

Hello All,

Sweet corn, sweet corn, sweet corn! This is the week for sweet corn. Corn harvest is one of those moments we wait for all season. It symbolizes a time when the plantings are done, most of the weeds have been beaten back, the long hot days of summer are getting cooler and shorter and we may just have a moment to sit on the porch, drink tea and eat as much sweet corn as we possibly can.

Members continue to share with me memories and stories of their youth. Growing up on a farm or visiting a farm for the first time and eating fresh from the field. The first time they had a carrot straight from the dirt, or the first cob of corn eaten right there in the field. These memories are bright and vivid and sweet corn shares the same underlying nostalgic Americana that I hear in all of these experiences.

This week allows us to share with you that same experience of corn straight from the field. We will pick and pack tonight. Tomorrow the cobs will be less than 24 hours out of the field, fresh and ready for you to eat. When we pick corn we eat them right in the field off the cob. They are sweet and tender. Keep this in mind when preparing them. They do not need to be cooked excessively, mostly just warmed up enough to melt a stick of butter. The best method is to shuck them and drop them into boiling water for about 8 minutes. Salt, butter and serve. We have an excellent corn sauce recipe on the site for those of you who like *elote* style corn this is one of the best I have ever had. Leftovers, although I have never had any, can be reheated very easily the next day.

For those of you have an abundance you can shuck the cobs. Cut them in half, stand them on end and shave off the raw kernels with a chef's knife for freezing in Ziploc bag. Remember Kitchen Window and Golden Fig are both excellent resources for products and information.

Tomatoes continue to do well in this more moderate August we have been having and they will also be delivered. The yellows have reached their peak and we are looking at really nice fruiting from the reds. The reds should peak some time next week depending on the weather.

Patty pans are still doing very well and are included in the box. The larger ones are great for slicing along the equator and grilling for sandwiches. A few jalapenos are also in the box for those of you who like a little spice with your sweet.

The melons will continue to make their rounds and will be delivered as available. Melons are very tricky to set at the same time so I stopped trying and just deliver them as they come.

Our fall crops are doing excellent and they love this weather with cooler nights and more mild days. The fall crops were planted in alternating rows of vegetables and cover crop. This essentially creates beds of both harvest-able crops and soil enriching cover plantings of oats. It helps prevent erosion, enhances the soil, and expedites crop rotation. I believe this practice is essential to sustainable agriculture.

Zucchini and cucumbers are finished for the season, although we may see a few small pickling

cucumbers in the last box. The onions and garlic are almost finished curing and will be available next week. We should also be back in full swing lettuce and spinach by then, the effects of the very high heat a few weeks ago are starting to show up in our greens. Leeks are on the horizon and the fall broccoli is doing well and if I can keep the deer out, it should be a great crop.

Enjoy the week and cheers to new memories shared sweet corn in hand!

Your Farmers,

[The Bistro Farm](#)