



# CHRONICLES OF A DRIFTER

## CSA NEWSLETTER

### AUGUST 29, 2013

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

**Beans:** Provider

**Broccoli**

**Carrots:** Necoras

**Cucumber:** Dasher II or Marketmore

**Eggplant:** Globe

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 and Watermelon

Slowly but surely the melons have arrived. Watermelons may be red or yellow. If your cantaloupe is fully ripe (sweet smelling), 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:** Walla Walla and Talon

**Pepper:** Colored Bell and Heirloom (Stocky Red Roaster, Tolli's Sweet Italian, Jimmy Nardello, Topepo Pimento)

**Hot Pepper:** Jalapeno (medium hot)

This is the smallest green pepper in your box. Use gloves when cutting up. Great for fresh salsa!

**Potatoes:** Red Norland and/or Superior

**Salad Mix:** Allstar

**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, German Johnson, Striped German, Iron Lady)

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

#### WEEK 11: JUST HOT

Hot pretty much just says it all this week. With highs in the mid 90's, heat indices above 100 degrees and lows in the 70's, this is not a week for comfort in the fields. As much as we would like to be out doing a major push of late season weeding, this is one of those weeks we just have to take it a little easy. Harvesting, irrigation, and farmer health comes first! We are watering around the clock right now to help the developing transplants and newly seeded fall greens stay healthy and thriving through this late summer heat wave. We are hoping the heat will help along the winter squash and pumpkins, which had a slow start with the cool spring and summer. Summer crops like tomatoes and peppers probably won't complain too much this week though.

The summer squash and cucumbers are winding down for the season. Some of you may jump for joy at this but I always feel a little pang of sadness as these crops finish up for the season. Though we spend what seems to be an inordinate amount of time harvesting, washing and sorting these crops, there is nothing like fresh, cool cucumbers and versatile summer squash, suitable for so many favorite summer dishes and baked goods. We made our first batch of ratatouille sandwiches last week with eggplant, tomatoes, summer squash and onions and it was delicious. This week is a great week to try out some ratatouille as summer squash will soon be in the past.

The cantaloupes have finally kicked into high gear this week so there is some nice, sweet melon for your table. Our watermelon crop was not quite as stellar this year, quite a change from last year when we were literally rolling in watermelon. We will get as many of these out to you as possible this season. We have been much better about catching melons when just at the correct ripeness this year so there have been few splits, but when a split does happen, the pigs are very eager to eat up the extras. There is nothing quite like the slurping sound of a pig taking down an entire melon, rind and all. They have also been doing some fine dining on scraps from our friends' farms including a great batch of eggplant from our friends at Loon Organics and apple pressings from our friends at York Farm. It is incredible to see how much they have grown since arriving at the farm. Stay cool this week and enjoy the dog days of summer!

#### 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: 97°F

Low Temp: 57°F

Sightings: We have a pair of nesting swallows in the rafters of the chicken coop, and their babies are just poking their heads out now. They are quite chatty in the morning while the hens squawk for their breakfast.

## 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

## 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

Forgive all of the salad recipes, but this seems like a week suited to cool dishes!

### Summery Cous Cous Salad

*This is a recipe that Nick's mom makes for us for summer lunches and it is an absolute favorite. It is very simple and flavorful and a nice cool salad for this warm week. You could also add lightly steamed broccoli to this dish. This dish is also easily adaptable as a pasta salad rather than a cous cous salad.*

1 box couscous (10 oz. or about 1 ½ cups bulk couscous)  
6 oz. marinated artichoke hearts, drain and reserve liquid  
¼-1/3 c. finely chopped onion  
1 15 oz. can garbanzo beans  
1 cucumber, cut in small chunks (you can peel and seed the cucumbers if desired)  
1 c. cherry tomatoes, halved or quartered  
¼ c. chopped fresh herb of your choice (parsley, basil, dill, cilantro, etc)  
1 roasted chicken breast, cut into small pieces  
1 lemon, juiced  
½ c. olive oil  
Salt and pepper to taste  
Feta cheese (optional)

Cook couscous (if using bulk couscous, the ratio is 1 c. couscous to 1 ¼ c. water). Bring water to a boil, stir in couscous, take off the heat, let couscous absorb water for about 5 minutes. Add artichokes, scallions, garbanzo beans, cucumber, chicken, and fresh herbs. Combine lemon juice and artichoke heart liquid. Whisk in olive oil. Add to couscous. Season with salt and pepper. Add feta cheese if using. Chill.

### Quinoa, Black Beans and Peppers

Adapted from [www.toughlipstick.com](http://www.toughlipstick.com)

1 c. black beans  
1 c. cooked quinoa  
1 bell pepper, chopped  
1/4 c. chopped green onion or chopped red/white onion  
2 ounces crumbled feta  
2 T. olive oil  
1 T. apple cider vinegar  
Salt and pepper to taste

In a large mixing bowl combine black beans, quinoa, bell pepper, green onion, and feta. Gently mix. In a separate bowl, whisk together apple cider vinegar, olive oil and salt & pepper. Combine items. You could also garnish this with some black olive or serve over greens.

### Carrot, Tuna and Avocado Salad

Adapted from [www.pbs.org](http://www.pbs.org)

3 large carrots, peeled and julienned  
1/2 medium onion, sliced thinly  
1 t. salt  
6 ounces canned tuna, drained  
1 avocado, cut into cubes  
2-3 T. parsley or other fresh herbs, minced  
1 T. sesame oil or olive oil  
1/4 t. black pepper  
Salt to taste

Put the julienned carrots and sliced onion in a bowl and add the salt. Let this sit for 30 minutes or until the carrots have released some liquid. Squeeze the carrots using a kneading motion to coax out more liquid, discarding the liquid. Put the squeezed carrot in a separate bowl, and then add the tuna, avocado, parsley, sesame oil and pepper. Toss to combine then adjust salt to taste.

### Baba Ganouj

Adapted from "Moosewood Cookbook"

*This is a Middle Eastern eggplant dip that is one of our favorite ways to prepare eggplant.*

1-2 eggplant  
2-4 cloves garlic, minced  
2 T. lemon juice  
2 T. tahini (this is sesame seed butter, you can omit if you choose)  
1 t. salt  
1-2 T. fresh parsley or other fresh herbs, chopped  
Black pepper or cayenne, to taste

Preheat oven to 350 degrees. Slice eggplant in half lengthwise and place face down on oiled baking sheet. Bake for 45-60 minutes or until very tender. Scoop out eggplant pulp, discard skin. Place pulp in food processor or blender, add remaining ingredients, and blend until smooth. If you don't have a blender or food processor, you can also mash the ingredients together by hand and leave slightly chunky. Adjust lemon juice and seasonings as desired. This is delicious on crusty bread or crackers. Also, try serving over pita bread wedges topped with quartered cherry tomatoes, black olives and feta. So tasty!