



## Week 10

### Farm News:

The high humidity days combined with the cooler wet days and nights have made it a great year to be a fungal disease. This is our sixth-year farming in Dartmouth and the previous five years have been dry. While we are always dealing with powdery mildew, downy mildew, grey mold, early blight, and other fungal diseases, the diseases hit really early and hard this year. This week, we will be spraying our cucurbits (cucumbers, summer squash, winter squash, melons, and watermelons) and tomatoes with organic sprays that help stave off the diseases. None of the organic sprays kill the diseases, but they help stop the diseases from spreading. All of the sprays we are using are certified organic and will not affect the quality of the fruit.

### This Week's Share (probably):

Garlic  
Tomatoes  
Potatoes  
Eggplant  
Green Peppers  
Lettuce  
Pea Greens (maybe)

### Vegetable of the Week:

#### **Garlic**

Garlic is in the same group of plants as leeks, shallots and onions and is thought to be originally from central Asia. Much of the world's garlic is grown in China (like over 80%) and most of what you find in the grocery store is from China. There are a lot of different varieties of garlic and we grew four types including three hardnecks and one softneck variety. We grew two porcelain types (music and Romanian red) and one rocambole (Phillips). Rocamboles have large cloves that are easier to peel and have great flavor, but they won't store beyond January. Porcelain varieties are similar in size and flavor to rocamboles, but store longer.

Softnecks, also known as artichoke type because of the layers of cloves, are the longest storing varieties. We are growing one softneck called Polish white, which is a variety that grows well in the northeast.

### Recipes of the week:

#### **Aioli**

(from *Serving up the Harvest* by Jessica Chesman)

Ingredients:

8-10 garlic cloves, peeled  
2 large egg yolks, at room temperature, lightly beaten  
Juice of 1 lemon (3 Tbs)  
1 tsp Dijon mustard  
1 cup extra-virgin olive oil  
1 cup canola oil

Preparation:

1. Puree the garlic in a food processor fitted with a steel blade.
2. Add the egg yolks, lemon juice, and mustard and process until smooth.
3. Combine the olive and canola oils in a small bowl. With the motor running, slowly pour in the oil in a steady stream. Continue processing until you have a thick, shiny sauce.
4. Season with salt and pepper and store in the refrigerator until you are ready to use.

#### **Roasted Garlic**

(from *Serving up the Harvest* by Jessica Chesman)

Ingredients:

1 whole head of garlic  
1tsp extra-virgin olive oil  
1 Tbs water

Preparation:

1. Preheat oven to 375°F
2. Remove the outer papery covering on the garlic. Slice off the top of the head so most of the cloves are exposed. Place on a square of aluminum foil for easy cleanup.
3. Drizzle oil over the top of the cloves. Sprinkle with the water. Fold the aluminum foil over the bulb to enclose it or cover the baking dish with aluminum foil.
4. Roast for about 20 minutes, until the garlic is soft and lightly browned.
5. To serve, separate the head into individual cloves and squeeze out the softened garlic.