

## Report from the Field

New crops are on the horizon. In the next week or so you'll see hakurei turnips. These look like a white radish, although a little larger. The root, which tastes quite different from a radish, is almost always eaten raw; they are sweet and great in salad or eaten like an apple. Don't throw out the greens! They are great stir fried or raw. The plants are looking good.

This week we plan to start harvesting potatoes, so they will be available starting next week and for the rest of the CSA, if yields are good (hopefully rodents haven't had their fill). Winter squashes will be harvested soon as well. The butternut squash variety won't be distributed for a bit because it requires time to cure, but Kabocha squash, and another variety called Bonbon, should be available sooner.



We continue to look at cows, and to read more and more. Something we are just learning about is the different types of proteins in milk, and what they may mean for human health. One significant difference is what is called the A1 and A2 types. Most cows in the US produce A1 milk. This milk has a slightly different protein structure than the A2 variant. A difference of one amino acid on one polypeptide reportedly can be a trigger for a number of auto-immune diseases. This is due to amino acid bonding strengths, and in the case of A1, the ability of a 7-strand amino acid chain to be extracted by gut enzymes from the amino acid chain. This 7-strand chain is a very stable opioid implicated in heart disease, diabetes, autism and schizophrenia. Interestingly, human milk, and the milk from most mammals, is A2 type.

We have not read anything that would indicate the inverse – that there are any greater health risks for A2 milk over A1. Therefore it makes sense, even though at present there isn't scientific consensus on the risks of A1 milk, to get an A2 family cow. The only wrinkle is finding one. Not only are most breeds in the US A1, but many sellers don't even test for it, so shopping for an A2 cow is in a very limited market. Also, for those minor breeds that are predominately A2, the 100% A2 cow (the cow an actually be A1-A1, A1-A2, or A2-A2) is in higher demand. So we continue to look, and learn...

A little history about permits for hunting deer may be interesting. Before we started planting in our current fields deer were in the fields every night, we saw 14 one night. I requested crop damage permits from the CT DEP before we planted. They said no, you must show damage. I retorted that I can take pictures of deer standing in the exact spot where I plan to plant. They said not good enough, show us damage. So we went about planting crops for the sole purpose of letting the deer eat them, in order to get permits. We subsequently received permits, used them, and installed fencing.

Fast forward to late last fall; the deer were destroying our apple trees at night. We called the CT DEP to obtain night permits. They said an inspection was required, and, after a lengthy delay the inspection occurred, and finally the permits issued, three weeks later! The state was not concerned that the thousands of dollars we spent on trees could be reduced to stubs in that time.

The same is occurring now. Night permits will not be issued for the entire year, you must request them when damage is occurring. So we are supposed to wait, and stand in our fields all night yelling obscenities at them (the deer, not the state), until the state will grace us with permits.