



**YOUR SHARE WILL LIKELY INCLUDE:**

- Acorn Squash
- Tomatoes
- Peppers
- Onions
- Garlic
- Lemon Balm



**FARMER'S CORNER:**

**Heirlooms and Hybrids**

Today, hybrids have largely displaced the use of heirlooms. If you recall from your high school biology class, the theory of heritability and hybridization was pioneered by Gregor Mendel, the 19th century Austrian friar. His pea breeding experiment proved that parents pass on specific qualities to their offspring. With proper pollination, lines of breeds with distinct characteristics are maintained. The benefit of this is being better able to consistently grow favorable qualities. Unfortunately, the desire for consistency is a major cause of the loss in genetic diversity because we have begun prioritizing hybrids over heirlooms.

The intentional cross breeding of stable breeds of plants is the only way to get what we call a F1 hybrid. Most farms around the world, including ELIJA Farm, rely on hybrids for a large part of the seeds that they grow. Heirlooms are either too inconsistent or don't have specific qualities (such as disease and pest resistances) which hybrids are bred for.

Industries are able to monetize on hybridized seeds by selling them. They know that the customers will not be able to save the hybrid seeds and get the same plants next year, therefore they need to buy new seeds every year. On the contrary, heirlooms allow for seed saving and autonomy. As long as the heirloom is properly segregated from other kinds in its species, it will be able to maintain its genetics for seed saving and growing for the next year. Heirlooms used to be the only seeds available, but they are quickly disappearing. ELIJA Farm has the long-term goal of saving some of its heirloom seeds to help maintain their unique qualities.



**SEED STORIES:**

**Hakurei Turnips**

When you hear of turnips, Hakurei turnips are probably not what comes to mind! Hakurei turnips are harvested when they are young, which means that they are tender, sweet and small; plus they don't even need to be cooked. They are also referred to as salad turnips because you can cut them up in salads, much like a radish- but without the same bite. Hakurei turnips are a variety that was developed in Japan in the 1950's in the wake of food shortages caused by World War II. These turnips easily gained popularity and have continued to be grown due to their mild flavor even when raw. Hakurei turnips can be shaven, sliced or grated into salads to maintain their crunchiness or roasted for a delicious buttery flavor. This variety was developed in a time of food insecurity and need, but its flavor is delicate and sweet. Hakurei turnips can be used to create slaws, stir-fries, roasted roots, or sautéed along with their greens. In Japanese, hakurei means "esteemed companion"; how will you added this highly regarded new friend to your next meal?

**SIGHTS & SCENES FROM THE FARM**



**ELIJA Farm Team**

**Debora Thivierge**  
Founder & Executive Director

**Damon Green**  
Farm Operations Manager

**Joy Dinkelman**  
CSA/Harvest Manager

**Emmett Phinney**  
Greenhouse Manager

**Suzie Rust**  
Director of Baking & Culinary Arts

**Farm Interns**

Jason Harris

Mike Howell

Valerie Maben

43 Foxhurst Rd. South Huntington, NY 11746

516.216.5270 · [www.ELIJAFarm.org](http://www.ELIJAFarm.org)

**MAKE THE MOST OF YOUR SHARE:**

Roasted Acorn Squash

**Ingredients:**

- 1-2 medium acorn squash
- 1 TBS olive oil

**Directions:**

- 1) Preheat oven to 400°
- 2) Cut 1/4" off the top of the squash, then place the squash cut-side down and slice it in half. Using a spoon, scoop out the seeds and discard them (or roast them like pumpkin seeds).
- 3) Brush squash with olive oil and then place the squash on a baking sheet.
- 4) Bake for 40-60 minutes, cooking time will vary depending on size of squash. Bake until fork tender.

**Variations:**

- a) Brown Sugar Acorn Squash
- b) Wild Rice Stuffed Squash
- c) Beef Stuffed Acorn Squash



**Featuring:**

- ELIJA Farm Produce
- Hayrides
- Pumpkin Patch
- Live Music & Storytelling
- Bounce House
- Festival Food, Hot Apple Cider, Hot Chocolate & more!

**When:** Saturday, October 5th from 10:00 a.m. to 2:00 p.m.

(Raindate: October 6th)

**Where:** ELIJA Farm

**Admissions:**

- ELIJA CSA members will receive 2 free tickets for Half Share Members or 4 tickets for Full share members. Contact [joy@elijafarm.org](mailto:joy@elijafarm.org) for details to reserve your tickets.
- General Admission: \$20 per person
- Free ages 2 and under
- Each child will receive a pumpkin with admission!
- Each family receives a Photo Coffee Mug

[Buy Fall Festival Tickets](#)

**Wishlist Wednesday**

Every Wednesday, The ELIJA Farm asks our community through email and Facebook to donate one specific item from our Amazon Wishlist to help the farm thrive and grow even more. We are always so thankful for each person that donates an item, and every person that donates one of our Wishlist Wednesday items will be highlighted in the following week's Wishlist posting!

**Thank you for the generous donations:**

- \* Stacy Zauderer (Gorilla Cart)
- \* Annie Jue (Gorilla Cart)
- \* Shauna Weinberg (Rocking Chairs)
- \* Enza Polito (Hammock & Picking Bucket)
- \* Puja Malhotra and Ankur Anand (Lawn Mower)
- \* Marie & Eddie Solomonik (Cast Iron Pots and Pans)

**This week's Wishlist item is volunteers to help us weed!**

[Sign up at elijafarm.org!](#)



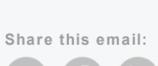
**UPCOMING CSA SHARE PICK-UP DATES**

- Saturday, September 14th
- Tuesday, September 17th
- Saturday, September 21st
- Saturday, September 28th (last Saturday)\*\*
- Tuesday, October 1st (last Tuesday)\*\*



ELIJA Farm is a sustainable, non-profit farm in South Huntington, NY committed to using environmentally responsible practices to raise high quality, organically grown produce. The ELIJA Farm CSA is dedicated to enriching the health and wellness of our community through dynamic learning opportunities to its diverse membership. ELIJA Farm subscribes to the Farmer's Pledge, a voluntary program created by the Northeast Organic Farming Association of New York.

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