

# Live Earth Farm (Com) Post

20th Harvest Week August 8th-14th, 2005

"Many a paradise is hiding in plain site." The earth itself is so much with us that, curiously, we forget it for days on end." -Joyce McGreevy from Gardening by Heart

**Family Share:** Basil, Garlic, Lettuce, Cauliflower, Sweet Corn, Bunch of tender Russian Kale, Leeks, Potatoes, Arugula, Peppers(Wednesday), Eggplant (Thursday), Spinach, Cherry Tomatoes, Strawberries.

**Small Share:** Basil, Garlic, Lettuce, Sweet Corn, Cherry Tomatoes, Potatoes, Spinach, Chard, Leeks, Strawberries.

**Extra Fruit Share:** Strawberries, Blackberries or Raspberries or Melons

Debbie is on a well deserved vacation and I am trying to navigate through the farm office world wearing Debbie's many hats as best as I can. As you can see you are not getting the familiar version of the newsletter, Debbie who is the newsletter's 'editor in chief' keeps the layout we are familiar with, so bear with Farmer Tom's newsletter version for the next 2 weeks.

**Debbie's Kitchen recipes:** I know you all look forward to the weekly recipes and cooking suggestions, however while Debbie is gone I will leave the chef's hat off and refer you to the farm's extensive recipe database. On our website we have been saving recipes for over 4 years now, just click on 'recipes' on the menu and then the vegetable you want a recipe for, you typically find several to choose from. This week I don't see unusual items in the share, enjoy the Sweet Corn, Cherry Tomatoes, and don't forget to eat your greens, the Kale and Chard is deliciously tender, as we harvested them from a newly planted block. Most of the sweet corn will have it's trademark "creepy crawly" just cut the tip off or flick that extra bit of protein into your compost bucket. Garlic is now dry and each share gets a bulb. Carrots and Beets will be back next week.

**Farm talk -the History of Manure and other such related material... (from fellow farmer Amigo Cantisano)**

In the 16th and 17th centuries, everything had to be transported by ship and it was also before commercial fertilizer's invention, so large shipments of manure were common. It was shipped dry, because in dry form it weighed a lot less than when wet but once water (at sea) hit it, it not only became heavier, but the process of fermentation began again, of which a by-product is methane gas. As the stuff was stored below decks in bundles you can see what could (and did) happen. Methane began to build up below decks and the first time someone came below at night with a lantern, BOOOOM!

Several ships were destroyed in this manner before it was determined just what was happening. After that, the bundles of manure were always stamped with the term "Ship High In Transit" on them which meant for the sailors to stow it high enough off the lower decks so that any water that came into the hold would not touch this volatile cargo and start the production of methane. Thus evolved the term "S.H.I.T," (Ship High In Transit) which has come down through the centuries and is in use to this very day. You probably did not know the true history of this word. Neither did I.