

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.surin farms.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.surin farms.com/recipes.

Did you know?

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

Listen online:
www.surin farms.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.

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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