



June 7, 2003

Boánn's Banks

Sustainable Agriculture Along the Broad River

This Week at Market

- Radish "French Breakfast"
- Lettuce "Bronze Mignonette"
- Italian Dandelion
- Lambs' Quarters
- Young Broccoli Greens
- Kohlrabi "Dyna" & "Superschmeltz"
- Heirloom Tomato Seedlings

On the horizon: Turnip and Beet greens and bottoms, Carrots, Rutabagas, Blackberries, and more!

Hello! It's been another busy week on the farm. The summer items are finally getting in the ground, right when it's time to start thinking about planting for fall. The bees are taking to their new home, though that wasn't without adventure. After market on Saturday, we came home to find them hanging as a mass in a nearby tree. Luckily, we were able to capture the swarm and return them to their hive, and they've since been very happy there. It's quite calming to sit and watch them work!

The blackberry bushes covering much of our property are beginning to

bear red berries. We'd feared with all the rain washing the flowers away there wouldn't be much to harvest, but it looks like there will be plenty. Expect those in the next couple weeks.

The younger hens are nearing laying age, and that will increase our layer population to near 100. Their eggs are currently available at the Daily Grocery Co-op on Prince Avenue in the unique clear cartons.

Thanks for coming to market this week. Eat well!

-- Chris and Eric Wagoner
www.boannsbanks.com

Featured Vegetable

This week, instead of our usual vegetable, we feature seedlings of the many heirloom tomatoes we have planted this year. All seedlings are ready to put in the ground. The peat plug is wrapped in a vegetable starch netting to hold it together, and it will dissolve in your soil. They have been fed only a natural fish emulsion. Plant them up to the first leaves for a stronger root system.

Aunt Ruby's German Green: Large green beefsteaks ripen to pale green with a tint of yellow and have a pink blush underneath that extends inside the flesh. The flavor is sweet, yet spicy and quite delicious. Fruit weighs from 12 to 16 ozs., and has the smoothest shape of any large green tomato. Indeterminate.

Black Krim: A magnificent heirloom from the Black Sea area of Russia. The large fruits are multicolored - a deep red/brown with hints of purple and black and frequently green shoulders. Interior flesh is a reddish green. Taste is exquisite; rich, full tomato flavor with hints of smoke and salt. Fruits prone to cracking. Indeterminate. Late season.

Cherokee Purple: Oblate tomatoes are a dusty deep pink with purplish tint and green shoulders. They have a deep, rich, smoky sweet taste that make many proclaim this to be their favorite tomato. Grows very well in this area. Indeterminate.

Costoluto Genovese: You may never find an uglier tomato, but what a great taste! This produces large, deep red fruit that are squat and so ribbed they're nearly pleated. Makes "the all-time best" tomato juice, but also a treat when eaten sliced and diced. Indeterminate.

Striped German: Flat, medium to large, variably ribbed shoulder tomatoes are about equally shaded yellow and red. The bicolor interior is yellow with red center and marbling. Some rate the complex, fruity flavor and smooth texture 'best of all'. Indeterminate.

Garden Peach: Sprawling indeterminate plants carry tresses of pale yellow fruits with a pink blush and a soft fuzzy skin that is reminiscent of a small rosaceous peach. There are 6-8 tomatoes per tress. The flavor is memorable, somewhat sweet and tart.

Green Zebra: A deliciously tangy salad tomato, Green Zebra is ripe just as the green fruit develops a yellow blush, accentuating the darker green stripes. Heavy producer. Indeterminate.

Tigerella: These reddish-orange tomatoes striped with a golden yellow have a pleasant, tangy flavor. Highly productive indeterminate vine bears huge crops of medium-to-small fruits.

Black Plum: Russian variety with exceptional flavor that steadily and consistently produces elongated, deep-mahogany to brown fruit that resemble a standard paste tomato. Slightly thinner walled than Ropreco or Roma. Indeterminate.

San Marzano: A classic Italian heirloom roma tomato with a slightly hourglass shape with a nipple at the end. Considered by most to be the very best variety for cooking and sauce making. Indeterminate.

Yellow Pear: From the late 1800s with very low acid and a mild, sweet flavor. Produces clusters of 1-2 inch fruits all summer long. Excellent for salads, pickling, and preserving. Indeterminate.

Dr. Carolyn: This is a wonderful ivory-colored cherry tomato. Round fruits are about 1 inch in diameter and ivory-white deepening to a pale yellow. The flavor is not just sweet, but also complex and nicely balanced with acid. Vary productive indeterminate vines.

Koralik: This Russian cherry tomato consistently tops taste tests. Determinate vine bears many trellises of 6-8 fruit each. Great flavor and great yields.

Isis Candy: This variety is a real taste treat! Its golden-yellow fruit, marbled with red, contains a complex blend of richness, sweetness, and fruitiness. The indeterminate plants are loaded with 1 1/2 inch fruit on short trusses in double rows of 6-8. Season-long production.

Matt's Wild Cherry: These small cherry tomatoes are packed with more taste than you can believe! 5/8-3/4 inch deep red, round fruits have a tender, smooth texture and loads of sweet, full flavor. High sugar content. Fantastic in salsa and, of course, great for fresh eating.