



# CHRONICLES OF A DRIFTER

## CSA NEWSLETTER      SEPTEMBER 17, 2013

### IN YOUR BOX THIS WEEK . . .

#### **Arugula**

We are happy to have fresh arugula in the fields again. This is a tasty, zippy green that can be eaten as a salad, cooked or even turned into pesto. Use the same recipe you would for basil but substitute arugula greens.

#### **Broccoli: Imperial**

#### **Cabbage: Red, Green or Savoy**

#### **Carrots: Dragon, Nectar and Yellowstone**

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

#### **Cauliflower: Fremont, Bishop or Absolute**

#### **Celery: Tango**

Delicious in stir fries and soups. This is a quick one to freeze for winter soups if you do not have the opportunity to use it now.

#### **Garlic: Music, Bogatyr or Persian Star**

#### **Lettuce: Concept or Green Star**

#### **Onions: Red and Yellow**

#### **Parsley: Italian**

Mmm parsley . . . chicken noodle soup, stew, roasts, roasted chicken, chimmichurri, the list goes on. If you can't use it all now, wash well, chop, pack into ice cube trays, cover with water and freeze. You can pop into a winter soup.

#### **Pepper: Colored Bell and Heirloom (Stocky Red Roaster, Tolly'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.

#### **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. Enjoy while they last!

### WEEK 14: SHIFTING ROOSTERS

Every morning, noon and night, we look out at the packshed from our dining room table and Abe asks which way the rooster is facing. The rooster, of course, is the weather vane on top of the packshed, telling us which way the wind is coming from. For some time now we have not been able to see the rooster well because he is facing straight south with the warm south winds we had for the last several weeks. These past few days, he has been shifting to looking northwest and sometimes swinging to the east when rain was in the air. The shifting rooster is marking the turning of tides on the seasons as we now bundle up on harvest mornings to ward off the early chill in the air.

You will start to notice this shift soon as well as your boxes will be changing quite a bit during these last weeks. We still have some of the summer crops this week but the tomato crop is definitely slowing down and this is probably the last you will see of cherry tomatoes. Depending on the temperature and first frost we should still have some tomatoes next week but soon we will greet crops like winter squash and leeks. We try to keep the winter squash in the field as long as possible so that they can sweeten up. This time of year, we are constantly checking the weather to look out for that first really cold night as many of the squash are sensitive to frost. This is a little game we play every year but every extra day of sweetness is worth the wait!

### Share Member Potluck

Sunday, September 22. Gather anytime after 3:00pm for an informal tour, games, and activities. Potluck at 4:30pm.

#### **What should I bring?**

Dish to pass

Bowl, plate, utensils

Lawn chair and/or blanket

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.

### **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

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: 0.92"

High Temp: 84°F

Low Temp: 42°F

Sightings: Monarch butterflies, deer are on the move, orange kitty in the background (not really phenology but Abe sure loves this cat)

## 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 . . .

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

- Chicken Wild Rice Soup with Celery: Week 13, 2013

## 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

### Crisp Tuna-Cabbage Salad

Adapted from thekitchn.com

One 5-ounce can tuna, drained  
2 cups finely chopped cabbage  
1/4 cup minced chives  
1 tablespoon mayonnaise  
3 tablespoons yogurt  
Salt and freshly ground black pepper

Shred the tuna with a fork and stir in the rest of the ingredients. Taste and add salt and pepper to taste. Eat immediately or else refrigerate for up to two days.

### Cauliflower and Broccoli Aioli Salad

½-1 head cauliflower  
½-1 head broccoli  
1-3 T. garlic aioli  
½ c. golden raisins  
¼ - ½ finely chopped red onion  
¼ - ½ c. sunflower seeds

Break cauliflower and broccoli into very small florets and wash well. Toss with other ingredients in amounts to your taste. Combine well and serve! This is very easy to make and really, just add ingredients as you like them. Nick's mom made this salad for us last week and it is TASTY! The garlic aioli is a little bit lighter than mayo but you could also use mayo and then just add a bit of finely minced garlic.

### Arugula Salad with Penne and Sundried Tomatoes

3 c. arugula, chopped or torn  
6 oz penne pasta  
1/4 c. sun dried tomatoes, chopped  
2 T. olive oil  
2 T. balsamic vinegar  
Salt and fresh ground pepper to taste  
1 c. cooked or canned garbanzo beans (chick peas), rinsed and drained  
4 t. freshly shaved Parmesan cheese (optional)

Boil pasta in salted water according to package directions for al dente. Drain and run under cold water to stop the cooking. Toss the pasta with arugula, sun dried tomatoes, chick peas, oil, vinegar, half of the cheese, salt and fresh cracked pepper to taste. Divide between 4 plates and top with remaining shaved parmesan cheese.

### Chicken Fajitas with Crunchy Lime, Cabbage and Avocado

Adapted from www.epicurious.com

6 tablespoons olive oil, divided, plus additional for griddle  
2 garlic cloves, minced  
1-2 t. chili powder  
2 pounds skinless boneless chicken breast halves, cut crosswise into 1/2-inch-thick slices  
1 large bell pepper, cut into 3/4-inch-thick strips  
1 large red onion, halved, sliced lengthwise  
3-4 cups thinly sliced cabbage  
2 T. fresh lime juice  
2 t. finely grated lime peel (optional)  
6 to 8 flour tortillas  
1 avocado, halved, pitted, sliced

Whisk 3 tablespoons olive oil, garlic, and chili powder in large bowl. Add chicken, bell pepper, and onion. Sprinkle with salt and pepper. Toss to coat. Let stand 15-20 minutes at room temperature or chill up to 4 hours. Toss cabbage, lime juice, lime peel, and 3 tablespoons olive oil in medium bowl. Season to taste with salt and pepper. Preheat oven to 350°F. Wrap tortillas in foil and place in oven until heated through, about 15 minutes.

Meanwhile, heat skillet on medium-high heat. Brush with olive oil. Spread chicken and cook until chicken is cooked through and vegetables are browned, turning frequently with tongs, about 7-12 minutes.

Divide chicken among warm tortillas; top with cabbage mixture and avocado slices.