



Boánn's Banks

Sustainable Agriculture Along the Broad River

June 15, 2002

This Week at Market

- Lambs' Quarters
- Chinese Cabbage "China Choy"
- Carrots "Red Core Chantenay" and "Kuttiger"
- Rutabaga "Joan"
- Kohlrabi "Dyna"
- Blackberries

White Carrot Cookies

Cookies:

3/4 cup each: softened butter and sugar
 1 cup carrots (cooked and mashed)
 2 cups flour
 1/4 tsp. salt
 2 tsp. baking powder
 1 tsp. vanilla
 1 tsp. to 1 Tbs. grated orange peel

Icing:

2 Tbs. butter, melted
 1 box powdered sugar
 orange juice

Cookies:

Preheat oven to 375.
 Cream butter and sugar together, add carrots and mix well. Sift together flour, salt and baking powder; add to carrot mixture. Mix in vanilla and orange peel. Drop by teaspoonfuls onto cookie sheets; bake 10 to 12 min. While cookies are still warm, frost with icing. Place on brown paper to cool. Makes 48 to 60 cookies.



Icing:

Mix butter, sugar and enough juice to give mixture a thick but pourable consistency. Spoon over warm cookies.

Hello! It's been a quiet week on the farm. All the planting is done for a while, so our attention has turned to improving our facilities. We made strides in finishing the small building that will house our laying hens and a couple of milk goats. Equipment was purchased for a drip irrigation system. And it's time to start planning and purchasing seeds for the fall and winter seasons. If you have a specific variety of cool-weather vegetables or greens you'd like to see, please let us know! We will definitely be planting plenty of the popular Ruby Orach Mountain Spinach.

Our young hens have begun laying eggs, much to their surprise. At this age, they're known as "pullets" and their eggs have unusual properties. For one, they're very small. Also, it's not unusual for there to be two yolks inside one egg as the pullet's "internal plumbing" gets used to the idea of producing four or five eggs a week.

Popular folklore among French chefs states that the whites of pullet eggs whip higher and stronger than larger eggs, so they are highly sought after for soufflés, meringues, and angel food cakes. If you'd like to test this wisdom for yourself, let us know and we'll be happy to bring you some next week.

One bit of excitement this week is the ripening of the blackberries. Our farm has several acres of their unruly briars, and we plan on using the fruit for jams, desserts, breakfasts, and even homemade wine. Of course we'll be bringing some to market for your own uses during the next few weeks.

Other things to look forward to are heirloom tomatoes, beans, peppers, squash, okra, cucumbers, field peas, and basil and other herbs. Thanks for coming to market this week. Eat well!

-- Chris and Eric Wagoner

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Featured Vegetable

This week's featured vegetable is one you won't find at the grocery store, but once was found in every English garden: the white carrot, *Daucus carota*. Our white carrots (the Kuttiger variety) are not some new-fangled specimen, but are rather one of the original two types of carrots, known across Asia and Europe for thousands of years. And, the familiar orange carrot isn't one of the two.

The history of the carrot is long and interesting. There's too much to print here, but the online World Carrot Museum, linked to at our website, is an excellent resource. Carrots originated along the ancient silk road through central Asia. They came in two colors: a red/purple variety rich in anthocyanins and a yellow/white variety without the pigments. The Greeks and Romans were big fans of both types, but when the Roman Empire fell, carrots disappeared from Europe. Later, when the trade routes opened back up after the crusades, carrots once again became a European staple food. The French and Germans preferred the dark colors, but the English adopted the white variety as their own. The wildflower Queen Anne's Lace, found across England and the US, is actually the same species as carrots, but escaped captivity and returned to its more wild state. It wasn't until a Dutchman successfully crossed the two varieties in the late 1600's for a festival (orange is Holland's national color) that we had orange carrots -- and now one rarely sees the other older varieties.