CSA Newsletter



Week 8: 7/22/14 & 7/24/14

Box contents

Small share:

1 lb. new (Red Norland) potatoes

1 jalapeño pepper

1 bunch collard greens or 1 bunch rainbow chard (Tues.: collards; Thurs. chard)

Regular share

1 eggplant

1 zucchini

additional items:

1 bunch Italian basil

1 cucumber or 1 zucchini (Tues.: cucumber;

Thurs.: zucchini)

Additional cucumber

1 fresh Walla Walla onion

1 bunch dill

3/4 lb. green beans

1 bunch beets (Tues.: red;

Thurs. Chioggia – next week switch)

(Next up...potatoes, tomatoes(?))

Farm News

It is finally drying out which means we're finally almost caught up on weeding, and may even need to water soon. We enjoyed digging the first potatoes of the season for your box today. If you're not familiar with the term "new potatoes", this just means that they are freshly dug, young potatoes that have not cured. They have thin skins and lots of moisture still inside, and tend to be slightly sweeter than older potatoes. We'll continue digging our dozen rows of potatoes over the next several weeks, and will plan to put some in boxes fresh while letting most cure for longer-term storage (we still had potatoes in our basement this spring that we saved from last season). We continue to have some pest challenges and have been chasing rabbits out of the field (after eating some freshly transplanted lettuce, sigh) and put an electric fence around the sweet corn to deter raccoons. It has also been a challenging year weather-wise, and the wet early summer did stunt some of the plants, but it's looking much better out there now and we're happy to see lots of peppers, eggplants, tomatoes, and melons growing nicely. Tomatoes are just around the corner – if not next week, we should have them the following week. We're excited to eat some tried and true varieties like our Brandywine & Cherokee Purple heirlooms, and also some new types of cherry tomatoes like Red Pear & Indigo Rose.

Recipes & Storage Tips

New Potatoes with Dill Butter

1 lb. new potatoes

1/4 stick unsalted butter, room temperature
1 T. packed, coarsely chopped fresh dill (plus more for garnish)

Salt and pepper

Mash butter & dill in a small bowl; add salt & pepper to taste. Put potatoes in a pot, cover with cold water by 1 inch, and add salt. Bring to a boil, reduce heat to medium, and simmer for 10-12 minutes; drain. Transfer potatoes to a bowl, and add dill butter and 1 tsp. water. Toss until butter lightly coats potatoes, and season with salt and pepper as needed. Garnish with additional dill.

Refrigerator Dilly Beans

Pack into a quart jar: 2 cups blanched green beans ½ onion, sliced thin 2 sprigs fresh dill

½ tsp. whole black peppercorns

½ tsp. red pepper flakes

Brine: 3/4 cup white vinegar

3/4 cup water 2 T. sugar
1 clove garlic, minced 1 tsp. salt
Combine all brine ingredients in a covered
saucepan, bring to a boil over med-high heat, then
remove from heat and allow to cool to room
temperature. Pour brine over beans, put lid on jar,
and store in fridge. Begin eating after two days of

curing, and for up to six months.

Tips: *Eggplant:* Stores unrefrigerated at a cool room temperature or in the hydrator drawer of the fridge for up to a week. Eggplant can be peeled but does not have to be. To remove excess moisture, lightly salt eggplant slices and let sit in a colander for 10-15 minutes; then gently squeeze out any remaining liquid. Eggplant should be eaten cooked to eliminate a substance called solanine. Try it baked, stuffed, sautéed, steamed, or grilled! *New potatoes:* New potatoes should be refrigerated if not used within 2-3 days, and should then be used within 1-2 weeks. Great in potato salads or boiled with butter and herbs. *Jalapeño:* Refrigerate (unwashed) in the hydrator drawer for a couple weeks. Add to dishes or drinks for a bit of heat.