

Fresh Picks Newsletter

Farm News

This past Tuesday, we gave a tour of our farm to the Genesee County Master Gardeners. We had a great time showing them our facilities, equipment, and crops. They were a big fan of the ground cherries that you will receive in your bag this week! The group had wonderful questions for us and we hope they come back again next year!

This week we noticed blossom end rot on our tomato plants. This non-pathogenic physiological disorder occurs when plants are stressed and do not get enough calcium. This calcium deficiency usually occurs when plants have fluctuations in water supply. In our case, the plants are not receiving enough water. Calcium is found in the soil and enters a tomato plant through the roots. During drought conditions, water intake is limited, therefore also limiting the amount of calcium that a plant can take up. The result is a brown, leathery looking rot that appears near the blossom end of the tomato. Don't worry though, our plants will be ok! We mulch our tomatoes under red plastic, which helps retain moisture in the soil. With a good rain, the plants will actively take up more calcium and reduce or eliminate blossom end rot.

This week we spent some time weeding our winter squash field. The pollinators were flying around like crazy and visiting the huge yellow blossoms on the plants. We even found some baby winter squash! We are hoping for a great winter squash yield this year!

Ground Cherries

For the first time this season—ground cherries! Relatives of tomatillos, these small, round, yellow husk tomatoes can be eaten dried, raw, or cooked. They have a sweet flavor, and taste like a cross between cherries and tomatoes. Please let us know what you think of them!

Pristine Apples

We harvested the first of our apples in our certified organic orchard this week! Growing fruit organically is very difficult, therefore some blemishes are inevitable. The fruit still tastes delicious! Coming soon: Asian pears and more apples!



This week's sample in the store: Eggplant Dip (Recipe below) We also have the first of our certified organic peaches available for sale. Jalapeños, tomatillos, and more ground cherries are also in stock. Stop on out to see us! If you can't make it on Saturday, we are also open Thursdays and Fridays all day.



Katie, Pete, and Kathy talking to the group of Master Gardeners. Photo Credit: Cornell Cooperative Extension of Genesee County.

In the Bag

- Zucchini
- Yellow Squash
- Cucumbers
- Red Onions
- Beet Greens
- Lettuce
- Eggplant
- Ground Cherries
- Tomato Berries
- Pristine Apples



Week 8: 2022

MEET YOUR FARMER

Crystal Woodward—Wholesale/GAP Food Safety/Cat Whisperer

Introducing Crystal Woodward, our wholesale accounts manager and food safety regulations coordinator. Crystal has worked at Porter Farms for a little over two years and came to us with a food safety background after working for Treehouse Foods in Medina.

On a day to day basis, Crystal can usually be found coordinating transportation logistics for wholesale, working with potential buyers, helping her husband Shawn in our certified organic orchard, training employees on the latest food safety initiatives, and being a mom to the office cats. She can often be found doing these tasks with one of our friendly barn cats on her shoulder.

A native of Medina, Crystal and her husband Shawn have three daughters. She loves camping with her family, doing arts and crafts, and growing various cut flowers. She also enjoys raising chickens and ducks at her home, and often distributes the eggs to her co-workers.

Q & A's with Crystal:

Q: What is your favorite Movie? Dirty Dancing

Q: What is your favorite Color? Pink and Purple

Q: What is your favorite type of Music? I love all music. I listen to everything, even classical or instrumental.

Q: What is your dream vehicle? Winnebago Travato

Q: Are You a good Cook? Yes

Q: If you could go anywhere in the world, where would you go and why? Alaska, I'd like to live off grid and have my own homestead.

Q: What is something that you wish you were gifted at doing? Telling the future

Q: Can you dance and sing? I wish

Q: What is the best place you have ever traveled to and why? Salmon River Falls/Redfield NY because it has the most breathtaking views from the waterfalls.

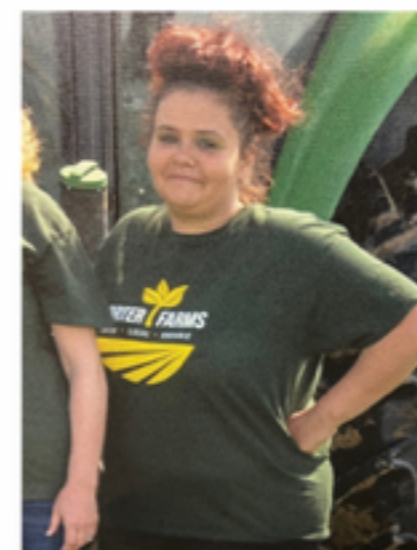
Q: What is the most ridiculous thing you've ever done? Jumped off the bridge into the canal. Ewww gross what was I thinking!

Q: If you could eat lunch with one famous person, who would it be? Brad Pitt

Q: If you had the opportunity to go to space would you? Yes, of course.

Q: What is the best part of your job? Being able to learn and experience new things everyday, being able to be a part of the team here at Porter Farms, and also being able to eat fresh, organic produce everyday.

Q: What is your favorite vegetable? Summer squash, but I love all veggies.



Recipe Ideas:

[Eggplant Dip Recipe](#)

[Ground Cherry Salsa](#)

[Wilted Beet Top Salad](#)

