



**YOUR SHARE WILL LIKELY INCLUDE:**

- Tomatoes
- Peppers
- Fresh Onions
- Fresh Garlic
- Cilantro



**FARMER'S CORNER:**

**Domestication and Heirlooms**

The degree to which humans have the ability to plan and to alter their environment is one of the many things that sets us apart from other animals. It is this trait that allowed us to reach the level of innovation we see today. The advent of agriculture began with the domestication of plants and animals. This is the selective process of choosing which characteristics best suit the needs of humankind. We still do this in the modern era, but today we call it breeding. This is how we got dogs from wolves and now the countless numbers of different dog breeds. Plant breeding is very similar in how a myriad of things were created from an ancestor. It all began after the migration of homo sapiens from Africa required more specialized food sources adapted to their new environments. Hunting and gathering were no longer viable for sustaining the increasing populations of the tribes. Once city states were erected to protect food surpluses and reserves, gradual progress in the breeding process unfolded. The types of plants that were able to be crossbred in this pre-scientific era are considered land races or crop wild relatives. We consider the varieties that emerged from this cross breeding to be heirlooms.

Heirlooms are open pollinated meaning that you can grow them, save their seeds and then the next year you will be able to grow a plant with the same qualities. In other words, the wind or insects are able to spread pollen at random and it still results in the desired plants and then seeds being formed. Up until about a half a century ago, heirlooms made up the vast majority of plant varieties on the market. [Since the early 1900's though, 93% of crop varieties have gone extinct](#), as a result we have lost an obscene amount of genetic biodiversity. Heirlooms don't always give a consistent product, however their uniqueness, robust flavor, and call to antiquity are what draw us to them today. On the ELIJA Farm we use heirlooms to offer that same uniqueness to our customers, while also helping the effort to preserve the dwindling amount of plant diversity.



**SEED STORIES:**

**Lakota Squash**

Lakota Squash is a variety of winter squash that was grown by the Lakota Native Americans in the northern Mid-West. The Lakotas, like other Great Plains indigenous people, were a nomadic tribe, but that did not mean that they didn't grow the "Three Sisters" (corn, beans and squash). In fact, the Lakotas would plant the Three Sisters near the streams in the summer, as they followed the buffalo herds. Then when they would come back they knew exactly where to find the Three Sisters again. Lakota squash was grown and eaten by the Missouri Valley indigenous people for centuries before it was introduced to white settlers in the 1820's. Like the Native Americans, the new settlers found the squash to be delicious and a good storage crop for the harsh Mid-West winters. This squash was once a staple of the Lakota people and later on it also sustained the settlers. Today the Lakota squash is very rare, but it is still in circulation by a few seed companies and seed savers. Lakota squash is definitely a stunning fall decoration, but please don't stop there; after Halloween and Thanksgiving passes, be sure to cook with it. Lakota squash can be applied to your favorite pumpkin pie recipe, but it is also delectable when made savory and roasted or stuffed with your favorite vegetables and ground meat. How will you prepare this historical Lakota squash?

**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

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**MAKE THE MOST OF YOUR SHARE:**

Recipes from the [ELIJA Recipe Book](#)

1. Balsamic Grilled Veggie Kabobs (pg. 5)
2. Blistered Shishitos (pg. 11)
3. Breakfast Stuffed Peppers (pg. 12)
4. Kale Caesar Salad (pg. 25)
5. Southwest Mac n' Cheese (pg. 34)



**ELIJA Recipe Book**

Remember that cookbook you got at the beginning of the season? It is full of recipes based on what we grow at the farm. If you're unsure of what to do with some of the produce, check to see what recipes the cookbook has to offer. If all else fails, Google has a plethora of creative ideas too!



**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@elija.org](mailto:joy@elija.org) for details.
- 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)

**Stay tuned for next week's item!**



**UPCOMING CSA SHARE PICK-UP DATES**

- Saturday, September 7th
- Tuesday, September 10th
- Saturday, September 14th
- Tuesday, September 17th
- Saturday, September 21st
- Tuesday, September 24th
- 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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