's box:



Basil, beans, cucumbers, Italian spinach or chard, kale, lettuce, peas, peppers both sweet and hot, strawberries, tomatoes and zucchini and maybe a sweet little surprise.

September – cooler nights – shorter days

It must be time for Soup!

It never fails to amaze me how quickly our bodies and our taste buds respond to the change of season. I cook more, still eat a lot of salad, but I don't live on it like I used to. I turn to the stove and the fridge with a different plan in mind. The great things about soup is how it helps clean out the back corners of the refrigerator. I pull out bags and investigate the contents, this for soup, this for the compost. New beans come in the box, but last week's beans are still fine – into the pot. The Italian spinach is looking a little tired – chop it fine and dump it in.

For soup, start with some aromatics, some garlic, some onion, maybe chopped ginger, and oil or butter in a pot. Season right away with salt and pepper. Add stock as soon as everything is nice and brown. You can make your own stock, you can buy it at the store, you can use plain water in a pinch. Scrape up all the brown bits and keep the soup at a light bubble. Then add vegetables starting with those that take the longest to cook and finishing with those that don't need more than a few minutes. Potatoes, tomatoes, zucchini, beans, hardy greens, they're all wonderful in soup. Finish up with a few herbs and check your seasoning. The only decision left is whether to blend it or enjoy it as it is. Hand blenders are fabulous because they don't add much clean up. Just be careful not to blend when the soup is super hot and burn yourself on a splatter.

When you are hungry, and life is feeling a little damp, it's wonderful to remember that you made soup.

All the best from the Quarry Farm Team

Quarry Farm

Newsletter

#14

**September 20,
2019**



This week's box:

Arugula, beans, beets, cilantro, cucumbers, garlic, Italian spinach, kale, lettuce, peas, peppers, summer squash, tomatoes, and winter squash.

Harvest Moon and Fall Equinox

Last Saturday night was the Harvest Full Moon. We saw that bright orange/red moon pop up from the horizon right at dusk for a few days before it was full, but the fall rain has hidden it from us since. Folklore says the harvest moon helps the harvester with its early brightness, extending the time available to bring the crops in.

This coming Monday is the Fall Equinox when the hours of darkness are equal to those of light, the official beginning of autumn. Nights are cooler and longer. Days are shorter and with the right weather conditions, they are still hot. It just doesn't last very long.

The Fall Equinox sends a strong message to many plants. This is the last week for zucchini and maybe the last for beans as well. Wiet has completed her last seeding until next spring. Now when we empty a bed, we close it down for the winter either by planting a cover crop or just adding more mulch. Two trusty team members are leaving us soon. Season's end is in sight.

Meanwhile back at the house, Daria and Wiet are making plans for next year's garden. On Friday, we ask you to do some homework. You'll find a simple survey in the box, and we ask you to fill it out and return it in your box next week. We'd appreciate your feedback which will help shape next year's garden.

And please don't worry. There is still lots of great food to come!

All the best from the Quarry Farm Team

Welcome to the Quarry Veggie Box week 16!



Goodbye till next spring to our awesome crew!

This week-end we said goodbye to Erin and Ronald till next spring. Julia is also gone to visit her family on the East Coast for a few weeks. The farm is going to feel much quieter without their contagious energy and enthusiasm...

Wiet and I are left to harvest the last few boxes, plant garlic and finish fencing and cover cropping the back field.

The back field is our new growing area for next year. Here we plan to grow garlic and more storage crops like potatoes and winter squash. We are growing winter wheat and oats to improve the tilth and hold the nutrients over the winter and thanks to all this rain they have already sprouted and covered our newly dug raised beds!

**your 16th box is ready Friday,
September 27th after 3 pm.**

Here is what is going to be in the box:

arugula, basil, beans, beets, cucumber, garlic, Italian spinach, kale, lettuce, potatoes, tomatoes and winter squash.

Welcome to the Quarry Veggie Box week 17!



Chard goes out with a bang!

Thank you all for appreciating our work so much.

Surveys were tallied this week. The fantastic news is that all our members are coming back next year!

We will be offering a bread, jarred product and winter CSA (stay tuned for more details soon). Also we are growing onions and carrots next year. Swiss chard and eggplants are out. Since we won't be growing chard again, that was unanimous, we thought we should celebrate it this week!

You will be getting a large bunch and it will be the last time you see it in your box. Give it some love and try a new recipe with it. It is a lovely plant and very nutritious. It will be the last of summer treats like cucumbers and possibly tomatoes. Cucumbers are a little crooked and the skin may be a bit bitter but still delicious inside. In the box this week is also a one time surprise treat that was part of our trials.

Happy thanksgiving everyone and please mark your calendars for a pizza party and circle on our last veggie box day Friday Oct. 25th starting at 3 pm

All the best from the Quarry Farm Team

**your 17th box is ready Friday,
Oct. 4th after 3 pm.**

Here is what is going to be in the box:
arugula, beets, chard, cucumber, garlic, herb bouquet, kale, lettuce, tomatoes, winter squash and end of summer treat.



Quarry Farm Newsletter #18 – October 11, 2019

This week's box: arugula, carrots, garlic, Italian spinach, kale, parsley, potatoes, hot peppers, radishes, tomatoes

It's cold and wet at Quarry Farm and the only truly happy vegetable is the kale. With the rapid changes in weather and season, we are providing some instructions on managing the food.

The tomatoes are under ripe and will never have the flavour of a mid-summer tomato, but still, much better than the grocery store option. Bring them on in a paper bag on your counter and check them every day.

Some peppers will be red and some will be green. They will continue to ripen so choose between a bag on the counter or in the fridge, but once again, keep a watchful eye. If you choose to dry some, choose the redder ones.

The radishes are small and many have splits so we have pulled them. They taste delicious so clean them up and put those tasty nuggets in your salad.

Happy dining from the Quarry Team.



Quarry Farm Newsletter #19 – October 18, 2019

This week's box: arugula, carrots, cilantro, garlic, Italian spinach, kale, potatoes, squash, tomatoes.

Well, it's the second to last box before the end of the first season of the Quarry veggie box program, and week by week, the beds are closing down. A little faster than expected because this is a cold and wet fall.

It's time to plan for the future so we hope you will join us on the 25th for pizza and a round meeting starting at 3:00 pm. This meeting will help us shape the new projects, and we need to hear from you about what will and will not work.

The most important is the winter box program (not this winter but the next) but we need to buy the seed now. We are looking for consensus about what vegetables we would put in a winter box, how long it would last, the price, the frequency (every two weeks?) and so on. Same for the bread and the jarred product. So please come, eat some pizza and tell us what you think.

Cheers from the Team



Quarry Farm Newsletter #20 – October 25, 2019

This week's box: arugula, carrots, garlic, Italian spinach, kale, parsley, green tomatoes and a special treat.

This is the last pick-up, and the first season of the Quarry Farm Veggie Box Program is in the BAG! And it is literally in a bag this week. Please return your box and any pots or elastics that you have. We'll send you home with the last harvest in a bag to save you the trip back.

Please bring your cheque book to reserve your place next spring. A little cash input will be appreciated to help pay for the big seed orders we are sending out.

Pick up is at 3:00 pm as usual with pizza right after. We'd love to see you between 3 and 5 to get your feedback about next season and to help plan for the winter box that will start next fall.

We really want to express our appreciation to all of you. You've been great supporters. We couldn't have done it without you.

Thank you from the Quarry Team!