Porter Farms CSA

Fresh. Local. Organic.

Fresh Picks Newsletter

Farm News

We had a busy week at the farm but we didn't have to irrigate! For the first time in a couple of weeks we were able to transplant and direct seed some vegetables. We are starting to think about our late season fall crops, and direct seeded some turnips and kales.
We also transplanted some spinach. We hope to offer spinach in your shares soon--unfortunately, our first seedings of spinach did not make it in the dry weather.
While the recent amount of rain was wonderful and much needed, we are getting nervous about the potential spread of fungal diseases. We receive a publication through Cornell Cooperative Extension each week that gives a scouting report for crops that are grown in our region. It tells us what insects and diseases to be on the lookout for, and where they've been spotted so far. This week we learned that Downy Mildew, which thrives in moist, hot weather, is in NYS and is expected to reach our region immediately. We are on the lookout for it in our cucumbers and cantaloupe. It hasn't been spotted yet-keep your fingers crossed that it stays away for as long as possible!

1.5 inches of rain in our gauge!

In your bag this week: Fresh Pak Beet Greens
This variety does not form a root, just healthy, beautiful leaves that are perfect for bunching. These superfood greens are packed with vitamins and nutrients and help fight inflammation and improve digestive health. Check out the recipes section for ideas on how to use these greens!

Cooler Update

After the unfortunate incident last week, we will begin locking our cooler from Wednesday night-Saturday morning. The cooler will be unlocked for members to come and go to pickup their CSA bags Saturdays-Wednesday morning. If you have any questions, please send us an email or give us a call. Thank you so much for understanding!

In the Bag

- Zucchini
- Yellow Squash
- Cucumbers
- Pickling Cucumbers
- Leeks
- Caraflex Cabbage*
- Swiss Chard
- Bunched Beet Greens

***This week you may find evidence of cabbage moth larvae in your cabbage. Our cabbage was under floating row cover, but the white moths still found a way to get in to the plants. Wash and cut off the base of the cabbage to remove any debris. The cabbage head itself is untouched!**

Week 5: 2022

THIS SATURDAY AT THE FARM STORE: KOMBUCHA TASTINGS WITH DIOSA ORGANICS

Diosa Organics is a sustainable lifestyle business that produces Kombucha, a naturally fermented probiotic health tonic made from organic black tea.
Brett Acker, originally from Byron NY, now lives in Playa Del Carmen Mexico with wife Victoria. Their successful business of Superfoods, Kombucha and natural, functional beverages is expanding back to the Genessee Country area and collaborating with Porter Farms to bring high quality, healthy products to our community. Alongside producing Kombucha, Diosa Organics also has herbal tinctures, powdered herbs and superfoods, womens ecological products, ceremonial incenses, and pure Mexican products.

FARM STORE REMINDERS

YOur farm store is open to CSA members and the public on Thursdays and Fridays from 9-5 and Saturdays 8-12. Stop in for veggies and herbs, local goods like honey, elderberry syrup, and maple syrup, or our all-natural ground beef and lamb! We also have frozen to-go meals and ice cream stocked in the freezer.

YOGA AT THE FARM: AUGUST 2ND

Yoga and fun for the entire family! Join us for a FREE family yoga class with Elena Veltz, 500 RYT in the fields of Porter Farms. Class is suitable for all ages and levels. This one hour class will focus on playful poses, simple breath techniques, partner family poses, and a relaxing family savasana.
Please bring your own mat (a towel also works), water, and bug spray. If you typically use a block, you may choose to bring one. Special guest appearances may include Charlie and Cricket. Also, check out the farm store after class!
If you are interested in joining us, please fill out a waiver at the link below.

Click here to fill out the waiver for Farm Yoga

Recipe Ideas:

15 Ways to Eat Beet Greens

Swiss Chard, Leek and Feta Bruschetta

Leek and Zucchini Fritters

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