



Happy Friday, Farm Friends!



Yes, the sun has been unrelenting this week. Even starting our day at 6:30, it doesn't take long for the temperatures and humidity to quickly climb making things pretty miserable. We've been trying hard to take care of each other -- making sure that everyone has plenty of water and is doing okay.

Perhaps we need to learn more from the cats. Hoover seems to have this cooling thing down. His trick: find a shady spot (a stainless-steel surface is particularly nice -- especially if it's near a cooler), sprawl out as much as possible and take a nap. Sounds like good advice, don't you think?



Despite the ghastly temps this week, we've accomplished a lot! Let's take a look around and see, shall we?

Strawberry SOS



We got the strawberries cleaned up and collected tips for planting. The field was a mess -- HUGE weeds! We had pretty much left it alone after we stopped harvesting. Our plan was to replace all of the plants. Oops! As I mentioned last week, we are not able to get plants from our supplier,

so we have to save these and grow out more plants from the runners.



Jonny, Elise and Sophie did a fabulous job of getting this field cleaned up! They were able to collect about 300 tips. We will continue to collect more as the runners grow and will keep potting them up into seed trays. Fingers crossed, everyone!

More Taters!

We harvested more LaRatte fingerling potatoes this week. Again, we aren't wowed by the yields but it's respectable. We got them washed up right away and tucked into the walk-in for best storage. LaRattes need to be in a cool dark place or they will turn green!

LaRattes are always so much fun because the potatoes can come in such different shapes. Elise has the muscle arm potato and Jonny has the little Rat (la ratte!)



Thanks for Visiting!

On Thursday, we had the pleasure of hosting [Riverwood Therapeutic Riding Center](#) here at the farm! This visit was part of Riverwood's Community Based Learning program where students participate in community-oriented activities such as farm visits and working at Riverwood's Coop. Our visitors worked on removing the old canes from our Osage blackberries -- they were such a great help! Then we did a quick tour around the farm, munching on cherry tomatoes and mini peppers. Their visit was capped off by a visit to see the animals -- as usual, Cara was the star of the show! Thanks so much for visiting, Riverwood friends!



So Long, Sophie!

This week we bid farewell to Sophie Jennings. She has been with us since March and is heading back to college at UNC-Greensboro this fall. Sophie has been an integral part of our effort this spring and summer. She definitely earned her chops in the field weeding, pounding in t-posts, hauling tarps and we can't forget that epic work with the machete in Felsbeck's corn field! One

area where Sophie spent more time than anyone else this year was washing seed trays -- hundreds of seed trays! For her efforts there, she was inducted into the Order of the Purple Seed Tray -- a very prestigious title (maybe it's sort of like being knighted?!) Thanks for all your hard work, Sophie! Good luck back in the classroom.



That's the news from the farm for another week! They go by quickly, don't they?



Monday, August 1st is a special day for farmers. This day is celebrated in some cultures as Lammas Day which marks the beginning of the harvest season -- especially the harvest of grain. It is also the midpoint between the Summer Solstice and the Fall Equinox. In Scottish tradition, the first harvest of the year was celebrated by new loaves of bread being brought into church to be blessed. The [Scottish festival of Lammas](#) began in medieval times and was celebrated across Europe. It was indeed a time of celebration because in the

weeks before harvest, communities were at their highest risk of starving, as stocks from the previous harvest came close to being depleted. Lammas Day heralded the new harvest and hopefully a return to times of plenty.

While we haven't been harvesting grain, we have been harvesting some things and are getting ready for a tsunami of tomatoes and piles of peppers!

Stay cool and hydrate!

Until next week,

Cheryl & Ray

