



# CHRONICLES OF A DRIFTER

## CSA NEWSLETTER

### AUGUST 20, 2013

#### IN YOUR BOX THIS WEEK . . .

**Beans:** Jade  
**Broccoli or Cauliflower**  
**Cabbage:** Savoy

The warm week ahead makes for the perfect occasion for summer cole slaw. Hard to believe that school is just around the corner! Enjoy summer slaw with some of your last summer grill outs!

**Carrots:** Necoras  
**Cucumber:** Dasher II or Marketmore  
**Eggplant:** Globe or Japanese

Eggplant must be cooked before being eaten. We love to slice and sauté eggplant with garlic, salt and pepper then serve on a sandwich with pesto and tomato. It is also nice in marinara sauce - dice and sauté in oil, garlic and salt then add to your marinara. Great in lasagna!

**Melon:** Cantaloupe or Watermelon

Slowly but surely the melons have arrived. This week you have the choice of a cantaloupe or watermelon. Watermelons may be red or yellow. If your cantaloupe is fully ripe, it should be eaten soon and stored in the refrigerator. If it is not quite ripe, store it on the counter for a day or two before eating for full flavor.

**Onions:** Cippolini and Walla Walla  
**Oregano**

Delicious on pizza, in tomato sauce, or in savory breads or biscuits.

**Pepper:** Green/Colored Bell or Heirloom Peppers (Jimmy Nardello or Tolli's Sweet Italian)  
**Hot Pepper:** Jalapeno (medium hot)

These are the two smallest green peppers in your box. Use gloves when cutting up. Great for fresh salsa!

**Potatoes:** Red, White, and Blue!

This week you get a mix of Red Norlands, Superiors and All Blue Potatoes. These are gorgeous and delicious roasted together. Cut into ½ inch or so pieces, toss with olive oil, herbs or your choice, salt and pepper and roast in a 375 degree oven until tender. Start by covering roasting pan with foil - you may choose to uncover later to brown and crisp the potatoes.

**Summer Squash/Zucchini**

We had a tasty dinner then Abe gobbled up of mashed potatoes with a side of sautéed summer squash, broccoli, onions and carrots drizzled in soy sauce. It was delicious!

**Tomatoes:** Cherry Tomatoes (Sungold, Esterina, Sweetie and Black Cherry) and Slicers/Heirlooms (New Girl, Big Beef, Pink Beauty, Persimmon, Black Prince, Jaune Flamee)

The heat over the weekend has really helped the tomatoes this week. They should be coming in quite regularly now.

#### WEEK 10: GRATITUDE

This time of food bounty always makes us think about families who do not have the means to bring ample food to their tables and families. We are so grateful for the ability to eat well and feel well and are also appreciative of programs that help families in need. We are glad to be part of one of those programs through the Emergency Foodshelf Network (EFN). EFN manages the Harvest for the Hungry program which connects CSA farms in Minnesota with local food shelves. The Harvest for the Hungry program compensates farmers one dollar per pound for crops they bring to their partnering food shelf. Clients of the food shelf, in turn, have access to local, fresh, organic food at no cost to them. This provides for a fantastic outlet for extra produce from local farms while helping bring healthy food to Minnesota families. Thus far this year we have been able to bring approximately 1800 pounds of food (cabbage, cucumbers, summer squash, carrots, onions, broccoli, lettuce, kohlrabi, beans and more) to the Willmar Food Shelf and Catholic Charities Food Shelf in St. Cloud. The food shelf managers have said that every bit of produce has been used and appreciated. This program is funded by donations from individuals and CSA members as well as the Finnegan's Beer Company. Finnegan's, a local brewery, has partnered with Harvest for the Hungry and their profits go right back into the communities they serve through this program. If you are interested in donating to this program, there is more information on our website or on the Harvest for the Hungry website.

And speaking of gratitude for delicious meals on the table, we wanted to share a few delicious meals that were enjoyed around our table to help give some ideas for you as well! Joan's sister was here to visit last week and she is always fun to cook and bake with so our meals when she is here tend to be delicious! If you have not yet tried it, you should give eggplant a whirl on pizza. We cut ¼ inch slices (about ½ - 1 inch in size), sautéed them in garlic salt and olive oil and added to pizza along with onions, olives, broccoli and oregano, and the eggplant added a rich flavor to the pizza. Carrot ginger soup is a fantastic way to enjoy some of your carrots - Abe guzzled it right down! And if you would rather bake than cook, try making carrot chocolate chip cookies. One batch lasted all of 24 hours in our house!

#### Additional Shares

We have a few additional shares available on a first come first served basis. We can put your name on the list if you are interested and additional shares can be delivered along with your regular share.

- **Pesto Share:** 2 pounds of basil, 3-4 heads of garlic and instructions for making pesto. \$24
- **Tomato Share:** 20 pounds of tomatoes for canning/freezing. These are the seconds of tomatoes. \$24
- **Greens Share:** Bushel box of kale and chard for freezing. \$24

~Best wishes from your farmers,  
Joan, Nick, Abe and the littlest Drifter-to-be

#### Upcoming Events on the Farm or around the area

- **Annual Hoedown at York Farm:** Saturday, September 10, 5:00pm. Potluck, bonfire, dancing and music at our friends Andy and Irene's farm in Hutchinson. We are co-sponsoring this event with several other local farms and businesses. Bring a dish to pass and enjoy the evening!
- **Share Member Potluck:** Sunday afternoon, September 22. Good food, good company, lawn games, scavenger hunt, informal farm tour, pumpkins, socializing with the chickens. Hope you can make it!

Please remember to return your CSA boxes to your pick-up site. You may also choose to bring bags to transfer your produce into at your pick-up site so you do not have to remember to bring the boxes back. You can also return the cherry tomato pint containers for reuse. Thank you!

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

Rainfall: 0.0"

High Temp: 87°F

Low Temp: 53°F

Sightings: Five trumpeters swans flying over the farm.

Flowering bee balm by the chicken coop. Gorgeous orange and yellow mushrooms in the back yard.

## HOW TO STORE YOUR PRODUCE

Your produce this week can be stored in the refrigerator (drawers or main refrigerator) in plastic bags. A few exceptions . . .

Potatoes Store in a cool, dry, dark place. Keep out of the light as their skins will green if exposed to light, making the spuds mildly toxic.

Eggplant should not be refrigerated. Store on the counter and use soon.

Carrots Remove green tops for longer storage.

Tomatoes Remove from bag once you get home and store on the counter, shoulder side down.

## RECIPES ON OUR WEBSITE

- Pesto Sandwich with Eggplant

## RECIPES FROM PAST NEWSLETTERS

- Ratatouille Sandwiches (eggplant, summer squash, peppers, and tomatoes): Week 10, 2012
- Carrot Walnut Scones: Week 9, 2013
- Broccoli Fries: Week 9, 2013

## PRESERVING TIPS

- Beans: To freeze, trim ends, wash well, and cut beans into 2-4 inch lengths. Blanch in boiling water for 3 minutes. Cool. Drain. Pack beans into freezer bags or boxes. Seal, label with the year and freeze.
- Broccoli/Cauliflower: Wash and remove leaves. Separate heads into convenient-size sections. You can also freeze small stem pieces. Wash well. Blanch in boiling water for 3-4 minutes. Cool, drain, and pack into freezer bags. Seal, label and freeze.
- Zucchini/Summer Squash: Grate, drain and pack into freezer bags to use for winter muffins, breads, waffles and pancakes.
- Tomatoes: Wash and core tomatoes. Chop (with or without skins), place in Ziploc freezer bags, flatten and freeze. Do not overfill. Great for soups, stews, sauces or chili. For a VERY fast freezing method, wash and core tomatoes, leave whole and freeze on a cookie sheet. Once frozen, pack into Ziploc bags, label and freeze. When you pull the tomatoes out to use, simply run warm tap water over the tomatoes to remove skins. We learned about this method from our friends at Loon Organics.

## Recipes

### Black Bean Chili with Eggplant

Adapted from the Dean and Deluca website

One of our share members passed this recipe on to us last year and it is so good we wanted to include it again! Another great way to use eggplant. It adds a richness and depth to a traditional chili.

1 eggplant, unpeeled, stemmed, and cut into 1-inch cubes  
Salt for sprinkling the eggplant plus additional to taste  
15 dried New Mexican red chilies, about 3 ounces (if you don't have access to these chilies, try using chili powder, tomato paste, and water to substitute for the chili paste; you may add less if you like less heat)  
3 c. water  
1/4 c. extra-virgin olive oil  
1 small red onion, finely minced  
4 garlic cloves, minced  
28-ounce can tomatoes, drained and chopped (could also use fresh tomatoes)  
1/2 T. ground coriander  
1/2 t. ground cumin  
1 bay leaf  
2 c. cooked black beans  
Grated cheese

Place the eggplant cubes in a strainer and sprinkle generously with salt. Let stand for 30-60 minutes and pat dry with paper towels. Simmer the chilies and the 3 cups of water in a large saucepan for 20 minutes. Puree the chilies and the liquid, in batches, in a blender until very smooth. Force the puree through a fine sieve and discard any solid pieces. Heat the oil in a large, heavy Dutch oven or heavy soup pot over moderately high heat. Add eggplant and cook, stirring, until almost tender, about 4 minutes. Remove eggplant and set aside. Add onions and garlic to the same Dutch oven, adding more oil if necessary, and cook, stirring, for 4 minutes. Add tomatoes, ground coriander, cumin, bay leaf, eggplant, and chili purée, and simmer 5 minutes. Add beans, and simmer over moderate heat for 15 minutes. Season to taste with salt. Remove the bay leaf. Place in bowls and top with cheese if desired.

### Pork Stir Fry with Savoy Cabbage

Adapted from Epicurious

This is a basic stir fry recipe that you could round out by adding carrots, summer squash, broccoli, cauliflower, etc. The cabbage is a tasty base for the stir fry and really takes in the flavors of the spices and meat.

1 lb. pork  
2 1/2 T. soy sauce  
4 t. cornstarch  
1 1/2 T. sugar  
2 T. rice vinegar  
1/2 t. salt  
4 T. water  
1/2 - 1 head savoy cabbage, quartered, cored, and cut crosswise into 1 1/2 -inch pieces or smaller  
2 T. vegetable oil  
1 T. finely chopped garlic  
1 T. finely chopped peeled fresh ginger (can also used dried ginger)  
1/4 c. loosely packed fresh cilantro leaves (you may also choose to use dried coriander powder which is the seed of cilantro)

Cut pork into 1/4-inch-thick slices, toss with 1 T. soy sauce, 2 t. cornstarch, and 1 T. sugar in a bowl. Stir together vinegar, salt, remaining 1 1/2 T. soy sauce, and remaining 1/2 T. sugar in a small bowl. Stir together water and remaining 2 t. cornstarch in a cup. Rinse cabbage in a large colander. Heat 1 T. oil in a 12-inch nonstick skillet over high heat until hot but not smoking, then add pork. Cook, undisturbed, until pork begins to brown, about 3 minutes, then turn over and cook, undisturbed, until browned and cooked through. Transfer pork and any juices to a plate. Do not clean skillet.

Heat remaining T. oil in skillet over moderately high heat, then stir-fry garlic and ginger 30 seconds. Add half of cabbage and stir-fry over high heat until cabbage is wilted, 2 to 3 minutes. Stir in remaining cabbage and soy sauce mixture, then cook, covered, stirring occasionally, until all of cabbage is tender, 4 to 5 minutes. Add pork, along with any juices accumulated on plate, and bring to a boil. Stir cornstarch mixture, then pour into skillet and boil, stirring, until sauce is slightly thickened, about 1 minute. Season with salt, then serve sprinkled with cilantro or add the coriander powder at the same time as you stir-fry the garlic and ginger.