



# CHRONICLES OF A DRIFTER

## CSA NEWSLETTER      SEPTEMBER 10, 2013

### IN YOUR BOX THIS WEEK . . .

**Beets: Red Ace or Touchstone Gold**

You can use the golden beets just as you would the red. **Broccoli**

**Carrots: Dragon, Nectar and Yellowstone**

A rainbow of flavor! Beautiful and flavorful when roasted or with a stew. Hard to believe, but it is almost stew time.

**Celery: Tango**

Delicious in stir fries and soups.

**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!

**Fennel: Orion**

Fennel is the vegetable with a white bulb and green fronds that has a light flavor of anise. The entire vegetable is edible. You can thinly slice the bulb and/or fronds and add to salads, sandwiches or egg salad. We enjoy fennel with marinara sauces and it adds a very delicious touch to meatballs.

**Garlic: Music, Bogatyr or Persian Star****Lettuce: Concept or Green Star****Onions: Talon or Patterson**

**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.

**Potatoes: French Fingerling or Superior**

The French fingerlings are small rose-blushed potatoes; creamy and succulent and delicious simply boiled.

**Sage**

Fantastic with roasted chicken, fried with butter and added to pasta or in sage cornbread (see recipes in past newsletters section).

**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 Striped German and Persimmon tomatoes are heirlooms that have a yellow to orange tone when ripe.

### WEEK 13: WHERE IS THE PIZZA FIELD?

We were eating a tasty dinner of homemade pizza with fresh tomato sauce, ground beef, peppers, onions, garlic, olives, and roasted eggplant this week when Abe posed the question: "Hey mama, where is the pizza field?" We are accustomed to answering Abe's questions of where certain fields are as we eat the vegetables from the farm. *Where is the cucumber field? Where is the eggplant field? Where is the squash field?* But this was the first time he asked about the pizza field! He is very accustomed to most of our food coming from the farm so that probably seemed like a very logical question. Wouldn't that be handy to have a pizza field?

This is the time of year when our food preservation goes into high gear as we know the first frost can come at any time - though hopefully a couple weeks away yet! This weekend we froze a great deal of celery and eggplant as they don't care for the frost and we don't want to miss the opportunity to have these during the winter. If you cannot get to your celery this week, this is a nice easy vegetable to freeze. Just wash ribs thoroughly, chop, pack into Ziploc freezer bags and freeze. Frozen celery is a favorite addition to winter minestrone and chicken soups. Eggplant is also a nice easy one to freeze. We peel the globe or Japanese eggplant, cut off the stem and base, then slice into ½ inch rounds. Toss with olive oil, salt and pepper and roast on a baking sheet at 375 for about 20 minutes or so until cooked through but not overcooked. Let the rounds cool a bit then pack into Ziploc freezer bags in a single layer. These are great to pull out in the winter as additions to lasagna, cut up as a topping on pizza, or heated up in a sandwich or with a burger. It also brings back the memory of summer!

### 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, gourds 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.

### Oh Sweet Honey

Our friend Carol keeps bees on the farm and she has just extracted the honey! She is making this honey available to our share members on a first come-first served basis. Honey is limited, so let us know soon. Honey comes packaged in a pint container (1.5 pounds) for \$8.50. This is a unique opportunity to taste local honey right from your farm! We will deliver this honey with one of your share boxes so there is no additional trip needed on your part.

-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 14, 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, September 22. Gather anytime after 3:00pm for an informal tour, games, and activities. Potluck at 4:30pm. *Bring a bowl, plate and utensils, a dish to pass, and a lawn chair.* Meet other share members, eat good food, play lawn games, try out a scavenger hunt, pick a pumpkin, meet the chickens and pigs, and enjoy a fall day on the farm. Please RSVP to let us know if you hope to attend so that we can plan accordingly.

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: 0.25"

High Temp: 91°F

Low Temp: 48°F

Sightings: Abe and I scared up a tiger salamander while digging potatoes - it surprised both of us! Grasshoppers galore. Owls hooting in the windbreak.

## 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 FROM PAST NEWSLETTERS

- Roasted French Fingerling Potatoes: Week 12, 2013
- Eggplant Caponata: Week 12, 2013
- Carrot, Beet and Fennel Salad: Week 12, 2013
- Sage and Honey Cornbread: Week 15, 2012

## PRESERVING TIPS

- 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.
- Peppers: Core and seed. Chop to desired size and place in Ziploc freezer bags, flatten and freeze.
- 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.
- Celery: Wash well, trim leaves, dice stems and freezer in Ziploc bags. We use these for soups and stock all winter long!

## Recipes

### Chicken Wild Rice Soup

*You can also include broccoli or cauliflower in this soup for a variation.*

- 2 1/2 quarts chicken broth (can use some vegetable broth)
- 1/2 lb fresh mushrooms, chopped (optional)
- 1 1/2 -2 c. finely chopped celery
- 4 diced or thinly sliced carrots
- 1/2 c. finely chopped onion
- 1-2 T. minced fresh sage
- 1-2 cloves garlic, minced
- 1/4 t. thyme (or 1 t. fresh)
- 1/4 c. butter, cubed (or butter substitute, can also use olive oil)
- 1/4 c. flour
- 3 c. cooked wild rice
- 2-3 c. cubed or shredded cooked chicken
- Salt and pepper to taste

In a large saucepan, combine 2 1/4 quarts of broth, mushrooms, celery, carrots, onion, sage, and thyme. Bring to a boil. Reduce heat; cover and simmer for 30 minutes. In a small saucepan, melt butter; stir in flour until smooth. Gradually whisk in additional 1/4 quart of broth. Bring to a boil; cook and stir constantly for 2 minutes or until thickened. Add to soup and stir well. Add rice and chicken; heat through.

### Pork, Sage and Apple Burgers

Adapted from [therunawayspoon.com](http://therunawayspoon.com)

*This would be delicious with a side of roasted potatoes, beets and carrots. You could also serve this with eggplant that has been peeled, sliced and roasted with olive oil, salt and pepper in the oven until very tender (20-25 minutes).*

- 2 pounds lean ground pork
- 1 medium apple (Granny Smith is a nice one but any firm apple with work)
- 1/2 - 1 medium onion
- 6 Tablespoons plain bread crumbs
- 15-20 leaves of sage, finely chopped (amount depends on your tastes)
- Salt and pepper to taste
- Put the pork into a large bowl. Grate the apple and the onion together (this can be done in the food processor). Add to the pork in the bowl. Add the bread crumbs to the mixture and work together with clean hands until everything is well blended. Finely chop the sage and add to the mixture with a pinch of salt and a grind of pepper, and continue working until completely mixed. Divide the mixture into eight equal portions and form into patties. Refrigerate until ready to use, or wrap each tightly and freeze for up to 3 months. To cook, brown on both sides in a skillet. Transfer to a 375 degree oven and cook until done through, about 20 minutes.

### Beet Chocolate Cake

Adapted from "Asparagus to Zucchini"

*This is a fabulously moist cake and oh so healthy - it has beets after all! You could also halve this recipe and make a small pan or cupcakes.*

- 2 c. sugar
- 2 c. flour
- 1/2 t. salt
- 2 t. baking powder
- 1 t. baking soda
- 3-4 oz. unsweetened chocolate
- 4 eggs
- 1/4 c. oil
- 3 c. peeled, grated raw beets
- Heat oven to 325 degrees. Grease two 9-inch cake pans or one 9x13 cake pan. Whisk dry ingredients together. Melt chocolate very slowly over low heat or in a double boiler. Cool chocolate; blend thoroughly with eggs and oil. Combine flour mixture with chocolate mixture, alternating with the beets. Pour into pan(s). Bake until fork can be removed from center cleanly, 45-55 minutes. Frost if desired.

### Cream of Roasted Fennel Soup

*Try with a side of glazed carrots!*

- 1 bulb fennel, slice into rounds
- 1 onion, slice into rounds
- 2 t. olive oil
- Salt
- 1 large potato or 2-3 medium potatoes, cut into 1/2 inch cubes
- 4 c. chicken stock
- 1 c. light cream, milk, or milk substitute (rice milk, soy milk, etc)
- 3/4 t. ground cumin
- 2 T. fresh lemon or grapefruit juice
- 1 T. fennel seeds
- Ground white or black pepper.

Scatter sliced rounds of fennel bulb and onion in baking pan drizzled with olive oil and 1/2 t. salt. Roast at 325 degrees until fork tender but not browned (about 25 minutes). Transfer to soup pot. Add potato and stock, bring to a boil and lower heat to medium (simmer) until potatoes are tender. Puree, stir in milk or cream, cumin, and juice. Warm and season with salt and pepper. Toast fennel seeds in skillet on medium heat for about 3 minutes. Garnish soup bowls with fennel seeds.