

Welcome to 2020 The Quarry Farm Box Program



Greetings and welcome to all our CSA members old and new. The gardens are shaping up nicely. We have had a few setbacks but for the most part, the produce looks beautiful, and we are looking forward to a great season.

Pick up The first pickup is Friday, June 12 from 5-7 pm. Please come to 190 Jasper Road and follow the signs to the packing shed.

Jarred products The weekly jar will be added to the box for those who have signed up. Additional jars will be set out for sale on the shelf for purchase (\$10.00 per jar). These products are only lightly processed. If you don't use it right away, we suggest freezing it. After it is opened, keep it in the fridge. The shelf life will vary with the product. We recommend using it up in a few weeks (although I, your trusty

newsletter editor, kept a bottle of arugula pesto going for six weeks without difficulty).

The **Bread program** and the **Winter program** are full.

This week's veggie box will include arugula, carrot thinnings, cilantro, garlic scapes, green onions, herb bouquet, kale, lettuce, and radish. As usual, there will be a shelf of offerings (when quantities don't allow us to provide a portion to everyone), first come first served, please take only one. There will be strawberries, but maybe not enough for everyone.

COVID-19 Policy

Like all businesses, we have had to plan how to deal with Covid-19. The complete policy is attached and can be found on the website – www.thequarryfarm.ca. Below are the main items that will affect CSA members.

The boxes will be chilled in the cold room for 2 hours before pickup. Beans, peas, berries, tomatoes, and potatoes are not washed before packing. After chilling, the boxes will be placed on the shelves for pick up **between 5 and 7 pm**.

Please sanitize your hands before entering the packing shed and touch only the boxes you are picking up. Only two CSA members should enter the packing shed at a time. Please respect the 2 metre distance. We encourage CSA members to spend as little time in the packing shed as possible.

Please do not enter the cold room. After 7:00 pm, the remaining boxes will be put back into the cold room. If you are late, please ring the bell and someone from the farm will come to bring the box from the cold room.

We ask you to wash the produce again at home. If you are sick or feeling unwell, call or email us and we will deliver your box to you.

As always, your feedback means a lot to us. Please let us know if you have any concerns or questions at info@thequarryfarm.ca.



And this big smile comes from Daria as she pulls the first pizza from our new woodfired oven.

From

The Quarry Team

Quarry Farm Veggie Box Program Week 2, June 19



This week's box:

Arugula, garlic scapes, green onions, Italian spinach, lettuce, kale, parsley, salad turnips, strawberries.

It's good to feel the sun on the land after the damp and cool stretch. Plant growth has been slow for the last few weeks, but for the most part, the crops have appreciated the moisture and the grey days - although so have the slugs. We expect a growth spurt now with the heat, the sun, and all the moisture in the ground. We've also been making compost furiously to catch up with our needs.

Please remember to return your box along with the strawberry pot and the elastics when you come for pick up this Friday. You can drop your empty box on the right hand side of the packing shed beside the handwashing sink.

Have a great week everyone, and all the best from

The Quarry Team

Quarry Farm Veggie Box Program Week 3, June 26



Meet the Crew!

Greetings everyone:

This week's box: Arugula, beets, broccoli, garlic scapes, green onions, Italian spinach, kohlrabi, herb bouquet, lettuce, salad turnips, strawberries.

We are disappointed in our first pea sowing. They are coming, slowly, but once again we have said "next week". The second sowing is doing well so one way or another you will see peas soon if the beans don't beat them to it. Imagine!

This week, I would like to introduce you to the hardworking Veggie Box crew. From the left, interns Mark Van Dompeler, and Anna Scouten, then Daria Zovi, farm owner, machine operator and overall head of the team. Next to Daria is farm worker, Ronaldo Barreto who was with us last year, then Wieteke Verhoeven, CSA manager, Julia Grace, newsletter writer and on the far right, Alex Smith, intern. More about our crew members in the weeks to come.

We really need those strawberry boxes back! It's a bumper crop this year and hard to send it out without a box to put it in. Please return your box, your elastics, and whatever pots we send your way every week. It's important to us to keep our packaging to a bare minimum.

Have a great week, everyone,

The Quarry Team



The Quarry Farm Newsletter Week 5 - July 10, 2020

THE BOX – arugula, carrots, fresh tea blend, garlic, Italian spinach, kale, lettuce, mystery crop, parsley, zucchini.

THE JAR – **Elderberry Rhubarb Jam** Ingredients:
rhubarb, elderberry, organic sugar

THE BREAD– *Sourdough white and wholewheat*

MEET THE CREW

Meet the sturdy crew that plant, weed, harvest, compost, and whatever else needs doing at The Quarry Farm. Anna Scouten hails from Bowen Island. She's a super multi-tasker and main assistant to Wieteke for planting, harvesting, and prepping the vegetables for the box each week. Alex Smith comes from England. He is the crew's cheerleader, keeping the energy up to forge through garden tasks. Mark Van Dompsele, who comes from Peterborough, Ontario, excels at compost and weed control.

About the vegetables - Well, we promised zucchini, but we didn't deliver. Early shareholders were able to take one from the offerings shelf, but the sun did not deliver enough heat to get one in every box. This is a cool summer. This week, some people will receive peas, others broccoli, and others strawberries, but there is not enough of anyone of them to fill every box. Think of it as a surprise. The tomatoes have fruited and the baby cukes are visible on the vines. The cool-loving crops are happy. Summer is coming at its own speed.

A Dinner – Would box members be interested in a farm dinner? We are thinking of a physically distant and affordable dinner to take place on the grass above the gardens on August 7. Soup, salad, pizza, and dessert with vegetarian, vegan and gluten free options. Let us know if you would like to come by emailing us at info@thequarryfarm.ca. If enough members sign up, we'll finalize the details.

News Alert – Boxes will be ready for pick up between 4:00 pm and 6:00 pm.

The Quarry Team



The Quarry Farm Newsletter Week 6 - July 17, 2020

THE BOX – arugula, beans or peas, carrots, cilantro, garlic, Italian spinach, lettuce, potatoes, zucchini.

THE JAR – Beet Hummus Ingredients:
Beets, scapes, cilantro, organic chick peas, olive oil, tahini, lemon & sea salt

THE BREAD– *Sourdough white & w/wheat*

Potatoes arrive in the box this week! Harvesting potatoes may be a chore later in the season, but these first harvests are like a treasure hunt. These lovelies are Red Chieftain, an early variety, and we recommend steaming them because they are tender. There is warm sunshine in the forecast all week, so maybe our summer has finally arrived.

There has been good response to the dinner here at the farm on August 7th. We'll provide the menu in an upcoming newsletter. The dinner will cost \$45 per person, \$100 for families of 3-5.

Wiet and her crew planted the main crops for the winter boxes this week, sliding into the rows recently vacated by the garlic. Brussels Sprouts, cabbages, rutabagas, escarole. These slow maturing crops do their main growing in the warm months and then manage to hold on for harvest after frost. Wiet does many wonderful things to make this garden happen, but her planning, foresight and seeding schedule are what keeps us all on track.



Remember: Boxes will be ready for pick up between 4:00 pm and 6:00 pm.

All the best from the Quarry Team

The Quarry Farm Newsletter Week 7 - July 24, 2020



THE BOX – arugula, beans, beets, broccoli, carrots, cilantro/basil, Italian spinach, lettuce, peas, potatoes, zucchini.

THE JAR – **Strawberry Rhubarb jam** Ingredients: *Strawberries, rhubarb, organic sugar*

THE BREAD – *Sourdough white & wholewheat*

This wall of runner beans is testament that bean season has officially arrived at The Quarry Farm, and with this rush of summer heat, tomatoes and cucumbers are not far behind. There are requests to name the herbs in the herb bouquets, and we will do our best although we sometimes only discover something when harvesting. I will post a follow up email if needed.

ABOUT THE DINNER

We received some comments about the price which led us to reflect on why we want to hold the dinner. The purpose of the dinner is to bring box members together to meet in a physically distant way, to see the garden and the farm at their production peak, and to share food and ideas. We want the event to be accessible to all, so \$45.00 will be the suggested price, but everyone is welcome so people should pay what they can. Please RSVP if you would like to come, (info@thequarryfarm.ca) tell us how many people are coming and send an e-transfer.

We will begin with a sharing circle at 5:00 pm. Please come for the circle even if you don't want to participate in the food. Dinner is at 6:00 pm. There will be non-alcoholic beverages served with the meal, but if you would like an alcohol beverage with your meal, please feel free to bring your own.

Sadhana Wisteria Berkov who has cooked for several farm to table dinners, will prepare the feast; music by Kiyoshi who plays the pan drum. Their bios are below.

Any income over and above the costs will go to The Root. We hope to see you there.

All the best

from the Quarry Team

Wysteria Bio:

Wysteria is Creative Chef and has worked professionally in many aspects of the food industry; from catering, teaching, creating cookbooks as well as being the Creative Director for a fine dining restaurant and resort. She is deeply rooted in the farm and food industry, she inspires community through creatively preparing meals that are seasonal and local.

A passion of Wysteria's is to collaborate and co-create cuisine that is magical as well as to encourage community by connecting everyone with the bounty from The Land.

Kiyoshi bio:

Kiyoshi Iio (Handpan Journey) is a world traveler, Multi-instrumentalist and hand pan player. Originally from Japan, Kiyoshi's music career started 14 years ago with drums percussion and guitar.

The hand pan came to him while traveling in Spain and has been a part of his repertoire ever since.

Kiyoshi's music is inspiring particularly to individuals who love nature, adventures and relaxation.

His music is alluring, peaceful and expressive. It is representative of what we all strive for—peace, harmony and happiness.

The Quarry Farm Newsletter Week 8 - July 31, 2020



THE BOX – beets, cucumber, green onions, Italian spinach, kale, lettuce, parsley, runner beans, salad turnip, snow peas, tomatoes, zucchini.

THE JAR – Arugula Pesto, Ingredients: *Arugula, Olive Oil, pumpkin seeds, lemon and lemon zest,, garlic, salt*

THE BREAD – *Sourdough white & wholewheat*

THE SEED GARDEN Our new project for this season is to establish a seed garden. When we began, we purchased almost all our seed and chose mostly hybrid varieties because of their vigour. We have learned that the strength of open-pollinated seeds is the way they adapt and strengthen in relation to the garden they grow in. The picture is drying arugula seed stocks from the open-pollinated variety called Astro. It's our favourite. We will bring on open pollinated seeds slowly as we test out different varieties and choose the ones that seem to fit our growing environment the best.

We have set aside a separate garden for seed saving, and we will designate a separate individual to manage it since Wiet and her crew are maxed out managing the production garden. We'll keep you posted about how this project is developing.

ABOUT THE DINNER We really need to hear from you if you are coming to the dinner. Please send an e-transfer to info@thequarryfarm.ca and tell us how many are in your party. We need to hear from you by Thursday, July 30th so we can finalize the plan. Thanks for this.

All the best from
The Quarry Farm

The Quarry Farm Newsletter Week 9 – August 7, 2020



THE BOX – arugula, basil/cilantro, beans, beets/salad turnips, cucumber, garlic, Italian spinach, kale, lettuce, runner beans, shallots, tomatoes, zucchini.

THE JAR – Strawberry Rhubarb Jam, Ingredients: *strawberries, rhubarb, organic sugar*

THE BREAD – *Sourdough white & wholewheat*

CROP ROTATION

Some of the early crops are finished now so we are pulling the tired plants and hauling them to the compost piles. Some of these planting zones will be filled with winter crops. For example, the winter brassicas were planted in the recently vacated garlic beds. One empty potato bed will grow next year's garlic but the other will be cover cropped. Our main cover crops are winter wheat and oats. Winter wheat must be planted by early September, so it's our first choice for now.

The goal is to keep the garden covered preferably with plants that offer fertility and in a pinch with a heavy mulch. This renews the soil for the upcoming growing season and prevents our heavy winter rains (if we get them) from leaching fertility out of our hard won soil.

POTS AND ELASTICS

Sorry to be a nag, but this is a gentle reminder to bring back your black pots (we are particularly short of the 4 inch black pots, but we want them all back) and your elastics.

Hope to see you at the dinner on Friday!

All the best from The Quarry Farm Team

The Quarry Farm Newsletter Week 10 – August 14, 2020



We're halfway through!

THE BOX – beans, beets, cucumber, Italian spinach, kale, lettuce, parsley, potatoes, shallots, tomatoes, zucchini.

THE JAR – Chimichurri - Ingredients; *Parsley, salt, olive oil, garlic, chili pepper, onion, oregano, turmeric, apple cider vinegar*

THE BREAD – *Sourdough white & wholewheat*

THE DINNER

It rained, and it started raining about 4:30. The tables were laid, looking lovely, and displaying physical distance. Everyone was on deck, as we moved our party inside. Tablecloths went into the dryer and virtually every towel in the house was used to dry the table settings. Two tables fit into the propagation house and the rest in the main house, and believe it or not, the physical distancing was pretty good.

The food was fabulous. It's a good dinner when people take time to enjoy the food. The house was full of conversation. It's a compliment to the chef when people wonder out loud if they could have a recipe. Thanks to Wysteria for a wonderful meal. I will attach the chocolate cake recipe alongside this newsletter. Wysteria is preparing the recipes for the strawberry balsamic vinaigrette and the fruit coulis since she made them on the fly. I will send them along.

We even managed to fit in a brief sharing circle before the meal. Thanks to the crew and everyone who helped to pull the evening off. The music was beautiful, and the sense of community was strong.

All the best from the Quarry Team

The Quarry Farm Newsletter

Week 11 – August 21, 2020

THE BOX – basil, beets or salad turnip, cucumber, Italian spinach, kale, lettuce, peppers, shallots, strawberries, tomatoes, zucchini.

THE JAR – Blackberry Jam - Ingredients; *Blackberries, organic sugar*

THE BREAD – *Sourdough white & wholewheat*

VEGETABLE OF THE WEEK - PEPPERS

The Aruba Pepper is sweet with a firm crunch and distinctive flavour. It's a long pepper, excellent for stuffing, in stir fries or for roasting in the oven on the grill, but we recommend you try it raw first of all, and if you like it, it will look beautiful in your salad. If the pepper gods are with us, you'll find a pepper in your box for the next several weeks.



SUMMER TRAVELS

If you know that you will be away for a few days and not able to pick up your box, please arrange for a neighbour or friend to pick it up or let us know by Wednesday that you are not coming. We won't pack one for you that week. Unfortunately, we are not able to give people additional produce for the missed week, but please help yourselves to the extra offerings we put out every week. We hope this will make it up over the season. We can put aside your bread and jar products for the next week if you give us notice. We hope this helps.

DINNER RECIPES

We are sending along Wysteria's recipes. She wants you to know that she has not tested the fruit puree or strawberry balsamic vinaigrette. The cake recipes need a small edit, so they are coming again, too.

All the best

from the Quarry Team

The Quarry Farm Newsletter Week 12 – August 28, 2020



THE BOX – bulb onion, carrots, cilantro, cucumber, Italian spinach, kale, salad turnip, peppers, potatoes, strawberries, tomatoes, zucchini.

THE JAR – Arugula Pesto, Ingredients: *arugula, garlic scapes, sunflower seeds, lemon juice, garlic, olive oil, salt, pepper*

THE BREAD – *Sourdough white & wholewheat*

VEGETABLE OF THE WEEK - Cucumber

Cucumber, the queen of summer as far as I am concerned. We grow two kinds. Diva is the small, thin-skinned cuke and burpless to boot. Tasty Green is the long English cucumber. We have to celebrate them now because their season will soon be over as the nights begin to cool down. Cucumbers turn bitter in the face of cool weather, particularly the skins. We are still working on the best place to grow this summer staple. This year we set them out in one of the smaller tunnels, but they need more space to stretch out and the bigger greenhouse holds the heat longer than the tunnels. Thanks to Wiet for keeping good notes about what works and what does not.

All the best

from the Quarry Team

The Quarry Farm Newsletter Week 13 – Sept. 4, 2020



THE BOX – beets, bulb onion, cilantro, Italian spinach, kale, lettuce, salad turnip, peppers, strawberries, tomatoes, zucchini.

THE JAR – Beet Hummus Ingredients: *Beets, garlic scapes, cilantro, organic chick peas, olive oil, tahini, lemon & sea salt*

THE BREAD – *Sourdough white & wholewheat*

IT'S SEPTEMBER, and this year, cool September weather has come early with long sunny afternoons but some damp and chilly dawns. We are down to less than 13 ½ hours of sunlight per day and in 3 short weeks, that will fall to 12. Cucumbers and beans are complaining, and the vegetable boxes will start to look more like fall. Yet the next few weeks look beautiful.

VEGETABLE OF THE WEEK - Tomatoes

To date, we have been harvesting tomatoes from the tunnel. We were hoping for an abundant crop from the back field where we have planted heirloom varieties, but last weekend we discovered the beginning signs of late blight. We must wait to see if the whole crop will be infected. In the meantime, we may offer you green tomatoes that you can process or ripen off the vine. The tunnels continue to produce so you will continue to see ripe tomatoes.

DESPERATE PLEA FROM THE CREW FOR POTS AND ELASTICS

We are almost out of pots for strawberries and tomatoes so please bring any extra 4 inch and gallon square pots that you can contribute to the cause along with elastics. Thanks in advance for these. They make packing so much easier.

All the best

from the Quarry Team

The Quarry Farm Newsletter Week 14 – Sept. 11, 2020



THE BOX – green onions, Italian spinach, kale, kohlrabi, lettuce, Napa cabbage, parsley, peppers, strawberries, tomatoes, zucchini.

THE JAR – Green Tomato Chutney Ingredients: *Green tomatoes, apple, garlic, onion, cilantro, sugar, vinegar, salt, dry mustard, ginger, turmeric, paprika, black pepper*

THE BREAD – *Sourdough white & wholewheat*

VEGETABLE OF THE WEEK – Napa Cabbage

The Napa Cabbage ripened much earlier than we thought so we didn't prepare you for it. It's sweet and tender, wonderful in salads, coleslaws and stir fries, but we are sure that you have already noticed that there are a few bugs. It's a good idea to slice it lengthwise and leave to soak in deep cold water. You may have to change the water a few times. If that doesn't work, you may have to separate all the leaves and soak them. If you find the base of the stalk is too damaged, just cut off the bottom part. The leaves are very tightly wrapped in these cabbages so there is a lot of eating to get through one. This will be good practice for those of you participating the winter box program. Soaking cabbage is the price we pay for eating such good food in the cold months.

If there is a vegetable in your box that you do not want to eat, please leave it on the Offerings Table and help yourself to something else that is there. Peas, beans, and cucumbers are done for the year. We have pulled the plants. You may have noticed that last week's beans were a bit scraggly.

A big thank you for all the elastics and pots that arrived last Friday. It helped a lot.

All the best from

the Quarry Team

The Quarry Farm Newsletter Week 15 – Sept. 18, 2020



THE BOX – arugula, basil, carrots, fennel, green onions, Italian spinach, lettuce, peppers, strawberries, tomatoes, zucchini.

THE JAR – Chimichurri - Ingredients; *Parsley, salt, olive oil, garlic, chili pepper, onion, oregano, turmeric, apple cider vinegar*

THE BREAD – *Sourdough white & wholewheat*

VEGETABLE OF THE WEEK – Basil Genovese

Basil was a big struggle back in June when the nights were chilly, and sometimes the days were, too. We always plant it in the greenhouse, but it still wasn't warm enough. We had to reseed and experiment with different locations. Finally, the heat kicked in, and it's performed well ever since. It is one of the great flavours of summer. However, this may be the last week for it, so if you want to make some pesto, the time is now. Whatever recipe you use, make sure to add a little lemon juice. This helps keep it from turning black and cover the top of the pesto with a light slick of oil.

RIPENING GREEN TOMATOES

To ripen a few green tomatoes, put them in a paper bag, close it up, and store in a warm location in your home. Kept enclosed together, the ethylene, a gas in plants that stimulates ripening, will go to work. You can add a ripe banana or apple as well to speed things up. Whatever you do, check them everyday.

NOTE: If you forget to pick up your box on Friday, you have our permission to come on the weekend and enter the cold room. Remember to sanitize your hands before you go in.

All the best from

the Quarry Team

The Quarry Farm Newsletter Week 16 – Sept. 25, 2020



THE BOX – Asian greens, beets, broccoli, green onions, kale, lettuce, peppers, rosemary/sage bouquet, strawberries, tomatoes, zucchini.

THE JAR – Strawberry Rhubarb Jam *Ingredients:* strawberries, rhubarb, organic sugar

THE BREAD – *Sourdough white & wholewheat*

VEGETABLE OF THE WEEK – Zucchini

We grow four kinds. The Romanesco has a rib, Yellow Fin (the yellow zuke, we won't grow them again because the productivity was low). The patty pan is Bennings Green-tint and the crooked neck has a pale crinkled skin. Sally Bazzard posted this recipe for Roasted Zucchini which works with any combination of the above.

4 small zucchini - ends trimmed, quartered lengthwise
1/3 cup freshly grated Parmesan
1 teaspoon Italian seasoning
1/2 teaspoon kosher salt
1/4 teaspoon black pepper
1 1/2 tablespoons extra-virgin olive oil
1 tablespoon freshly squeezed lemon juice
2 tablespoons chopped fresh herbs - such as parsley, basil, dill, or a mix (optional)

Preheat oven to 400 degrees F. Coat a cooling rack with nonstick spray. place on a rimmed baking sheet. In a small bowl, stir together the Parmesan, Italian seasoning, salt, and pepper. Drizzle with the oil and sprinkle with the Parmesan mixture. Toss to coat, then arrange the spears on the cooling rack on the baking sheet. Be careful not to overlap the spears. Bake until the zucchini is tender, about 12 to 15 minutes. Turn the oven to broil. Cook until the Parmesan is lightly crisp on top, about 2 to 3 minutes. Don't walk away! The second you stop watching the cheese, it will decide to burn. Remove from the oven and immediately squeeze the lemon juice over the top. Sprinkle with herbs. Enjoy warm or at room temperature.

Annual Survey

We are also sending out our annual survey of your experience with the Veggie Box program. Please give us as much feedback as you can because it helps so much with shaping the program for next year.

Cheers

from The Quarry Team

The Quarry Farm Newsletter Week 17 – Oct. 2, 2020



THE BOX – Arugula, basil, broccoli, carrots, chard, kale, lettuce, peppers, runner beans, salad turnips, tomatoes, zucchini.

THE JAR – Pickled Beans – *Ingredients: Green filet beans, ginger, garlic, peppers, vinegar, water, salt.*

THE BREAD – *Sourdough white & rye*

VEGETABLE OF THE WEEK – Broccoli

We grow Atlantis broccoli at Quarry Farm. We prefer this variety because the stems stay tender through weeks of constant harvesting. Technically, Atlantis is a brokali, a cross between broccoli and kale, that throws up a small centre head and then many side shoots. It is both tasty and productive. I don't know how many times we have thought the plants could never recover in a week for the next harvest, and then we go and check, and the harvest is there. Broccoli grows well in our climate. It thrives on warm days and cool nights and it can survive the occasional heat wave if well watered. Good in stir fries, good in soup, good as a stand alone vegetable, even the leaves are tasty steamed or fried. We hardly ever hear complaints about too much broccoli. On the contrary, you ask us to make the bunches bigger.

PLEASE SEND IN YOUR SURVEY RESPONSES

Several have come in by email. We're planning now for the next season, so we really want to know what you think.

Cheers

from The Quarry Team

The Quarry Farm Newsletter Week 18 – Oct. 9, 2020



THE BOX – Apples, Asian greens, cilantro, Italian spinach, kale, lettuce, peppers, runner beans, salad turnips, tomatoes, winter squash

THE JAR – **Green Tomato Chutney** Ingredients: *Green tomatoes, apple, garlic, onion, cilantro, sugar, vinegar, salt, dry mustard, ginger, turmeric, paprika, black pepper*

THE BREAD – *Sourdough white & rye*

FRUIT OF THE WEEK – Strawberry

We grow three varieties of strawberry at Quarry Farm, all everbearing, but the tastiest and most productive by far is Albion. They don't keep as well at this time of year, but it is amazing to be enjoying them in October. They do soften and spoil more quickly at this time of year but also because the spotted wing drosophila has discovered our farm. We will be purchasing insect netting for next year.

A SMALL TRAGEDY FOR OUR LITTLE FARM

Last week, a river otter slipped onto the farm, and over the course of a few days and nights, it killed all the ducks. It also devoured virtually all the white grapes. River otters are hard to get rid of, and this one now seems to enjoy having the old duck pond to enjoy on its own. We've been advised to play talk shows to irritate him/her. If any of you have experience with how to move otters on, please share. Grape picking is now cancelled thanks to the otter.

And PLEASE fill out your survey if you haven't already done so!

Happy Thanksgiving!

From the Quarry Farm



The Quarry Farm Newsletter Week 19 – Oct. 16, 2020

THE BOX – Arugula, beets, garlic, green tomatoes, Italian spinach, kale, lettuce, onions, parsley, peppers, runner beans

THE JAR – Basil Pesto Ingredients: *Genovese basil, pumpkin seeds, garlic, salt, lemon juice, olive oil*

THE BREAD – *Sourdough white & rye*

RASPBERRY CANES – We have pulled the raspberry canes, and there are too many to replant. Heritage everbearing bare root canes will be in the packing shed. Please help yourselves if you would like some.

Best way to ripen GREEN TOMATOES is in a paper bag on your counter. Check daily.

BREAD - As the summer box program winds down, we are thinking about whether to extend the Bread Program through the winter months. One proposal is to offer the Bread on the same day as the pickup for the Winter Box. Pickup days are Wednesdays on:

November 4	December 16
November 18	December 30
December 2	January 13

Pickup is between 3:00 and 6:00 pm. The cost to subscribe to the next Bread series is \$48.00. If you would like more than one loaf, please email us in advance. This offer is open to all members. We would like to hear all your questions, suggestions, and advice about how to extend the Bread Program. If there is enough interest, we will continue.

Looking forward to hearing from you,

The bakers and gardeners at Quarry Farm



The Quarry Farm Newsletter Week 20 – Oct. 23, 2020

THE BOX – Apple Juice, Asian greens, carrots, cilantro, garlic, Italian spinach, kale, lettuce, potatoes

THE JAR – Blackberry Strawberry Jam, *Ingredients; blackberries, strawberries, organic sugar*

THE BREAD – *Sourdough white & rye*

Here we are at the last box of the summer season. The hoops are down, and every week, the garden beds are emptier. Thanks to all of you who answered the survey. Your comments about the quality, freshness and flavour of our food were deeply appreciated. The survey responses reflect the diversity of the box membership. One person's kale is treasured while another's is composted, but we have done our best to reflect your wishes.

Our internal planning has centred on how to make the veggie box program sustainable financially. Next year our plan is to welcome 40 box members and to add two additional weeks to the program, likely one in the spring and one in the fall. The per box price will increase the box price to \$35.00, bringing the 2021 box program price to \$770. The base price for the bread program and the jar program will remain the same. Bread or jars every week for 22 weeks will cost \$176.

The Winter Box program will continue, but we would like to complete this year's program before we design the next one. Let us know if you want to be on the list, and we will get back to you with the details in the spring.

New vegetables for the 2021 program will include Asian greens, snap peas, and fennel. Multiplier onions are out, and kohlrabi will appear only as an offering. Many of you asked for kale and Italian Spinach every week. We will alternate when the plants need a rest and ask those of you who find it too much to leave yours on the offerings table and help yourself to something else. Runner beans will remain on the roster, but we commit to improving the quality of the harvest to provide younger and tender beans. There's a surprise bean coming next season.

Almost all people prefer Friday as the pickup day.

We hope to hold a farm dinner next year as well as a group harvest for the grapes and the orchard, COVID permitting. We will refine our COVID policy in the spring and share it with you.

Everyone who replied reads the newsletter every week. Many would like recipes. We will include them as a separate attachment.

Thanks for joining with us this season. We're already excited about next year. Please let us know if you would like to continue. Questions and comments are always welcome. Have a great winter. We hope to see you soon.

The Quarry Team

Daria, Wiet, Ronald, Julia and all our farm volunteers



The Quarry Farm Winter Newsletter November 2, 2020

THE BOX – Asian greens, butternut squash, carrots, leeks, lettuce, parsley, red cabbage, spinach, rutabaga,

THE JAR – Chimichurri, Ingredients: *Parsley, salt, olive oil, garlic, chili flakes, onion, oregano, turmeric, apple cider vinegar*

THE BREAD – *Sourdough white & rye*

WELCOME TO THE WORLD OF WINTER FOOD

It's hearty and dense with more root crops like rutabaga and parsnips, and storage food like onions and squash. There are lots of greens, many of them are bitter. Winter vegetables are full of flavour and high in nutrition. However, they are a bit more work.

Winter food requires more washing because winters are muddy here on our little island. To keep your food tasty and fresh, it's important to dry it and bag it. I recommend that you go through your tea towel drawer and dedicate the oldest ones to your produce bags. Whatever kind of bag you use, keep it closed to avoid wilt. Take off the elastics and open the bunches. Spread the vegetable out on the towel, roll it up loosely and leave it out on your counter to dry for a bit. Then wrap it loosely in a clean, dry towel and bag the whole roll up. If root crops come with tops, remove all of the top, and then follow the same procedure although you may not need to put a towel in the bag. It sounds tedious, but it's worth the effort. Cabbage is usually dry enough to go straight in a bag, and hearty squashes don't need to be refrigerated.

Use the most fragile greens first. Lettuce and Asian greens don't keep that well at the best of times so enjoy them while they are at their best.

Think soup. It's warm and comforting, and winter food makes great soup. Bits and pieces of things that you don't use can contribute to wonderful stock. If you have the time and inclination, keep a bag of discard going, and when you are ready, throw it all in a pot and make stock. Think leek tops, carrot ends, parsley stalks. I am cautious with only two vegetables, parsnips, and cabbage because their flavours can take over.

PICK UP TIME IS NOW WEDNESDAY FROM 3-6.

It's also time to pay for the next round of bread and jarred product, \$48 for each program. There is still room in both programs if you would like to participate.

ENJOY THE PLENTY

The Quarry Team



The Quarry Farm Winter Newsletter November 18, 2020

THE BOX – Arugula, beets, cilantro, green cabbage, kale, lettuce, onions, parsnips, potatoes

THE JAR – Green Tomato Chutney, Ingredients: *Green tomatoes, apple, onions, vinegar, sugar, salt, garlic, mustard, ginger, paprika, turmeric,*

THE BREAD – *Sourdough white & wholewheat*

GREETINGS EVERYONE!

Only the hardy can survive the chilly nights and relentless rain of November, but hardy root crops can, and the best place to store them is in the ground. The sugars change with the cold, and all of them taste better after a hard frost. **BEETS** are a prime example. We have planted Winterkeeper Lutz for the winter box season. These beets are both sweet and tasty. They tolerate the cold and can grow into large bulbs without becoming tough or fibrous.

Good recipes for beets abound. Some people never cook them, choosing to grate them raw into salads. People pickle them, roast them, boil them, even curry them. We're putting up two classic recipes this week – Roasted Beet and Feta Salad and Borscht.

LETTUCE

We hope to put the last of the year's lettuce in this box, but we're watching them carefully in case they start to wilt or mould. They're not really growing much now, just waiting, and we'll hope that they'll wait long enough that we can send them out to you this Wednesday.

BOX PICKUP

A couple of you forgot to pickup. It's a mindset shift to pick up every second week and on Wednesday instead of Friday so we will send out a reminder.

Stay Dry Everyone,

The Quarry Team

The Quarry Farm Winter Box #3, December 2, 2020



THE BOX – Asian Greens, beets, brussels sprouts, carrots, endive or radicchio, garlic, winter squash (orange or green Hokkaido)

THE JAR – Jackpot Jam *Ingredients: Rhubarb, blackberry, strawberry, apple, lemon, sugar*

THE BREAD – Rye and white flour

WELCOME TO DECEMBER! A mere 21 days, and the light will start to come back.

ENDIVE OR RADICCHIO

Certain countries of the world excel at winter gardening, and Italy is one of them. Two wonderful Italian greens are endive or escarole, and its red cousin, radicchio. Wiet, who is Dutch, offers a peek at Dutch winter gardens, with her recipe for Endive mashed potatoes.

The blanched inner leaves are delicious in salads. Just remember that these are bitter greens so sweeten up your salad dressing a bit to accommodate. I set aside the blanched leaves for salad. The outer leaves I braise with a little onion and garlic. I chop them up a bit, add them to the pan along with a little water. Toss them until they wilt, then cover. Let them cook for a few minutes. I added some left over red cabbage last time. Very pretty.

A winter staple in my condiment drawer is reduced balsamic vinegar. Buy an inexpensive bottle of balsamic vinegar and reduce it by at least half until it becomes a syrup. A little drizzle on any bitter greens transform the dish to something tart and savoury.

Happy dining.

The Quarry Team

The Quarry Farm Winter Box #4, December 16, 2020



THE BOX – Arugula, Italian spinach, onions, parsnips, potatoes, red cabbage, rutabaga, winter squash.

THE JAR – Chimichurri, Ingredients: *Parsley, salt, olive oil, garlic, chili flakes, onion, oregano, turmeric, apple cider vinegar*

THE BREAD – Rye and white flour

PARSNIPS

The bumpy looking parsnips in the picture come from my little home garden, not Quarry Farm. It was just too mucky to go down to take a picture. In a funny way, these vegetables sum up the winter garden. Lots of mud, bumps and bugs, vegetables that need a lot of washing and trimming, but the final result is rich, earthy flavour. Parsnips sweeten with roasting. Onion, garlic, and parsnip sliced and roasted in olive oil is a favourite here. They cook more quickly than you think, so keep an eye on them. Parsnips have a strong flavour that easily takes over so make them the star of the dish rather than mixing them with lots of other vegetables. They do pair well with anything from the onion family and pears. I am without an oven right now so have been experimenting with making oven dishes on the stove top. Pear, leek, and parsnip sticks sauteed in butter or olive oil is delicious. I used red onion when the leeks ran out, and that was good, too. Parsnip pear soup is delicious, too.

FARM PLANNING IS AFOOT

Daria and Wiet had their heads in their computers this week, applying for matching funds to improve the infrastructure at the farm, part of the COVID recovery programs for agriculture. Cross your fingers that they're successful. It would make a big difference for the farm.

Happy Solstice

The Quarry Team