

Summer 2011 Newsletter

At Surin farms we take pride in working with nature to grow the highest quality sweet corn and specialty produce. We are happy to share a variety of products that we hope will nourish both body and soul.



Is all sweet corn created equally?

If we want to eat a good apple, we shop for our favorite variety. So why not do the same when buying sweet corn? Understanding sweet corn varieties is as easy as knowing which apple you want to buy. In a nutshell, corn is all about sugar and starch. Field corn, grown for cows, has almost all starch and no sugars.

50 years ago the highest sugar content of sweet corn was only 13-18% with a holding capacity measured only in hours. My father, a doctor by trade and a farmer by soul, was famous for growing the best sweet corn in the world. He invited people to our home to eat his corn, but would never deliver or give it away. His magic was freshness.

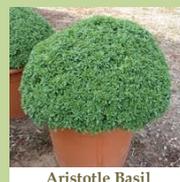
Today there are sweet corn hybrid varieties called Synergistics or Augmented Sh2's with sugar content in the 50% range and very good holding capacity. But these new corns are more expensive to produce; so many growers continue offering the older varieties, generically referring to them as "super sweet" or "candy" corn, sometimes trucking them in from across the country for early arrival. An unwary consumer doesn't know what he is getting.

At Surin farms, we are proud to have converted 100% of our main sweet corn line to the newest varieties. Due to the extremely high sugar content, these corns cannot be planted while the soil is still cool, so they will never be the earliest sweet corn, but we are convinced they are worth the wait. For detailed information visit www.surinfarms.com.

Basil Vinaigrette

Use this fragrant vinaigrette on salads, sandwiches, pasta and soups.

- 2 big bunches basil (3 cups or so)
- 4-6 cloves garlic (peeled)
- 1 cup extra virgin olive oil
- 3 Tbsp. balsamic vinegar (to taste)



Aristotle Basil

Combine all ingredients in blender. No need to pre-process. Pulse until no large pieces remain. Adjust salt, pepper and vinegar to taste. Refrigerate in a tightly sealed glass jar for up to a week. For more recipes please visit us at www.surinfarms.com/recipes.

Did you know?

Frank is a professional pianist available to play weddings and events.

Listen online:
www.surinfarms.com/music

Frank's Follies

The Tale of the Feared Woodchuck

After watching the family's dismay at the complete devastation



of innumerable tomato plants, Sir Zebulon of Surin put his sniffer to work and identified the perpetrator as Chuck E. Wood, (otherwise known as Mr. Woodchuck) and swore vengeance.

Setting an ambush two days later, Zeb engaged in battle with the culprit and vanquished the dishonest varmint. Sir Zebulon presented the remains of his mortal enemy to Dad for proper disposal and was nominated for the Meritous Award of Valor in the defense of all that is good and tasty.

Summer 2011 Newsletter

2011 Crop List

| Sweet Corn | | |
|----------------------------------|------------------------------------------------------------------------------------------------------|------------------|
| Trinity bi-color | high quality early Homozygous S.E., 30-40% sugar, earliest corn meeting our quality standards | 1st week August |
| Xtra Tender 274 bi-color | Augmented SH2, unique flavor, sweet & tender 40-50% sugar content, unsurpassed holding quality | 2nd week August |
| Triumph bi-color | Augmented SH2, popular variety, replaced Xtra Tender 277 in our line-up in 2010 | 2nd week August |
| Honey Select yellow | Synergistic, John's favorite - it puts the corn flavor back into high sugar content sweet corn | 3rd week August |
| Avalon white | Synergistic variety that revolutionized white corn, sweet tender & flavorful, very popular | 3rd week August |
| Serendipity bi-color | Synergistic, long slender ears of exceptionally tender, flavorful corn, frequently requested variety | 4th week August |
| Xtra Tender 276 bi-color | Augmented SH2 is both sweet and tender, extra length to maturity creates a uniquely distinct flavor | 4th week August |
| Cole Crops | | |
| Premium Crop F1 Broccoli | AAS winner, tight buds, tender stems | early August |
| Blue Vantage Cabbage | premium solid heavy head, excellent for kraut | mid-August |
| Cheddar Cauliflower | flavorful tight orange kurds, superior quality, maintains color when cooked | mid-August |
| Melons and Watermelons | | |
| Blacktail Mountain OG Watermelon | gorgeous black icebox sized melon, supersweet crisp juicy deep scarlet flesh | early August |
| Yellow Doll Watermelon | round ice-box sized yellow-fleshed melon, set the standard for yellow melons | early August |
| Orange Star F1 Cantaloupe | large deep orange fleshed cantaloupe with small seed cavity | mid-August |
| Noir des Carmes Melon | French cantaloupe, aromatic orange flesh, complex deeply satisfying flavor | mid-August |
| Baby Doll Watermelon | round medium sized yellow-fleshed melon, distinct extra sweet flavor | mid-August |
| Sangria F1 Watermelon | Queen of large oblong red melons, John's favorite because it tastes good! | mid-August |
| Sweet Beauty Watermelon | 2004 AAS winner, 1 st oblong icebox sized melon, xtra sweet crispy red flesh | |
| Lambkin Christmas Type Melon | 09 AAS winner, smooth yellow skin with juicy white flesh & fresh sweet aroma | late August |
| Crimson Tide F1 Watermelon | NEW improved crimson sweet, excellent quality, med/lg green striped melon | late August |
| Royal Sweet F1 Watermelon | very popular, uniquely striped large oblong melon with bright red flesh | late August |
| Tendersweet Watermelon | deep orange fleshed with high sugars, large oblong fruit | late August |
| Mountain Sweet Yellow Watermelon | large oblong melon, extra firm deep yellow flesh, high sugar & robust flavor | late August |
| Orangeglo Watermelon | med/large oblong fruit, fiery orange flesh, sugary and crisp, worth the wait! | early September |
| Chelsea OG Watermelon | sweet pink flesh with white seeds, large round light green melon | early September |
| Boule d'Or Melon | "Golden Perfection" winter melon, hard rind & pale green flesh, delightful | mid-September |
| Miscellaneous | | |
| Aristotle Basil | decorative dome shape adds beauty while providing steady supply of fresh basil indoors or out | July into August |
| Giant Szegedi Peppers | waxy sweet yellow pepper from the Balkans | mid-August |
| Black Krim Tomatoes | plants eaten down to twigs, likely suspects include woodchuck and other mangy varmints | ask woodchuck |
| Celebrity Tomatoes | varmint got these too | ask woodchuck |
| Ukrainian Purple Tomatoes | ! varmint got'em | ask woodchuck |
| Squash and Pumpkins | | |
| Wax Oblong Gourd "Winter Melon" | unique Asian mild white fleshed squash, used in delicate soups | late August |
| One Too Many Pumpkin | unique medium sized pumpkin, spooky bloodshot eye look | late September |
| Big Moon Pumpkin | extremely large Halloween pumpkin | late September |
| Big Autumn Pumpkin | excellent large sized carving pumpkin with sturdy handle | late September |
| Silver Bell OG Squash | small bell shaped squash, delicious deep orange dry sweet flesh | late September |
| Heart of Gold Squash | All American winner, sweet dumpling type, superior eating quality & storage | mid-September |
| Hubbard Mixed Squash | assortment of blue, warted, golden and red Hubbard squash | late September |
| PA Dutch Crookneck Squash | butternut type squash with larger bulb and distinctive neck | early October |
| Hokkori Squash | top of the line Kabocka type squash, rich deep sweet orange flesh is dry & exceptionally flavorful | early October |
| Musee de Provence Pumpkin | French cheese pumpkin, dense deep orange flesh, superior table quality | early October |