

CSA Newsletter



Week 14:
9/4/18 & 9/6/18

Box contents

Small share:

1/3 lb. shishito peppers
1 head garlic
Tomato medley
1 head lettuce or 1/2 lb.
lettuce mix (Tues. head,
Thurs. mix – next week
switch)
1 bunch parsley
3 ears sweet corn
1 cantaloupe or watermelon (rotating them in)
(**Next up**...tomatoes, shallots, peppers, lettuce)

Regular share additional items:

1 bunch beets
1/2 lb. Dragon
tongue beans
1/2 pint raspberries
(rotating them in)

Farm News

We hope everyone enjoyed the holiday weekend, despite all the rain. We took advantage of the rainy days to do some preserving and put away many bags of lazy tomato sauce and basil pesto in the freezer. We also celebrated our first wedding anniversary, and enjoyed reminiscing in many happy memories from a special day here on the farm. Chelsea's sister and family are visiting the farm for the week, and we're excited to show our 1-year old niece the joys of chickens, cherry tomatoes, and mud puddles.

After several consecutive weeks of cucumbers and zucchini, we're calling it for the season. We'll still have an abundance of tomatoes for a while, so enjoy them while they last and freeze them for winter if they start to pile up. We still have tons of peppers growing too, though rather than picking many of them green, we're giving them some more time to mature into the sweeter, colored versions. We hope to continue picking melons for a while, though with the incessant rain we may start to see more significant cracking. At the very least we'll make sure everyone has received a cantaloupe or watermelon, and will do our best to get folks both. Though we've fared better than areas that got massive amounts of rain, we're still very wet here and are experiencing some cracking and messy, time-consuming harvests. But don't worry – we're resilient!

Recipes & Storage Tips

Tomato Bisque

2 T. olive oil or butter 2 carrots, finely chopped
2 garlic cloves, finely chopped
2 cups vegetable or chicken stock
3 lb. tomatoes, roughly chopped
2 tsp. sugar 1/4 cup heavy cream
Salt & pepper, to taste
1/2 cup croutons for garnish or bread for dunking
In a medium saucepan, melt 2 T. oil or butter. Add carrots and garlic, cover, and cook over med-high heat, stirring occasionally, until the vegetables are just beginning to brown (~5 min.). Add the stock, tomatoes, and sugar and bring to a boil. Cook the soup over moderate heat, stirring occasionally, until the vegetables are tender (20 minutes). Puree with an immersion blender. Add the cream and cook until soup is just heated through. Add salt & pepper. Ladle into bowls, garnish with croutons, and serve.

Grilled Beets with Goat Cheese

1 bunch beets Olive oil
Salt and pepper, to taste Goat cheese, to taste
Heat grill to medium-high heat (400-450°F). Chop roots into 1" cubes. Place on aluminum foil, add olive oil to lightly coat, and add salt and pepper. Fold up sides of foil to make a sealed foil pack. Place on grill and cook 30-40 min., flipping half way through. Test with a fork for doneness. Once cooked to desired tenderness, remove from grill, let cool slightly, and top with goat cheese.

Tips: Corn: As corn's sugars quickly convert to starches after picking, sweet corn is best enjoyed ASAP after harvest. Refrigerating slows this process. For corn on the cob: shuck corn and steam in 1-2 inches of water for 6-10 min. or put in boiling water for 3-6 min. To grill, place unhusked ears on the grill for ~20 min. (soak in water first to keep ears moist). It's a great addition to chowders, soups, sautés, corn bread, bean dishes, fried rice & salads.
Beets: Store in the hydrator drawer of the fridge. Beets can but do not need to be peeled; instead they can be scrubbed clean. Tasty in salads, cooked, raw, or pickled.