

CSA Newsletter



Week 11:
8/14/18 & 8/16/18

Box contents

Small share:

Tomato medley
½ lb. green beans
1 green bell/frying pepper
1 pint shishito peppers
1 head lettuce
2 cucumbers
1 zucchini
1 head garlic
1 bunch basil

(Next up...tomatoes, green beans, dragon tongue beans, zucchini/summer squash, melons, honey)

Regular share additional items:

Extra zucchini or
summer squash
1 ½ lb. Oneida Gold
potatoes

Farm News

We want to thank the many CSA members who took the time to share thoughtful feedback in the mid-season survey. We in turn want to take a little time to respond to those comments and questions. It will take up more room than will fit in this newsletter so look in the body of this week's email for an in-depth farm update.

Some of our heat-loving crops have been a little behind this year, which is why our tomatoes, peppers, and eggplant have been delayed. The plants are healthy and went in the ground at the same time as in past years, so our best guess is simply we haven't had as many warm days this year. But don't worry – while you're getting these a little later than last year we will still be putting plenty in your boxes! Peppers are really starting to come along now so we have green bell peppers as well as shishitos in the boxes this week. We'll have red peppers once the green peppers mature, banana peppers, hot peppers, and picnic peppers this year. We're looking forward to having some CSA families down to the farm this Sat. Aug. 18, from 12-4pm for our summer potluck. If you can attend and haven't RSVP'd yet, please send Chelsea a note (chelsea@plowsharesandprairie.com). Dress for a farm, and bring a dish to pass. Directions to the farm will also be in the body of this week's email. We're excited to see folks down at the farm this weekend!

Recipes & Storage Tips

Blistered Shishito Peppers

1 pint shishito peppers
2 T. olive oil
1 tsp. lemon juice
Sea salt, to taste

Heat olive oil in a wide sauté pan over medium heat. Add whole peppers, turning frequently until they begin to blister (10-15 minutes). To finish, toss with lemon juice and sea salt. Grab by the stem and snack on the rest of the crispy pepper!

Green Bean and Tomato Salad

½ lb. green beans *3 tomatoes*
½ T. Dijon mustard
1 T. red wine vinegar
1 T. garlic, diced
2 T. olive oil
Salt and pepper, to taste
2 T. basil, coarsely chopped

Trim stems off green beans. Add to a saucepan with salted boiling water. Cook until crisp tender (3-5 minutes). Drain and let cool. Core tomatoes and cut into wedges. In a bowl, whisk together mustard, vinegar, garlic, oil, salt and pepper. Add beans and tomatoes, and sprinkle with basil. Optional: add mini mozzarella balls.

Tips: Peppers: Refrigerate (unwashed) in the hydrator drawer for a couple weeks. Bell peppers or the slightly elongated frying peppers are great chopped and sautéed with other veggies or in an omelet. They are also very tasty stuffed. While most are mild, about 1 in 10 shishito peppers is hot, so it's a little like Russian roulette...The easiest recipe is to blister them (see above). *Green beans:* Refrigerate fresh beans in a plastic bag, and use within a week. Beans can also be frozen for longer-term storage; blanch in boiling water for 2-3 minutes, rinse in cold water, drain and dry well, and store in an airtight container in the freezer. *Tomatoes:* Store at room temperature in a ventilated space (take out of the plastic bag). Wash just before eating. Remember to check the [2018 Tomato Guide](#) for descriptions of the specific varieties.