



# The Farm at Miller's Crossing

Week of August 24th 2009

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**Our Stream after one of many of the storms that have come through this season**

Dog days of summer...

This past week has been hot. The word tropical comes to mind. Between the humidity and the heat, coupled with lots of mosquitos and flies, August has truly lived up to its reputation this year. Regardless of the weather, we still have our work here on the farm. Crops need to be picked, washed, planted, weeded, and yes, irrigated. Every season we pump thousands of gallons of water out of the stream that flows through our farm up to our crops to sustain them through the hot days of summer. Without this water, our farm could not function. While it takes a lot of gas and diesel and labor to move pipes, it allows us to provide you all with a consistent supply of veggies.

Besides this stream providing the water for the vegetables, it is also a prime refuge for us from these oppressively hot days.

Throughout the stream there are cold water springs which percolate up through the running water.

After a long hot day of driving tractors and picking vegetables, my skin can feel like a hot pad. So, we round up the kids and dogs, put on the bathing suits, and walk down to the creek.

Regardless of how hot you are, the stream is always cold!

After a slow and painful submersion, it is essential to put your shoulders and neck below the water surface, and begin to turn your body temperature down.

Within 5 minutes of sitting in this water (assuming no territorial horse flies have found you) the body temperature drops, and life gets better. After emerging from the water a new and refreshed person, the sweat and toil of the day have left your system. Life is good again!

With a new attitude and some welcomed goose bumps, we head home for dinner and bed.

Due to these frigid temperatures, this activity can only be enjoyed when the mercury is high, so this is truly a hot summer day delicacy. I hope you have something similar to help you on these dog days of summer.

Sincerely, Chris



**Extra cool wading in our stream and of course throwing a stick for Hettie!!!**