

BASIL BUTTER

“Delicious basil flavored butter recipe. I love this tossed into hot pasta or on grilled veggies and corn on the cob.”

Prep Time: 10 Min. Ready In: 10 Min. Yields: 30 servings
Recipe from www.allrecipes.com.

INGREDIENTS:

4 cloves garlic
15 leaves fresh basil
1/2 tsp freshly ground black pepper
1 c butter

DIRECTIONS:

Place garlic, basil, and pepper in the bowl of a food processor. Process until the garlic is in small bits. Add the butter, and process just to mix together. Spoon into container, and refrigerate until firm.

Cut along dotted line for 3x5 recipe card



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UPCOMING EVENTS

(complete details at www.accokeek.org)

COLONIAL WAYS AND DAYS FOR CHILDREN
Monday-Friday, July 7-11, 2008, 9 a.m.-3 p.m.
Rain or Shine, \$225 per child (Members)
\$250 per child (Non-Members)
Registration Deadline is June 30th.
Workshop limited to 20 children.

Ever wonder what life was really like for young people living on a Colonial farm? Find out in this time-traveling adventure workshop! Through art, drama, and hands-on experiences, step back in time to explore what you would eat, wear, and do “back then.” With colonial games, crafts and stories, you will feel like you are really there! This five-day workshop is a collaboration between the Accokeek Foundation and the National Children’s Museum. Children should bring a lunch. Parents drop children off at 9:00 a.m. and pick them up at 3:00 p.m.

NATURE NUTS

Tuesday, July 15, 2008, 11 a.m.-Noon, Rain or Shine
\$6.00 Non-Members, \$5.00 Members
Ages 3-5, Registration Required

This fun-filled hour of exploration at the Museum Garden is the perfect setting to learn about the wonders of nature.

COLONIAL FOODWAYS

Saturday, July 19, 2008, 10 a.m.-4 p.m.
\$2.00 Non-Members, Members Free

Costumed interpreters demonstrate preparation of foods, representative of tobacco growing families.

FIELD NOTES

Volume 13, Number 8 June 23, 2008

The Goldilocks Prayer

Another productive week here. **Winter squash** and **pumpkins** are in, as are the second crop of **tomatoes**, a last batch of **basil**, and... **potatoes!** Better late than never, eh? They say a fall crop of potatoes is a fair bet here, so this week we put the potatoes that arrived for a spring planting in the ground. Many were dehydrated and wrinkled from the months waiting in the packing shed (remember, we don’t presently have a cool room in which to store them here), so rather than cutting them to get more plants, we put them in whole to see if that would benefit them. Potatoes are a cool weather crop - think Ireland. Now, the soil is on the warm side for planting, but in that sense the cool spring has benefited us. Hopefully, we planted deep enough, and will mulch them soon to keep the soil cooler. Nighttime temperatures during tuber initiation (this happens after the plant flowers) are another thing to keep an eye on; cooler temperatures are better here as well. No matter, we’re looking forward to fall ‘taters.

Late Friday we decided spur of the moment to get our **herbs** in, and the next morning Julie Brunton, Communications and Outreach Coordinator at the Foundation, and I sowed **flowers**.

THIS WEEK'S HARVEST

(or what's out of the field)

Basil: just a little while we get warmed up!

Beets

Garlic Scapes: last of

Greens and Reds

Green Pepper: very good source of fiber, folate, and vitamin K as well as manganese

Sweet Peppers: first of the year!

Salad Mix

Sweet Salad Turnips: sweet and fruity raw flavor, texture is crisp and tender

As I mentioned at the beginning of the year, this year SHAREs won't include cut flowers, while we focus on vegetable production. Despite that, we had an opportunity to clear more bed space near the packing shed for a mix of annual and perennial flowers. Like our herbs, as these come on late late in the summer they will be available to cut as you like.

Finally, we were able to get **summer cover crops** in a number of spaces, in anticipation of fall crops. Many think of cover crops as winter business (a former employer used to tell me, as I drove off for a summer weekend to visit my girlfriend, to "sow your oats in the fall"). It pleases me to say, "Not So!" Summer cover crops can do a great deal for us. Warm season grasses and legumes, like Sorghum-Sudangrass, millets, cowpeas and soybeans, Sesbania, and buckwheat, to name a few, can produce serious amounts of biomass, which can be turned into the soil or cut and composted. In the meantime, they are feeding soil life (remember, it's plants along with minerals that interact with soil biology to give them shelter, food, and even water), providing habitat and food for all sorts of insects, birds, reptiles and amphibians, and sometimes even people (sorghum syrup anyone?) and, given a good stand, smothering weeds. In the ground so far: **buckwheat**, (in anticipation of late summer-planted strawberries), **sweet clover**, **Japanese millet**, **white clover**, and the seeds of **Pigeon Pea** and **lablab**, both brought to me from Paraguay.

That's the quick of it this week. Now we get picky: we want a little water to germinate the seeds! Just enough, of course. Call it the Goldilocks Prayer. Keep eating and

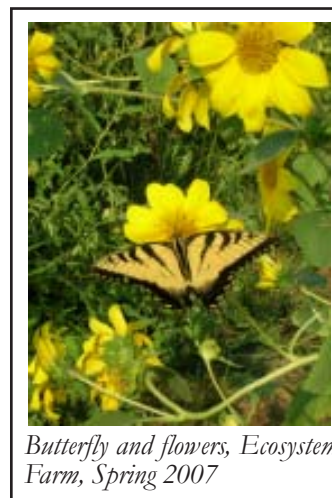
Be great,
Mike

Flowers!

It is true that Mike said he wouldn't have cut flowers this year. And it did not escape my attention that he, Angela and Eli always seemed to be here, diligently working away in the fields. And yet, despite how obviously busy they were, I asked for flowers anyway, suggesting that I could work as a volunteer to make it happen. To my surprise, Mike readily agreed. It's a good thing too. What he didn't know was that I had

already recruited a few of my office mates to twist his arm. And if that didn't work, I might sneak in after hours and plant flowers anyway! But he agreed, so I put away my cat burglar and Mission Impossible gear.

Unfortunately, I came down with a wicked case of bronchitis that lasted three weeks. When I was finally feeling better, we were rained on, again and again. This weekend, on the summer solstice, our schedules cleared up, the weather was perfect, and I spent a glorious Saturday at the Ecosystem Farm. I don't mind telling you that I questioned my sanity when I abandoned my usual Saturday morning routine of lounging on the couch with the paper or browsing the market so that I could work (for free!?). Mike and Angela were already hard at work by the time I showed up at 9:00 a.m. Mike had drawn up some plans for the flower beds and had our supplies ready to go.



Butterfly and flowers, Ecosystem Farm, Spring 2007

We literally put hundreds of flower seeds into the soil. **Bachelor buttons, cosmos, a few varieties of sunflowers, and more**, if all goes well, should be sprouting in a couple weeks. The hours flew by on Saturday, mostly because Mike is a funny and gracious host. He teased me about my crooked rows, laughed a little at some of my city-slicker questions, but never once made me feel inadequate or ignorant. He patiently answered all of my questions, and taught me so much that I wish I had taken notes. Of the volunteer experiences that I have had, this was one of the best.

I have committed to working as a volunteer to weed these beds, but honestly, am not sure just how much work that is going to take. Mike, Angela, and Eli are very modest about the work they do, and they make it all look so easy. But believe me, it is not. I will give it my best, and with any luck, we'll have flowers to cut to our hearts' content.

Julie