

# BFF

BALLFIELD FARM

# Newsletter

 Ballfield Farm is a neighborhood program of The Pittsburgh Project

## Meet A Member



### Josh and Meg McKivigan

After taking a year off because of medical reasons, the McKivigan family has rejoined the farm and they are loving every bit of it! For them, the farm is a place where they can grow and eat healthy, organic food at a fraction of what it would cost at the local grocery store. Fans of berries and snap peas, this family enjoys the natural and laid back approach that the farm employs. The McKivigans make their home in Bellevue.

## This Week's Tasks

June 5th – June 11th

### This week's tasks include:

*Watering hi-tunnel, weeding thistle throughout infield, weeding peas, planting potatoes, beets, okra and carrots, cutting grass, mulching and chipping paths*

**Harvest:** Parsley, garlic chives, New Zealand spinach, kale, salad greens

### Upcoming Schedule:

**Tuesday, June 5th 6-8:30pm**

*Opener: Charles Chapman*

**Friday, June 8th 9-11:30am**

*Opener: Carol Gonzalez*

**Saturday, June 9th 9--12:00pm**

*Opener: Charles Chapman*

Ballfield Farm (BFF) is a neighborhood project collectively growing organic food together on Pittsburgh's North Side. All are welcome to become members. Members pay a small yearly fee and commit to 6-12 hours of work per month. For more info on membership, please visit [www.ballfieldfarm.org](http://www.ballfieldfarm.org), email [Info@ballfieldfarm.com](mailto:Info@ballfieldfarm.com) or show up at any scheduled workday.

## Harvesting Tip

### When are potatoes ready?

For large, mature potatoes, you will want to harvest in the fall or early winter. You should wait until all the foliage of the plant has withered and died back before harvesting mature potatoes. After the foliage has died, dig up a potato from one or two plants and rub the skin of the potato with your fingers. The skin of a potato that is ready for harvest won't scrub off easily. If the skin of your test potatoes does come off easily, wait a few more days and test a couple more potatoes. Once the foliage of the potatoes has died back, remove it as soon as possible from the potato bed. Potato foliage can harbor diseases that transfer to the tubers if they come in contact with the leaves. Make sure to harvest your potatoes when the weather has been dry for several days to help reduce the likelihood of spreading foliar disease. Any damaged potatoes should be eaten within a few days.

## In The Ground



### Mint

Mint is a perennial herb that grows and spreads very rapidly. There are hundreds of varieties of mint, the most popular being spearmint and peppermint. Although they belong to the same family and have similar tastes, the two varieties differ in their amount of menthol. Spearmint contains less than 1% of menthol, and peppermint has about 40% menthol. Most varieties of mint can be used fresh, dried, or even frozen for later use. The small, young leaves have the most flavor and their flavor is released as the leaves are crushed. Several varieties of mint can be found outside of the green shed at the farm.