



# CHRONICLES OF A DRIFTER

## CSA NEWSLETTER      SEPTEMBER 4, 2012

### IN YOUR BOX THIS WEEK . . .

**Beets: Red Ace or Chioggia (Italian Striped)**

Try grated beets in place of the carrots in the carrot waffle recipe from the Week 10 newsletter.

**Broccoli: Imperial**

A great addition to the kebab recipe. Try steamed with a little bit of lemon oil and balsamic vinegar (Abe's favorite!)

**Cucumber: Marketmore or General Lee**

The last of the cucumber for the season.

**Eggplant: Listada, Pingtung, Nadia, or Black Beauty**

Several nice recipes in this newsletter. We had these in kebabs this weekend and they were absolutely delicious.

**Lettuce: Green Star****Onions: Cortland (Yellow) and Redwing (Red)****Oregano**

Flavorful addition to homemade marinara with all of those fresh tomatoes.

**Parsley****Peppers: Green/Colored Bell or Sweet Italian**

These are easily chopped up and frozen for use in soups, stir fries, frittatas, chili, etc. in the winter. Simply chop and place in Ziploc bags to freeze.

**Hot Pepper: Jalapeno**

This is the small green pepper in your box (medium hot). Some folks are sensitive to the heat in jalapenos so wear gloves when cutting these up. Try in the egg curry.

**Potatoes: Adirondack Blue and Red Norland****Swiss Chard: Rainbow**

Try in the Egg Curry or Pasta con Verdi recipe.

**Cherry Tomatoes****Slicing Tomatoes: New Girl, Medford, Pink Beauty, Big Beef, San Marzano, Jaune Flamee, Amish Paste, Green Zebra or Brandywine**

This is a good time to make fresh salsa. We usually chop up tomato, peppers, onions, some jalapeno, garlic, salt and pepper and let it sit a bit to let the flavors marry.

**Watermelon: Starlight (Red), Sunshine (Yellow) or Blacktail Mountain (Red)**

The last of the watermelon for the season.

### WEEK 13: CHAO VERANO

"Goodbye Summer" has been echoing around the farm during the last week as we slowly shift from summer crops to fall crops. We bid summer squash and melon adieu this week and are greeting the arrival of fall broccoli, cauliflower, beets and soon to come winter squash! The winter squash crop looks great this year and we are looking forward to sharing that with you in the last several boxes of the season. We are also saying hello to two new work shares at the farm. The folks who were helping with harvest and watching Abe on Tuesdays and Thursdays are back to school and we want to give a big thank you to Hannah and Jessica who are now among the Drifter ranks. Hannah comes to play with Abe on Thursdays while we harvest. Jessica, a grad student from St. Cloud, also comes down on Thursdays to help bring in the harvest. Jessica is busy writing her thesis on the swift fox, a small fox about the size of a housecat, known for its speediness. We are grateful for their time and energy!

One of the benefits of the CSA model for us is that we hear back from many of you about how you are using the vegetables in your share boxes. That often inspires a new cooking interest in our household and directs the recipes that we add to the newsletter. One of our members from St. Cloud will soon be having an Argentine-inspired meal with friends, which brought back many memories of Nick's year teaching in Argentina and our travels together through South America. At the outdoor school where Nick taught, they would have an *asado* every week which is a festive gathering of community around a wood-fired grill and LOTS of meat. The *asado* is a beautiful way to spend quality time with friends, talking, cooking, eating, making music, and most definitely not looking at the clock. In the recipe section, we included a tasty recipe for chimichurri sauce which is a typical Argentine sauce served on grilled beef. You can also add this to grilled chicken, pork or fish and it also lends pizzazz to roasted vegetables.

#### Additional Autumn Share:

At the end of October or the beginning of November we will be offering a one-time Autumn Share for approximately \$50 that will be filled with storage vegetables like winter squash, onions, carrots and beets along with dried herbs and other autumn flair. Most of these vegetables will be able to hold until Thanksgiving (and beyond) if you would like to use them for your holiday table. We will also include several of our favorite autumn recipes and dishes we love for Thanksgiving. There are a limited number of autumn shares available and will be offered on a first come-first served basis. Please let us know if you are interested and we will put your family on the list.

### SOME EVENTS TO MARK ON YOUR CALENDAR:

**September 15<sup>th</sup>, Hoedown at York Farm**

Our friends Andy and Irene, who own York Farm in Hutchinson, are hosting a hoe down to celebrate the end of the season. There will be a potluck, barn dance with square dance calling by Shake These Bones and guests, a bonfire and community. This is a Zero Waste event so bring your own plates and utensils! RSVP to let Irene know if you are coming to help them plan out numbers for the event. Email: igenelin@gmail.com or Irene's cell: 612-968-6498

**September 29<sup>th</sup>, Share Member Potluck at the Farm!**

Top Ten Share Member Potluck Countdown (more to come each week):

**Number 10:** For those that don't know, learn the Viking lawn game Kubb. For those that do know, bring your baton tossing arm and play.

**Number 9:** Guess the correct weight of the giant summer squash and win a Prairie Drifter prize!

**Number 8:** Feed the happy chickens. Make a fowl best friend by flinging tomatoes over the fence.

**Number 7:** Go on a pumpkin-finding mission in the pumpkin patch.

**Number 6:** Feast on Joan's delicious ginger carrot soup.

**Number 5:** Gather your wits and go on a farm scavenger hunt.

-Best wishes from your farmers,  
Joan, Nick, and Abe

### PHENOLOGY AND WEATHER NOTES ON THE FARM FROM THE PAST WEEK

Rainfall: 0"

High Temp: 93°F

Low Temp: 55°F

Sightings: Grasshoppers in abundance. Orange, red and falling maple leaves.

## HOW TO STORE YOUR PRODUCE

All of your produce this week can be stored in the refrigerator in plastic bags, except for those noted below. If you have room in your vegetable drawers, that's great. If not, they will be fine in the main refrigerator. Some additional info . . .

**Eggplant:** Does not like refrigeration. Store in a dark, cool place and use within a couple of days. Eggplant can NOT be eaten raw - you must cook before eating.

**Tomatoes:** Do not refrigerate. Best to take out of the plastic bag.

### Kebabs with Lemon Herb Marinade

If you don't have access to a grill, you can also stir fry the meat in a skillet and roast the veggies in the oven. We served this over rice with a yogurt sauce (plain yogurt, dried dill and salt) - yum! You could also serve this with the chimichurri sauce below.

#### Marinade:

¼ c. olive oil  
1 ½ t. grated lemon zest (optional)  
2 T. lemon juice  
1 t. chopped fresh oregano  
1 t. salt  
½ t. pepper

#### For Kebabs:

1 lb. meat of choice if desired (chicken, beef, pork, etc.)  
Onion, cut into wedges  
Bell pepper, cut into ½-inch pieces  
Eggplant, cut into 1-inch pieces or ½ inch rounds if using slender Japanese variety  
Cherry tomatoes  
Broccoli or cauliflower, separated into 1-inch florets

Marinate meat and vegetables for 15-30 minutes before grilling or roasting. Soak skewers in water for about 30 minutes to prevent scorching. Thread meat and veggies onto skewers. Grill on medium-high for 7-8 minutes per side, checking to make sure meat is fully cooked through and eggplant is tender.

### Chimichurri Sauce

Adapted from Living magazine  
*Use this as a marinade or sauce for grilled beef, pork, chicken or fish. Also try with roasted vegetables.*

¼ c. olive oil  
¾ t. salt  
½ t. pepper  
½ c. red wine vinegar  
¼ c. finely chopped onion  
2 T. minced sweet red pepper  
1 ½ t. minced garlic  
¼ c. chopped parsley  
2 t. oregano  
¼ t. red pepper flakes (optional)

## RECIPES

### Roasted Eggplant Pizza

1 slender Japanese eggplant, sliced ½ inch thick on the diagonal or globe eggplant, sliced into ½ inch pieces  
3 t. olive oil  
Salt and pepper  
1-2 cloves garlic, minced  
1 sweet pepper, thinly sliced  
¼ onion, thinly sliced  
1-2 t. fresh oregano, minced  
Fresh tomatoes, thinly sliced  
Homemade or prepared pizza dough  
1 c. marinara sauce (more or less depending on how much sauce you like)  
1 ½ c. grated cheese of your choice (you could also use feta for a little zest or omit altogether)

Toss eggplant slices with 2 t. olive oil, minced garlic, salt and pepper, and place on a baking sheet. Roast in a 400 degree oven for about 10-15 minutes until just tender. You may choose to slice eggplant into thick ribbons before topping on pizza. Toss pepper and onion slices with 1 t. olive oil, season lightly with salt and sauté in a skillet until onion just turns translucent. Add the fresh oregano at the very end. Press out pizza dough on greased pan and spread marinara on top. Layer on eggplant slices, pepper and onion mixture, and fresh tomato slices. Top with cheese and bake in a 400 degree oven for about 15 minutes until cheese turns lightly golden brown.

### Egg Curry on Toast

Adapted from "The Mix" publication

*This recipe calls for eggs but you could substitute stir-fried meat like chicken or even fried tofu. You could also serve this over rice instead of toast.*

4 large eggs, hardboiled and peeled  
1-2 t. canola or olive oil  
3 cloves garlic, chopped  
1 T. fresh ginger, chopped (could substitute 1 to 1 ½ t. dried ginger)  
1 jalapeno, chopped  
½ t. turmeric  
½ t. coriander  
½ t. cumin  
14 oz. diced tomatoes (about 2 cups)  
1 to 2 c. chopped chard greens  
½ t. salt  
½ to 1 c. chopped bell pepper  
4 slices bread of choice  
1 c. plain yogurt (optional)  
Chopped parsley for garnish (optional)

Hard boil eggs, chill and peel. In a large skillet, heat the oil until hot, then add the garlic, ginger and jalapeno, and stir until sizzling and fragrant. Add the turmeric, coriander, and cumin and stir for a few seconds, until fragrant. Add the diced tomatoes, salt and bell pepper. Bring that mixture to a boil and cook approximately 5 minutes. Halve the eggs lengthwise, then place them in the simmering sauce (or add stir-fried meat or tofu). Add the chopped chard. Use a spoon to baste the eggs with sauce, cover the pan, and cook for 5 minutes.

Make 4 pieces of toast and divide the eggs, veggies and sauce between them. Serve with a dollop of yogurt if desired. You can also garnish with chopped parsley.

### Pasta Italiana con Verdi

*This recipe was inspired by our friend Jamie in Duluth.*

1 lb. spaghetti  
2 t. olive oil  
½ c. onion, sliced very thin (could use more)  
2-3 cloves garlic, minced  
1 bunch swiss chard  
1 lb. ground Italian sausage  
Salt and pepper to taste (if needed, your Italian sausage may be seasoned enough)  
Quartered cherry tomatoes  
Boiled, sliced beets

Cook pasta according to directions. Cook and brown Italian sausage in a skillet. Meanwhile, cut stems off of chard leaves and dice. Cut leaves away from main stem vein of chard and dice. Lay chard leaves in a stack and slice into ribbons. Heat olive oil over medium heat in a large skillet. Add onions, garlic and diced chard stems. Cook, stirring occasionally, for about 3-4 minutes. Add chard leaves and cook until tender and the leaves give off their juices. Add browned Italian sausage to the chard mixture and heat through. Taste for spices and add salt and pepper if needed. Serve chard mixture over pasta, top with shredded parmesan cheese and cherry tomatoes. Served beets on top or on the side.