



# Boánn's Banks

*Sustainable Agriculture Along the Broad River*

June 28, 2003

## This Week at Market

- Kohlrabi "Dyna" & "Superschmeltz"
- Young Turnips "Gold Ball"
- Young Carrots "Red Core Chantenay"
- Wild Blackberries
- Catalpa Worms
- Assorted Greens
- Heirloom Tomato Seedlings

On the horizon: Beet greens and bottoms, additional Carrots, Rutabagas, Basil, Potatoes, and more!

## **Blackberry Cornbread**

- 1 1/4 cups all purpose flour
- 3/4 cup cornmeal
- 1/2 teaspoon salt
- 2 1/2 teaspoons baking powder
- 1/2 cup sugar
- 2 eggs -- lightly beaten
- 3/4 cup milk
- 1/4 cup butter -- melted
- 1 pint blackberries



Preheat oven to 400 degrees. Lightly grease an 8 by 8-inch baking pan. Sift dry ingredients together. In a separate bowl, combine eggs, milk and melted butter.

Pour liquid ingredients into flour mixture, and stir well. Add berries and mix. Pour batter into baking pan. Bake at 400 degrees until top is lightly browned, about 30 minutes. Cut into squares and serve warm.

## **Blackberry Lemonade**

- About 6 lemons
- 4 cups water
- 1 cup sugar
- 1/2 cup picked-over fresh blackberries
- Garnish: lemon slices

Remove zest from 4 lemons and squeeze enough juice from these and remaining 2 lemons to measure 1 cup. In a saucepan boil 2 cups water with sugar, stirring, until sugar is dissolved. Add zest, lemon juice, and remaining 2 cups water and cool. Puree blackberries and stir into lemonade. Pour blackberry lemonade through a sieve into a pitcher or other container and chill.

Hello! A week straight of sun and heat has done wonders for the gardens. Everything has grown substantially this week – including the weeds. The new summer beds are still mostly weed-free, but grasses have overrun the spring beds. Optimally, we'd hoe them out of the rows when they're just beginning to sprout, but it was too wet to do that then. Now, we can only resort to pulling. Luckily, it's an easy task. And, with planting largely done, we have time to free the rutabagas and other spring-planted vegetables from the weeds. Slowly but surely, we're getting caught up from the long rain delay.

The season for leafy greens is nearing an end. We still have some kale, collards, and lots of broccoli greens, but none of them really like the summer heat. A few vegetables,

namely the Brussels sprouts and Savoy cabbage, can grow through the summer for a fall harvest. Everything else will get a second planting in late August for the fall market.

The summer items are all doing quite well, but we're still weeks off from having tomatoes, peppers, eggplant, beans, and squash. Some of them are beginning to set flowers, but most have quite a lot of growing to do first.

Have you been to our website? Beginning in February, we've been posting one photo a day from around the farm. It has become quite a popular web destination. Thanks for coming to market this week. Eat well!

-- Chris and Eric Wagoner  
www.boannsbanks.com

## **Featured Product**

This week marks the first time we've offered live animals for sale at market. Our featured product this week is the Catalpa Worm, also known as the "Catawba Worm". This caterpillar is the young of a variety of sphinx moth. The dreaded tomato hornworm is the young of another variety of sphinx moth, and the two look very similar. For centuries, fisherman sought the catalpa worm out, which only grows on the catalpa tree. Many trees were planted alongside rivers and ponds solely to attract these worms. Many long-time fishermen swear by the worm as the only sure-fire bait for catching catfish, bass, bluegill, and bream. Since the 1930s, however, the catalpa worm has been hard to find. Artificial and processed baits are commonplace, and it's a rare bait shop that will carry catalpa worms. A few folks have begun creating "catalpa ranches" to revive interest in this worm, including 72 year old Joe Mask in Fayetteville, Georgia.

Our worms come from a couple catalpa trees that grow along our bank of the Broad river. They are likely descended from trees planted there by long-ago fishermen. The worms can be used live as they are, but they can also be frozen for later use. The worms are only available for a short time (a week or two) in early summer, so freezing keeps them available year-round. They can dry out in the freezer, so it's best to put them in a container of water and freeze the entire block.

Every fisherman has a favorite way to use these worms, but the method I've seen most often is to cut them in half, place the point of the hook at the uncut end, and turn the worm inside-out as you place it on the hook. Fish, especially catfish, can't resist the resulting "treat"!