



CHRONICLES OF A DRIFTER

CSA NEWSLETTER SEPTEMBER 2, 2014

IN YOUR BOX THIS WEEK . . .

Beets: Red Ace or Merlin

We love these peeled, diced, tossed with salt, pepper and olive oil and roasted in the oven until tender. Try them out in beets pancakes!

Broccoli or Cauliflower

Delicious tossed with olive oil, salt, pepper and garlic and roasted in the oven. Also great on the grill.

Cantaloupe (Sarah's Choice, Wrangler or French Orange) OR Watermelon (Yellow or Red)

This will be the last week of melon for the season. They are lacking some sweetness this week because of the 2" of rain over the weekend. More rain = less concentrated sugars!

Carrots: Yaya**Celery****Cilantro**

Great in fresh salsa, enchiladas, fajitas, cilantro and lime dip, you name it.

Cucumber

A great week to try this in gazpacho!

Eggplant: Globe Italian or Japanese

Eggplant must be cooked before being eaten. We had eggplant tossed with olive oil, salt, pepper and pizza seasoning on the grill for Labor Day.

Garlic: German Extra Hardy**Kale: Green Curly****Onions: Yellow****Peppers: Hot (Jalapeno) and Sweet (Colored & Green Bell, and Italian Heirlooms)**

The tiny green peppers are jalapenos which are a hot pepper, perfect for fresh salsa. If you have a long skinny red pepper in your box, this is a sweet pepper called Jimmy Nardello. It may look like a cayenne but it really is sweet - great for frying.

Summer Squash and Zucchini

The last week of summer squash!

Tomatoes: Slicers/Heirlooms and Mixed Cherry

Red Zebra, Green Zebra, Jaune Flamee, Persimmon, Big Beef, Pink Beauty, Black Velvet, Green Zebra, German Johnson, New Girl, Monica, Juliet . . . a fun mix! You have a bag of slicers, a bag of heirlooms and a pint of mixed cherry tomatoes this week. If you can't use them all right now, tomatoes are very easy to freeze. Check out the preserving tips on the back side of the newsletter.

PHENOLOGY AND WEATHER NOTES ON THE FARM FROM THE PAST WEEK

Rainfall: 1.9"

High Temp: 82°F

Low Temp: 53°F

Sightings: Cutest stray cat on the planet . . . little gray and white striped kitty that Abe has named "Dandelion."

Gray tree frogs have been frequenting our windows on these rainy nights.

WEEK 12: LOCAL FLAIR

We had the opportunity to visit Mill City Farmer's Market in the historic Mill District of Minneapolis on Saturday. The market has a fantastic group of local producers and artisans selling produce, cheese, handmade clothing, soaps, preserves, kraut of all kinds, chocolate, pastries, the list goes on. Some of our favorites . . . Sassy Knitwear, a Minneapolis-based company that makes creative and unique clothing from "upcycled," or repurposed, materials. Their children's clothing is absolutely darling and so cozy for the little ones. Star Thrower Farm out of Glencoe raises Icelandic sheep for cheese, wool, and meat. Skye and Elizabeth had the opportunity to visit their farm last week and they were wholly impressed! Salty Tart is a bakery in Minneapolis that makes gorgeous and delicious breads, pastries and cookies. Our good friends from Loon Organics in Hutchinson raise organic vegetables and have a beautiful stand there. French Nugget out of Burnsville makes heavenly artisan dark chocolate bars. Kiss My Cabbage makes flavor-packed kraut and kimchi. Just a few awesome vendors from just one of the many Minnesota Farmer's Markets. There is such a diversity of talented producers and artisans bringing high quality local products to their communities. If you ever find yourself in Minneapolis on a Saturday morning, this market would be worth a visit, or perhaps you could plan a trip around it!

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

Share Member Potluck at the Farm on Sunday, September 28 after 4pm PLEASE RSVP

The fall share member potluck is right around the corner. You can gather anytime after 4:00pm for an informal tour, playtime and music (5 gallon pails will be out for kids to drum on!). Potluck begins at 4:30pm. Bring a dish to pass, meet other share members, eat good food, play lawn games, pick a pumpkin or gourds, 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

During the last week in October we will be offering a one-time optional Autumn Share for \$60 that will be filled with storage vegetables like winter squash, onions, carrots, garlic, potatoes, beets and more. 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. 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. Autumn Shares will be delivered to your regular CSA pick-up site during the last week in October.

MELON NOTE: Give the melons a good wash before cutting into them. If your cantaloupe is sweet-smelling it is ready to eat right now and needs to be stored in the fridge. If not sweet-smelling, let it sit on the counter a day or two to ripen before digging in. They went through a lot of rain so hopefully they arrive at your door in good shape!

TOMATO PINTS: We can reuse your tomato pint containers. Please return them with your CSA box - thank you!

HOW TO STORE PRODUCE

Your produce this week can be stored in the refrigerator in plastic bags.

Separate carrots and beets roots from their tops before storing to preserve freshness. A few exceptions . . .

- **Garlic/Onions** do not need to be refrigerated. Keep in a cool, dark place. Potatoes exposed to light will turn a green color, which causes the potato to be mildly toxic.
- **Eggplant** should not be refrigerated. Store on the counter and use soon.
- **Tomatoes** Store on the counter, shoulder side down. Take out of the plastic bag.

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.
- **Celery:** Wash thoroughly. Chop stems, place into freezer bags and freeze. Great in soups or stocks or in the crock pot with a roast.
- **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.

RECIPES FROM LAST WEEK'S NEWSLETTER

- Eggplant Salad Toasts
- Fresh Salsa
- Roasted Broccoli, Pepper and Onion
- Cumin and Cilantro Burgers

Orange Balsamic Glaze for Roasted Beets

This is enough glaze for about a bunch of beets.

1/2 c. balsamic vinegar

2 t. sugar

1 t. grated orange zest

Freshly ground black pepper

Roast beets in the oven until tender. While the beets are cooling, prepare the balsamic glaze. In a small pan, add the balsamic vinegar and sugar. Heat on medium-high (continually stirring) until the vinegar has reduced to a syrup consistency. Remove from heat. After the beets have cooled for several minutes, but are still warm to the touch, peel off the outer skins and discard. Cut the beets into quarters or more, bite-sized pieces. Place beets in a serving bowl. Pour balsamic glaze over the beets. Stir in grated orange zest, and add salt and pepper to taste.

RECIPES

Kale Enchiladas con Pollo

Adapted from The Book of Kale

If you don't have time to make the full enchiladas, simply use ingredients to make burritos or tacos.

Enchilada sauce

2 T. vegetable oil

½ c. finely chopped onion

2 cloves garlic, chopped

1 t. ground cumin

1 sweet pepper, diced

3 c. kale leaves in chiffonade (very thinly sliced)

1/3 c. green chile sauce

3 T. corn flour

1 c. soft white cheese, in bits (or grated cheese of choice)

1 c. cooked chicken, chopped

12 large corn tortillas

Oil for frying

Grated cheese for topping

Fresh cilantro and tomatoes, chopped, for topping

Prepare filling in medium-large skillet. Saute onion, garlic and cumin in oil. Add the peppers, stir fry 3-4 minutes. Add kale and continue to cook and stir for 5 minutes. If the pan becomes dry, add a little water. Add green chile sauce, corn flour, and chicken. Combine and set aside.

Preheat oven to 375. Fry tortillas in medium-hot oil briefly until softened, about 20 seconds on each side (this step is optional). Place good-sized spoonful of filling and enchilada sauce in tortillas, and roll. Place seam-side down, side by side, in a greased overproof casserole. If there is filling left over, tuck it in around the sides of the rolled tortillas or roll a few more. Pour the rest of the sauce on top. Bake 10 minutes, remove from oven and sprinkle the top with cheese. Bake another 10 minutes until filling is bubbly and cheese is melted. Let stand about 10 minutes before dishing out; garnish with cilantro and serve with sour cream if desired.

Green Velvet Smoothie with Banana

Adapted from Wild About Greens

2 kale leaves, torn

1 banana, peeled and cut into chunks

½ ripe avocado, peeled and cut into chunks

2 c. milk or non-dairy alternative (rice milk, soy milk, almond milk)

Lemon juice to taste

Agave nectar or honey to taste

Combine the greens, banana, avocado and milk in a blender. Process until very smooth. Add a little lemon juice and agave nectar to taste. Drink at room temp or add an ice cube or two.

Eggplant Caponata

Adapted from www.foodandwine.com

2 T. capers (optional)

1/4 c. extra-virgin olive oil

1 eggplant, peeled and cut into 1/3-inch dice

1 medium onion, finely chopped

1 celery rib, finely chopped

1 medium tomato, finely chopped

2 T. red wine vinegar

2 t. sugar

1 t. pine nuts (optional)

Salt and freshly ground pepper

1 avocado, diced

In a large skillet, heat 3 T. of the olive oil. Add the eggplant and cook over moderately high heat until the bottom browns, 5 minutes. Stir and cook until browned all over, 10 minutes longer. Transfer the eggplant to a bowl. Add the remaining 1 T. of olive oil, the onion and celery to the skillet. Cover and cook over low heat, stirring occasionally, for 10 minutes. Add the tomato, cover and cook until soft, about 5 minutes. In a saucepan, simmer the vinegar and sugar to dissolve the sugar. Add the pine nuts (if using) and capers and cook for 1 minute. Return the eggplant to the skillet. Stir in the vinegar mixture and cook over low heat for 3 minutes. Season with salt and pepper and transfer to a bowl. Let cool to room temperature, then fold in the avocado. Delicious on its own or served on a crusty bread.