

## The first box of the 2021 season!



*Box #1: asian greens, arugula, asparagus, Italian herb bouquet (oregano, rosemary, sage), Japanese turnips, kale, lettuce, radishes, rhubarb, spinach.*

Today the air feels and smells like summer and we are *almost* ready! After another busy winter and spring completing new projects at the farm, most crops are in the ground and the flowers are blooming!

We are excited about our first harvest and look forward to seeing you at the farm on Friday after 3 pm for a visit of the gardens and some live music. Bring some food, drinks and a blanket if you would like to stay for a while.

Our season starts a little earlier this year so you will find a few special spring treats in your box this week: asparagus and rhubarb!

Also, lots of tender and lush greens for your morning smoothies and picnics by the lake!

Only a few members have signed up for the new delivery option. It is \$100 for the season (\$50 for the shared boxes). Let us know if you are interested.

For the new members picking up at the farm, come in the driveway at 190 Jasper Rd, follow the sign to the CSA parking on your left and walk down to the packing shed. Your box will be on the shelves with your name tag and marked as #1. You can take your cedar box home and return it empty next week when you'll pick-up your box #2.

In the packing shed there will also be other treats and services (granola, GF baked goods, massages) that you can order from our dedicated Quarry Farm crew, we hope you enjoy them.

See you Friday!

## Newsletter week 2



*Your second box will be ready for pick-up (or delivered) on Friday June 11, 2021 between 3 - 6 pm*

*In the box: asian greens, arugula, Japanese turnips, kale, lettuce, parsley, perpetual spinach, radishes, snow peas.*

Thank you to all of you who made it to the farm last Friday for our introductory circle, tour of the gardens and live music by Mark Nordine and his band Rough and Tumble. It was a fun evening to celebrate our first harvest.

We are always a little nervous on our first day. Do we have enough elastics? Is everyone's box here? Are there enough turnips for everyone? In the photo above Deb, Brit and Carleen, our harvest crew, get goofy when the boxes are ready.

This week we will have the first pick of snow peas to be eaten on the way home, parsley from the greenhouse and perpetual spinach from the back field, more flavourful additions to your morning smoothies and quinoa salads.

Perpetual spinach, or as our organic Italian seed supplier Vivi Verde calls it, *bietola liscia verde da taglio*, is a flavourful chard cross with a thin stem, vibrant green color and tender spinach like leaves that regrows twice after the first cut.

We will start alternating this crop with kale as the season gets warmer. They slow down their growth and you will be ready for a change. For now we are still full-on greens this week to get you healthy and strong for the summer.

Enjoy and don't forget to return your empty box and extra elastics. See you Friday!

The Quarry Farm Team

## Newsletter week 3



We hope you enjoy the first taste of beets this week adding to a colourful box with a touch of flowers!

The flowers in the photo are from our perennial patch of feverfew. Feverfew makes a delicate bouquet and also a very effective medicinal tea against headaches and migraines (please read about precautions if you are on medications or are pregnant). We make fresh herb tea in a French press (let it steep for five minutes before pressing) and add honey to balance the bitterness. You can dry herbs by hanging them in small bunches in a dark warm place with good airflow for a couple of weeks. Then strip the dry leaves from the branches and store them in a paper bag or jar. We cut our perennial herbs now and are able to get a second harvest by late summer to keep us stocked all year.

*Your third box will be ready for pick-up (or delivered) on Friday June 18, 2021 between 3 - 6 pm*

*In the box: **arugula, beets, cilantro, feverfew/oregano bouquet, green onions/shallots, kale, lettuce, snow peas, perpetual spinach, strawberries***

*The jar product is turnip greens pesto (organic turnip tops, organic olive oil, walnuts, organic lemon, sea salt)*

*The bread is sourdough whole wheat and rye (organic unbleached white, organic whole wheat and organic rye flour, water, Quarry sourdough starter and sea salt)*

On another note, we wanted to tell you about the struggle our climbing beans have had against spider mites. Last year we lost our second seeding after a small harvest so this year we were prepared. A month ago we introduced a native predatory mite called Neoseiulus Fallacis even before we planted out the beans. Well, the beans still got attacked by the two spotted mites that must have overwintered in the greenhouse and are looking sad. Time to counter attack! This week we are going to bring in one more dose of the predatory mites, hopefully they will prevail, the vines will climb and we will have beans!

For now, enjoy the mid June bounty,  
With love the Quarry Farm team

## Newsletter week 4



Carrots and cucumbers are finally growing well and we will have enough for everyone in a few weeks. We are also starting to look ahead to a bounty of peas, zucchini and broccoli. So, we thought we should prepare you to receive the seasonal abundance with joy and without feeling overwhelmed and by giving you some ideas about preserving food for the slimmer winter months.

We harvest a few crops, like peas and strawberries, twice/week to make sure they continue to produce well (some plants are triggered to stop flowering if they are not picked regularly). This means that we have a Monday or Tuesday harvest that needs to be processed for the farm or sold through other channels if the crop does not keep well in our cooler until Friday. Seconds are also usually processed.

The easiest and fastest way is freezing. We clean, cut, bag and freeze tomatoes, kale, spinach, broccoli leaves and stems, carrots, beets, and beans (beans and peas are blanched for a few seconds before they are frozen). We use the frozen veggies in curries, stir fries, stews and soups all year round.

*Box #4 will be ready for pick-up (or delivered) on Friday June 25th, 2021 between 3 - 6 pm*

*In the box: **arugula or green mizuna, basil, beets, garlic scapes, green onions, kale, lettuce, snow peas, perpetual spinach, strawberries***

*The jar product is strawberry and rhubarb jam (organic strawberries, organic rhubarb, organic cane sugar)*

*The bread is sourdough whole wheat and rye (organic unbleached white, organic whole wheat and organic rye flour, water, Quarry sourdough starter and sea salt)*

Our "foodie" crew members over the years also experimented with de-hydrating strawberries and plums to mix with yogurt and granola and also de-hydrating or oven drying scapes and kale for chips.

Ronald, who makes our jar products, is always experimenting with leafy greens for his pesto products. Beet tops, turnip tops, arugula, mustard greens, and of course basil can be preserved this way and spread on bread, added to salad dressing or soups for an extra kick!

Oh, and what about pickling and fermenting? Italians are not famous for this and I would like to apologise publicly to the friends who received my first attempt at sauerkraut a few years ago. Months later I found a few, mostly full jars in their fridges still slowly bubbling and looking very pale. I think I dumped them out and no one ever mentioned anything. Well, if you have a good recipe to redeem pickles and fermented veggies in my book, please send it along and we will try it and share it.

With love the Quarry Farm team

## Newsletter week 5



We have lots of firsts this week, purslane, snap peas, zucchini, cucumbers and also a new cross of kale and broccoli called brokali (actually you already got an early bunch of these last week). Things are ripening so fast in this heat!

Purslane is an annual succulent that can be tossed in salads for a tangy crunch and a kick of antioxidants, vitamins and minerals. We grow a market variety called Golden that is taller than the more common naturalized 'weed' version that you may be familiar with. Our Super Sugar snap peas and brokali are open pollinated varieties. We are trying them this year so that we will be able to save our own seed. Hybrids are usually more vigorous and productive but seeds saved from open pollinated varieties and grown at the farm over years will adapt to our specific soils and growing conditions and will perform better and better each year.

*Box #5 will be ready for pick-up (or delivered) on Friday July 2, 2021 between 3 - 6 pm*

*In the box: **arugula, broccoli, cucumbers, garlic scapes, green onions, kale, lettuce, parsley, peas (snow and snap), perpetual spinach, purslane, radishes, strawberries, zucchini.***

*The jar product is arugula pesto (organic arugula, organic olive oil, walnuts, organic lemon, organic garlic, salt)*

*The bread is sourdough whole wheat and rye (organic unbleached white, organic whole wheat and organic rye flour, water, Quarry sourdough starter and sea salt)*

We are finally able to celebrate the season with a fundraiser farm dinner and we would like to invite you all on Wed. July 28 to a delicious meal prepared by Daveed and Jamuna featuring local meat and vegan options and accompanied by local farm veggies (see attached for event details).

We will dedicate this year's dinner to the Quarry project to convert the irrigation from ground to surface water. We plan to install a series of rainwater collection systems and solar pumps to help us reduce the use of the wells.

In 2020 we completed the Environmental Farm Plan but we did not qualify for funding for irrigation infrastructures. This year we are hoping we can combine the funds raised at the dinner with other programs available to small farms to be better prepared for unpredictable weather and availability of water.

We hope you'll join us, with love the Quarry Farm team



## Newsletter week 6



It's the week-end and the pace at the farm is slower than the usual working days. We get to sleep-in, catch up on irregular chores and visit areas of the farm that don't get the daily attention of the veggie gardens.

Today is a fruit day on the biodynamic calendar so we took the suckers off tomatoes, we hilled the blueberries and incorporated the nearby crimson clover gone to seed, fed rock phosphate and seaweed to the strawberries and thanked them for an abundant June harvest. New flowers and berries will hopefully come soon. For now we let them take a break, but you will continue to find some pints in the offering box, if you come early for pick-up. We watered the cherry and plum trees that were planted early this spring along the driveway. They were thirsty!

Sadly, we lost a few apricot and pear trees to heat stress. Their root system was not developed enough to take up enough water to

match the evaporation of their full canopy. We will continue to water them and hopefully they will send out another set of leaves.

The heat wave of the past week is really showing now, smaller lettuce, a quick end to peas and strawberries. We realize how important it is to prepare for drier summers, select drought resistant crop varieties and plan for crop protection and water conservation.

Also today I discovered a new pest on the fruit trees I didn't know about. It is called Sawfly. The larvae feed on the leaf blades of cherries, pears and apples and leave behind a transparent veil where once was a lush green leaf. I sprayed them off with a strong jet of water where I could reach.

The Italian prune plums are unaffected luckily and they are loaded with fruit. Wait another month and we will have lots to share.

Have a fruitful day, the Quarry Farm Team

*Box #6 will be ready for pick-up (or delivered) on Friday July 9, 2021 between 3 - 6 pm*

*In the box: **basil, runner beans, beets, broccoli, cucumbers, green onions, kale, lettuce, peas (snow and snap), perpetual spinach, zucchini.***

*The jar product is rhubarb and strawberry jam (Quarry strawberries and rhubarb, organic cane sugar)*

*The bread is sourdough whole wheat and rye (organic unbleached white, organic whole wheat and organic rye flour, water, Quarry sourdough starter and sea salt)*

## Newsletter week 7



Many of the organic, biodynamic and permaculture practices we follow are aimed at increasing diversity in the soil. Microorganisms in the soil improve plant uptake of nutrients, water retention and their ability to fight pests and diseases. Also, the network of mycorrhizal fungi in the soil connects a whole community of plants (annuals and perennials) so they can communicate and help each other at times of stress, drought and attacks from pests and diseases. One species or individual may be better at adapting to changing conditions and they can help the others make it through a crisis. Very much like us, they do better in community than alone. It is not easy to manage a complex system for high production and efficiency. We are always balancing our need to produce a weekly harvest for 35 families and the plants' needs for a balanced ecosystem. We grow in straight rows of the same crop for ease of cultivation, irrigation and harvest but we add compost, herbal and biodynamic preparations as well as hay and living

mulches to provide rich and diverse growing conditions. We rotate our crops through the fields and try to maintain a living cover even through the winter months so that the microbes are able to continue their nutrients cycling, feeding on the plants exudates, pooping, dying, being eaten by the larger soil creatures, all releasing nutrients that plants can uptake easily, the soil food web. What a complex and beautiful system.

We can learn so much from observing nature and its ways of sustaining and regenerating life. We bought a microscope a couple of years ago so that we could look at the tiny organisms that grow in our soils. I haven't used it much but now that I am writing about it, I am inspired. I'll let you know what I find.

On another note, in the box this week you will see some lovely yellow plums from our sister farm, Moonstruck, on Beddis Rd, owned by good friend and mentor Julia Grace. The farm used to be certified organic when in operation and we can attest that practices are organic, however the products from Moonstruck are not included in our current certification. In future weeks we will have some potatoes and winter squash from Julia and to be clear we will identify them each time. Thank you Julia!

See you all Friday, the Quarry Farm Team

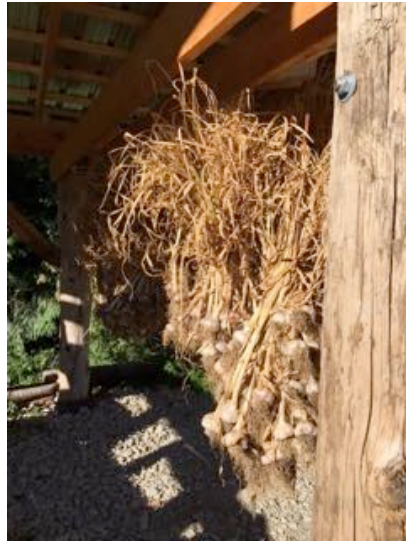
*Box #7 will be ready for pick-up (or delivered) on Friday July 16, 2021 between 3 - 6 pm*

*In the box: **runner beans, beets, broccoli, carrots, cucumbers, green onions, kale, lettuce, oregano and rosemary bouquet, plums, purslane, snap/snow peas, perpetual spinach, zucchini.***

*The jar product is **chimichurri** (organic olive oil, parsley, green onions, chillie, oregano, garlic, apple cider vinegar, cumin, sea salt)*

*The bread is **sourdough whole wheat and rye** (organic unbleached white, organic whole wheat and organic rye flour, water, Quarry sourdough starter and sea salt)*

## Newsletter week 8



It feels like we have turned another milestone at the farm this week. The garlic is harvested and curing in our new compost shed, all our winter crops are seeded and some are already planted out, the irrigation has been cut on the potatoes so they can send their energy to their tubers underneath, the fruit-set in the grapes is good and the tomatoes and peppers are coming!

We are planning to move the large greenhouse to the back field this fall in the spot where the garlic was this summer. We will install a new plastic cover and more importantly we will be able to give our seedlings a fresh start next spring in soil that has had the benefit of the winter rains and will hopefully have less disease and pest pressure. We will till in the ripe rye and oats cover crop that we inter-planted with the garlic so the seeds can

germinate in the late summer and provide a good winter cover.

Wiet has asked me to mention there are a few spots left in the winter program. Please sign up now on our website at [thequarryfarm.ca](http://thequarryfarm.ca).

In celebration of our mid season milestone the farm crew is going on a paddling and sailing trip to Prevost on Sunday August 8<sup>th</sup>. If you would like to join in your own boat or kayak please let us know. I love how renewed my love for the land is when I spend a few hours at sea. The excitement and ever changing flow of the water so different from the calm and reassuring energy of the plants!

Ok, moving on to chores now, have a lovely week and see you all Friday,  
the Quarry Farm Team

*Box #8 will be ready for pick-up (or delivered) on Friday July 23, 2021 between 3 - 6 pm*

*In the box: **arugula, basil, runner beans, broccoli, cucumbers, green onions, kale, lettuce, garlic, snap/snow peas, cherry tomatoes, zucchini.***

*The jar product is **plum jam** (plums, organic cane sugar, lemon)*

*The bread is **sourdough whole wheat and rye** (organic unbleached white, organic whole wheat and organic rye flour, water, Quarry sourdough starter and sea salt)*



## The Quarry Farm Newsletter    Week 9 – July 30, 2021



**THE BOX** – Beets, cherry tomatoes, cucumber, green onions, Italian spinach, kale, lettuce, parsley, peas (snow or snap), purslane, runner beans, salad turnips, zucchini.

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

**THE BREAD** – Sourdough white & rye, Ingredients: organic flours (unbleached white, wholewheat and rye), Quarry sourdough starter, sea salt

It's a time of ups and downs at Quarry Farm. The cherry tomatoes are thriving in the new tunnel, so we expect an abundant crop, but many of the young winter cabbages in the back field have fried with the intense heat. Wiet is ramping up her seeding schedule in hopes of replanting. The specialty bean we planted has the mosaic virus so we are pulling and destroying the plants, and Wiet will have another row to experiment with. The weather is forecast to be hotter at the end of the week. We are bracing ourselves for its impact. It's always hot around the first of August. This year, it's just hotter than usual, but this may well be the new normal on our coast. Much of our winter planning will focus on how to manage the farm under these intense conditions.

It's Julia Grace writing to you today. After a long absence, I am once again taking over the newsletter so that Daria has one less thing on her "To Do" list.

All the best from The Quarry Farm Team



## The Quarry Farm Newsletter Week 10 – August 6, 2021

**THE BOX** – Basil, carrots, cucumber, garlic, lettuce, mixed greens, peas (snow or snap), runner beans, salad turnips, tomatoes, yellow bulb onion, zucchini and a few potatoes from Julia Grace's field, (small, imperfect but tasty)

**THE JAR** – Strawberry rhubarb jam,  
Ingredients: strawberries, rhubarb,  
organic cane sugar

**THE BREAD** – Sourdough white & rye, Ingredients: organic flours (unbleached white, wholewheat and rye), Quarry sourdough starter, sea salt

**ONIONS** Starting this week and for the next few weeks, there will be a summer onion in the box as we begin the onion harvest. This onion is named after its creator, Ailsa Craig, a famous seeds woman. It's a salad onion sweet enough to be sliced thinly in salads or sandwiches, but it may taste too strong for that because of the intense heat this summer. The best way to temper it down is to slice thinly, toss in salt and let sit for a few minutes before adding to your recipe. The storage onions will be harvested and left to cure before the end of the month.

**PESTO** With both basil and garlic in the box, this could be a good week to make Pesto. Traditional Pesto calls for pine nuts which are very expensive these days. Many people suggest walnuts as an alternative, but a tasty and very economic choice is pumpkin seeds. They have a nice nutty flavour, toast them if you want to ramp up the flavour. Here's a basic recipe.

2 cups basil  
2 or 3 garlic cloves  
1/3 cup pumpkin seeds  
¼ cup parmesan (optional)  
Salt and pepper  
½ cup olive oil

**HOUSEKEEPING** Please remember to bring your box back to the farm or if you take delivery, put it out for pickup.

All the best from

The Quarry Farm Team



## The Quarry Farm Newsletter Week 11, August 13, 2021

**THE BOX** – Beans (runner, bush, or Asian), beets, cucumber, flower bouquet, Italian spinach, kale, lettuce, potatoes (Yukon gold), tomatoes, yellow bulb onion, zucchini

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

**THE BREAD** – Sourdough white & rye - Organic flours (unbleached white, wholewheat and rye), Quarry sourdough starter, sea salt

**EARTHMOVING** – We feel sure that you noticed the changes in the parking ground at the packing shed. We have removed the berm (and freed up space for two more

parking spots) and moved the earth to the back field to form the base for the site of the greenhouse. This fall we will move the large greenhouse from its current location. It's been there for a dozen years, and the bugs have built up, so it's time to move to new ground, put on new plastic and start fresh. It's a win-win in two ways. We hope you won't have to park in the driveway anymore so we can say goodbye to parking jams, and we need a firm and solid base for the greenhouse site.

**BEANS** – This is a transition week for beans. The runner beans are winding down just as the bush beans are beginning. We are also experimenting with an Asian long bean (should be fun), so as a result, there's a little bit of everything this week, the runner beans will soon disappear, we hope the bush beans will see us through to the end of bean season and we don't know what to expect from the Asian beans because we've never grown them before.

That little bit of rain has washed the leaves and refreshed the air even if it wasn't enough to penetrate the soil. Maybe we'll get a little more soon.

All the best from

The Quarry Farm Team

## The Quarry Farm Newsletter Week 12, Aug. 20, 2021



**THE BOX** – Basil, beans (Asian and bush), carrots, garlic, green onions, cucumber, Italian spinach, tomatoes, zucchini. Half of you will receive peppers or broccoli. Cilantro and strawberries may not be enough for everyone.

**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 - Organic flours (unbleached white, wholewheat and rye), Quarry sourdough starter, sea salt

We had to post this picture of last week's boxes. The flowers made them look so beautiful. The strawflowers and white everlasting can be dried if that tempts you. Trim the stem, make the bouquet and tuck it in a vase or a jar out of the sun. In this weather, it won't take long to dry.

The fire hazard is so high that we feel it is dangerous to fire up the cob oven, so until it is less extreme, we are baking in a conventional oven. You may notice some change in the taste and texture of the bread as a result. We'll get back to the cob oven as soon as we can.

Only half of you will receive strawberries this week, and the other half will receive broccoli. The cilantro and strawberries may not make it all the way around either. We are keeping careful notes to make sure you receive your share of each crop, so those of you wistful for berries, please hang on one more week. This hot dry weather makes crops ripen unevenly, but there is lots of food.

All the best from

The Quarry Team

## The Quarry Farm Newsletter Week 13, Aug. 27, 2021



**THE BOX** – Beans (Asian, bush or runner), beets, broccoli, cucumber, green onions, Italian spinach, lettuce, parsley, peppers, strawberries, tomatoes, zucchini.

**THE JAR** – Romano Bean antipasto - Romano beans, tomatoes, spices, olive oil, garlic, onion, salt

**THE BREAD** – Sourdough white & rye - Organic flours (unbleached white, wholewheat and rye), Quarry sourdough starter, sea salt

There's a big change in the **SEASON** this week. We've gone from dead dry to morning dew, and night temperatures are much cooler. This has been wonderful for the plants, particularly the greens, because now they can breathe again. Respiration means growth. The broccoli is coming back, and the lettuces look better. Strawberries are perking up again, but on the downside, the conditions are perfect for powdery mildew that can suck the life out of zucchini, beans and most nitrogen loving crops. We will spray with potassium carbonate this week.

On the upside, the boxes are abundant. We continue to harvest so much flavourful, rich food, but sadly, the deer broke into the winter squash planting and, they're hungry with the drought, so they demolished the crop. We will be lucky to have one for each of you.

All the best from

The Quarry Team





## The Quarry Farm Newsletter Week 14, Sept. 03, 2021

**THE BOX** – Basil, beans (Asian, bush or runner), broccoli, carrots, cucumber, green onions, kale, lettuce, peppers, potatoes, strawberries, tomatoes, zucchini.

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

**THE BREAD** – Sourdough white & rye - Organic flours (unbleached white, wholewheat and rye), Quarry sourdough starter, sea salt

**POTATOES** We've struggled with potatoes in our first years, so we are thrilled with this year's harvest. They're all in the bags now, the yield is good, and they look great. A few

have Hollow Heart, an empty dark void in the centre that comes from too much water early in the season. The outside edges are fine to eat. This week, you will have Seiglinde, a yellow waxy German variety and tasty. We also have Yukon Gold and Red Chieftan. You'll find potatoes in the box every other week or so until the end of the summer box program.

Apologies for the lack of peppers. It wasn't a warm enough week to ripen them. We hope to have them for this week.

We're very short of the black pots we use for your tomatoes and strawberries so please bring them back. Haven't given you a recipe for ages. Deb's recipe for zucchini fritters is attached.

All the best from

The Quarry Team



**The Quarry Farm  
Newsletter  
Week 15  
Sept. 10, 2021**

**THE BOX** – Beets, beans, broccoli, cilantro, cucumber, Italian spinach, lettuce, peppers, salad turnips, strawberries, tomatoes, zucchini.

**JAR** – Pico de Gallo salsa - Tomatoes, lime, onions, garlic, pepper, salt, cilantro

**THE BREAD** – Sourdough white & rye - Organic flours (white, wholewheat and rye), our sourdough starter, sea salt

**COVER CROPPING** – Wiet took this photo of the potato bed, newly tilled, seeded with winter wheat and mulched, ready for a new planting next spring. The crew also cover cropped the new spot for the big greenhouse. This bit of rain will bring the wheat along nicely.

**WORKING WITH THE QUARRY CREW** – Some of you have expressed interest in working with us on special projects. In the next few weeks, we will have the following opportunities;  
Friday, September 24 – Grape Harvest  
Friday, October 1 – Garlic Splitting  
Wednesday, October 6 – Garlic Planting  
If you would like to join us, please email Daria at [info@thequarryfarm.ca](mailto:info@thequarryfarm.ca) to let us know.

**TOMATOES** – They are not ripening because of the cooler weather. We suggest putting them in a paper bag on your counter but check them often.

**BEETS** – We have bulk beets for sale at \$3.00 lb. Just let us know if you would like some.

All the best until next week from

the Quarry Team

## The Quarry Farm Newsletter Week 16, Sept. 17



**THE BOX** – Basil, broccoli, carrots, cucumber, garlic, green onion, kale, peppers, potatoes, prune plums, strawberries, tomatoes, zucchini.

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

**THE BREAD** – Sourdough white & rye - Organic flours (white, wholewheat and rye), our sourdough starter, sea salt

**MEET THE CREW!**– From the left and in the back, Ronald (bread maker, processor, and garden worker) Daria (visionary and boss), Deb (this year's intern), volunteers Jamuna, Stephane (seedsaver) Daveed and Dan. Front row from the left Britney (packing house queen, garden volunteer) Khumbu (who keeps us all smiling) Wiet (garden planner, manager who oversees it all), and Emily (volunteer). Missing from the photo are garden volunteers Carleen, Ron, Eliad and Deborah as well as Julia (garden mentor and newsletter writer).

**SPECIAL THANK YOU TO DEB** whose internip ends this month. Deb's steady presence in the propagation house and the garden has kept many a tiny seedling alive. She will be missed. A huge thank you to the large group of volunteers, many of whom come on different days to lend a hand during the week.

**IN THE GARDEN** - The **Cherry Tomatoes** start splitting at this time of year. It's best not to pile them up and to keep them in the fridge. They are still delicious but like the **Strawberries** don't keep long so make a plan early in the week and stick them in the freezer if you can't get to them soon. The **Broccoli** is making a resurgence, so the small leaves are tender again.

All the best until next week from the Quarry Team



## The Quarry Farm Newsletter Week 17, Sept. 24

**THE BOX** – Arugula, basil, beans, beets, broccoli, cucumber, garlic, Italian spinach, pears, peppers, prune plums, strawberries, tomatoes, zucchini.

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

**THE SOURDOUGH BREAD** – Organic white, wholewheat, rye flour, sourdough starter, sea salt

**IT'S FALL!** The big autumnal shift is happening fast this year. Summer crops are slipping away, and the box is turning green, and for the moment, is full of fruit. Sliced pears are lovely in arugula salad; their sweetness balances the spiciness of

the green. Peppers add a little zip to everything, but they will soon come green, so you can enjoy a milder version or ripen them on.

**THE BEETS** are big, but if you have your oven on, they are very good roasted. Leave them whole or slice them into thick wedges. wrap them in foil before they go in the oven or make **BORSCHT** (from the Salt Spring Centre Cookbook).

3 TBSP vegetable oil	2 tsp honey
1 c chopped leek or onion	1 lemon juiced
2.5 c chopped beet	1 tsp dill weed
2.5 c chopped potato	5 c water or stock
2.5 c chopped cabbage	salt and black pepper to taste

Saute leeks, beets and potatoes in oil for 5 minutes. Add the cabbage halfway through. Add honey, lemon juice, spices and liquid. Simmer covered for 30 minutes to blend the flavours. Add a scoop of yoghurt or sour cream when serving and a sprig of parsley. Delicious with an earthy bread.

All the best until next week from the Quarry Team

## The Quarry Farm Newsletter Week 18, October 1



**THE BOX** – Arugula, beans, broccoli or zucchini, carrots, bulb fennel, kale, lettuce, napa cabbage, parsley, pears and prune plums, green peppers, tomatoes.

**JAR** – Romano antipasto - Romano beans, tomatoes, spices, olive oil, garlic, onion, salt.

**SOURDOUGH BREAD** – Organic white, wholewheat, and rye flour, sourdough starter, sea salt.

Here is the **GRAPE PICKING CREW** – happy with their harvest.

**WINDING DOWN** This week, we begin the final month of the program. Summer crops are winding down and fall and winter crops are coming on. Half of you will receive broccoli and the other half zucchini this week, and we hope to repair the balance next week with the other half receiving the broccoli or the zukes. There will be a pot of fruit this week, a mixture of prune plums and pears, and so it will go each week depending on the sunshine and the rain that the crops receive. There is still a great deal of food, but it will change every week.

**PLANNING** We have begun our review of the year, assessing which crops did well, how the food was received by you, and how to better support the crops if the summers continue to be this hot and dry. A big part of that is our annual **SURVEY** which you will find in your box this Friday. If you have 3 or 5 minutes, please fill it out (there will be a table for that) and leave it for us before you go. Surveys are so easy to forget particularly after a federal election, but what you tell us is invaluable, and there are only five questions. We like compliments, and, believe it or not, we also appreciate less complimentary news. It's often what helps us make needed changes. If you must take the survey home, please fill it out and bring it back or email it to us. We will send it electronically as well. We need to hear from you so we are offering a prize-winning draw if you fill it out. The winner will get the first box for free next spring.

**WINTER BOX PROGRAM** There are still 3 spots open for the winter box program. Fall and winter veggies provided every two weeks from November 12th to February 4th. First come, first served. Sign up on the website, and contact us at [info@thequarryfarm.ca](mailto:info@thequarryfarm.ca) if you need help. Brit will get back to you.

All the best until next week from the Quarry Team



## The Quarry Farm Newsletter Week 19, October 8

**THE BOX** – Apples, broccoli or beans, carrots, cilantro, endive, garlic, Italian spinach, lettuce, green peppers, tomatoes, turnips or cucumber.

**JAR** – Pesto Genovese – basil, pumpkin seeds, sunflower seeds, cashews, garlic, olive oil, salt,

**SOURDOUGH BREAD** – Organic white, wholewheat, and rye flour, sourdough starter, sea salt.



**SUGARLOAF ENDIVE**, it looks like a cross between a romaine lettuce and a napa cabbage, but it's a chicory, the sweetest of these bitter greens. It's great in salads with slices of pear to take the edge off the bitterness. If you like blue cheese in your salad, it adds a nice snap. Napa cabbage is also wonderful braised or grilled. If you grill it, slice it in half, brush olive oil, salt and pepper on the cut side and lay face down on a hot grill. Don't leave it alone. It doesn't take long. I also do the same thing in my large cast iron frying pan. Braise it with ginger, garlic and onion in a nice stock. I like to lift it out of the liquid, and then reduce the stock until it's a creamy drizzle. A dash of reduced balsamic vinegar is nice, too. Think Italy!

**THE SURVEY**- The surveys are trickling in. The digital copy is attached to this email. We look forward to your responses, so please, please please, take some time this week and fill your survey in.

The **WINTER BOX** program is full, but we will keep a short waitlist in case someone drops out.

All the best to all of you  
and please fill out your survey,

From The Quarry Team

## The Quarry Farm Newsletter Week 19, October 8

**THE BOX** – Beets, fennel, green peppers, green tomatoes, lettuce, Napa cabbage, onions, parsley, potatoes, radicchio.

**JAR** – Italian Prune Plum jam – prune plums, sugar, apple pectin

**SOURDOUGH BREAD** – Organic white, wholewheat, and rye flour, sourdough starter, sea salt.



**RADICCHIO** - Such a beautiful vegetable. It lights up a salad and would look very appetizing mixed in with the Napa cabbage. I cut radicchio fine because it has the crunch of cabbage. I also like it grilled. Radicchio is a good keeper as long as you wrap the cut face really well.

In the garden, most vegetables have stopped growing now or grow very slowly. Many like the fennel and the Napa cabbage are smaller. Both the peppers and the tomatoes are green, but our produce is still very tasty. You can ripen the tomatoes with an apple in a paper bag, but check them often because some will spoil, or you can make green tomato chutney. We will attach the recipe to this week's newsletter email.

So far, we have received 12 surveys. You have just a few more days if you are planning on sending one in.

With thanks  
from the Quarry Team

## The Quarry Farm Newsletter Week 21, October 22

**THE BOX** – Asian Greens, arugula, carrots, garlic, Italian spinach, Kohlrabi, lettuce, green peppers, onions, potatoes, radish.

**JAR** – Chimichurri: Parsley, salt, olive oil, garlic, chili pepper, onion, oregano, turmeric, apple cider vinegar.

**SOURDOUGH BREAD** – Organic white, wholewheat, and rye flour, sourdough starter, sea salt.



### MEET HENRY

Last Friday was Henry's 15<sup>th</sup> birthday, and we celebrated with memories of Henry over the years. Henry is Maltese, Poodle, Yorkie and Shitzu. He is ancient now, but he still likes to keep us company in the garden except for the cold, wet days that aggravate his arthritis. When he was younger, he used to root for mice, but now he's happy to play with a cork. Always happy for a pat, he's never liked to be picked up; something to do with the dignity of a very small dog.

### IN THE BOX

Some of you will be happy to know this is the only **kohlrabi** you will see this year. The **Asian Greens** are back along with a few **radishes**. It would be interesting to know how you will experiment with these vegetables.

This is the second to last, the penultimate box of the season, and a good time to round up anything you need to return to us as well as to figure out how you are going to manage without us.

Have a great week everyone!

The Quarry Team