

# CSA Newsletter



**Week 12:**  
**8/21/18 & 8/23/18**

## Box contents

### **Small share:**

1 bottle honey  
1 ½ lb. All Red potatoes  
1 bunch parsley  
Tomato medley  
3 cucumbers  
1 Zucchini  
1 green bell/frying pepper  
½ lb. Dragon tongue beans  
½ lb. green beans  
1 red onion  
1 jalapeño pepper  
1 cantaloupe or watermelon (We're starting to rotate in as they ripen. If you haven't received one yet, you will soon!)

(Next up...tomatoes, melons, beans, kale)

### **Regular share additional items:**

1 eggplant  
Extra zucchini or  
summer squash  
¾ lb. tomatillos  
1 red pepper  
1 bunch mint

## Farm News

We had a great time at the summer potluck on Sunday welcoming back some old friends and meeting new CSA members. Thanks to those who made it down. If you couldn't make it this time (or want to come again), we hope to see you at our fall cider and pumpkin event on Sat., Oct. 13. We have a special treat for you all in the boxes this week – honey from our farm! Our fellow Fitchburg Farmers' Market vendor Tom, of Borkhart Bees Honey, keeps three hives on our farm between our produce fields and prairie. We benefit from having more pollinators and the bees love all the flowers. Tom tends the bees and harvests the honey, and gives us a share (which we then share with all of you) in exchange for hosting the hives. Tom has hives at about fifteen sites in the area, and rather than mixing it all together he harvests single-hive honey. The honey from our hives this year is a medium hue, though Tom said it's about the lightest of any of his honey this year. Check out the [Borkhart Bees Honey Facebook page](#) for more info. If you'd like to buy more of Tom's honey (from our farm or other hives), let us know and we're happy to coordinate with him and put some in your box.

## Recipes & Storage Tips

### **Charred Eggplant & Tahini Spread**

*1 eggplant, cut lengthwise into quarters*  
*¼ cup olive oil, plus additional for drizzling*  
*Salt & pepper, to taste*      *1 clove garlic, grated*  
*1 tsp. lemon zest, grated*      *1 T. lemon juice*  
*1 T. tahini*  
*¾ tsp. ground cumin*  
*Toasted sesame seeds (optional) for garnish*  
Preheat oven to 475°F. Put eggplant on a baking sheet. Toss with ¼ cup olive oil and season with salt and pepper, to taste. Roast until very tender and lightly charred (20–25 minutes). Allow to cool slightly until it's easier to handle. Chop eggplant (no need to remove skin) until almost a paste. In a medium bowl, mix together eggplant, garlic, lemon zest, lemon juice, tahini, and cumin. Season with salt and pepper. Drizzle with olive oil and top with sesame seeds (optional). Serve with bread.

### **Switchel**

*2 T. apple cider vinegar*  
*3 T. raw honey*  
*2-in. piece fresh ginger, peeled and finely minced*  
*4 cups water*  
*½ fresh lime, juiced and zested*

This natural energy drink popular with farmers in colonial times is making a resurgence. Combine all ingredients in a jar. Cover and shake well. Place in refrigerator overnight.

**Tips:** *Eggplant:* Best fresh, but will store unrefrigerated at a cool room temperature or in the hydrator drawer of the refrigerator for up to a week. For longer-term storage, eggplant cooked in dishes like ratatouille or baba ghanoush store well frozen in airtight containers. *Green/Dragon tongue 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.

*Tomatillos:* Store at room temperature (with husks on) for up to 2 weeks. Make into [salsa verde](#), add to a chili, or cook in [chicken soup](#) or with [pork](#).