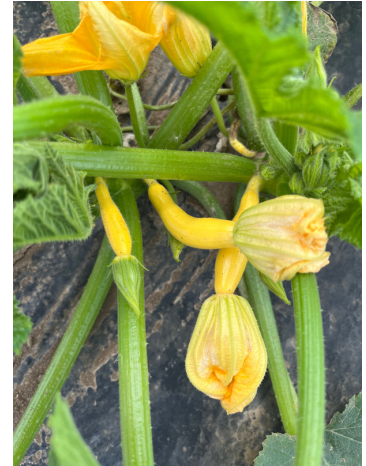


Fresh Picks Newsletter

We hope everyone had a fun, safe, and relaxing Fourth of July weekend! We started the weekend excited about the possibility of a significant amount of rain falling at the farm. Unfortunately, only two tenths of an inch fell on Friday night and it was quickly absorbed by the soil. More rain was predicted for Tuesday, but of course it ended up just sprinkling here. We are in desperate need of an all day, soaking rain. Hopefully next week. Keep your fingers crossed for us--our plants could really use a good drink!



Farm News

This week we harvested the first of our many green bean plantings! On May 10th, we planted 50 pounds of green bean seed. We always plant less seed for our first planting--we've noticed that the first planting usually has the most weed pressure and yield is never the greatest. Our second, third, and fourth plantings of green beans were each 100-150 pounds of bean seed. Enjoy the beans in your bag this week, and know that the next beans to be harvested will have a significantly higher yield!

Next week we will begin harvesting and drying our garlic. We pulled some German White Hardneck to see how the bulb growth is, and we are very happy with how much they've grown! We can't wait to share the bounty with you this fall!



Reminder: Small shares are in green bags and large shares are in white bags.

In the Bag

- Bunched Gold Beets
- Minuet Chinese Cabbage
- Swiss Chard
- Pint Green Beans
- Green Onions
- Red Kale
- Assorted Lettuce (Large share only)
- Last minute addition: zucchini!

We harvested all the zucchini in our 20+ rows for this week. The plants are full of mini zucchini--with a good rain shower, they will be exploding with fruit to harvest!

Meet your Farmer

Katie Porter Metzler, CSA Coordinator

Written by Kathy Riggs-Allen

In her mid-30's, Katie has done a complete 180 in life and has come back to her roots, to rejoin our farm, and take on the responsibilities of the CSA coordinator and Crop specialist. Throughout her childhood, growing up on the farm, Katie spent much of her time learning about all things that vegetable farmers do; play in the dirt, explore all types of plants, learn about soil health & pest control, and watch vegetable growth. She once told me that Grandpa Jack (Jack Porter) used to make her go in the field, find any plant pest, and squish them between her fingers, the earliest form of organic pesticide. It wasn't before long, in 1996 that Katie and her dad Steve, along with Grandpa Jack and Uncle Mike, started the Porter Farms Organic CSA program. Now, over 25 years later Katie has decided to re-join our farm as one of the most important people in our crew.

So, what has Katie been doing since she graduated from high school? Well, she completed a four-year degree at Cornell University in Biological Sciences (with honors), and then a Master's degree in Geological Sciences (with honors), got her teaching certificate from Buffalo State (with honors), got married to Pete (with honors....just kidding), and started a family. She helped coordinate the CSA for a while during this time, and then started teaching. She taught for 12 years in the Batavia City School District as a high school science teacher. She also has been busy the past 7 years raising three beautiful daughters, Cora (7), Suzanna (5), and Georgia (21 months old), all of which do their own part to help when needed. (You'll see more about them later)

On a day-to-day basis during our growing season, Katie is busy doing most of the following things: greenhouse planning & planting, crop rotation plans, seed organization, website management, the weekly CSA bag share, constant communication with our CSA site coordinators and members, and scouring fields of each individual item we plant to watch the growth and progress of its existence. At any time, she can give an update on any of the 50+ varieties of items that we grow, and know approximately when it will be coming off, and when we will be able to offer it. Katie also keeps our records that we need for our organic certification, including the where, when, and how of everything that is planted on our farm.

In her spare time, Katie enjoys reading, making toad houses, exploring wildlife, spending time with her family, and long walks on the beach.



Q & A's with Katie:

Q: What is your favorite Movie? Mary Poppins

Q: What is your favorite Color? Purple

Q: What is your favorite type of Music? Right now.....Kids music

Q: Do you have any nicknames? Moose (my dad called me moose because he said I walked hard)

Q: What is your dream vehicle? I'm driving it Kathy....a minivan

Q: Are You a good Cook? decent

Q: What is something that you wish you were gifted at doing? I wish I was a better tennis player (after I watched Wimbledon yesterday)

Q: Can you dance and sing? Not great, but yes.

Q: If you could go anywhere in the world, where would you go and why? Galapagos Islands to see all the creatures I taught about in my classes

Q: What is the best place you have every traveled to and why? Vancouver, because I went on a whale watch and saw orcas.

Q: If you could eat lunch with one famous person, who would it be? Neil Degrasse Tyson (I said who the heck is that??) or David Attenborough

Q: If you had the opportunity to go to space would you? No, I'm claustrophobic.

Q: What is the best part of your job? Playing in dirt all day.