



CHRONICLES OF A DRIFTER

CSA NEWSLETTER SEPTEMBER 9, 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 beet pancakes!

Broccoli

Delicious tossed with olive oil, salt, pepper and garlic and roasted in the oven. Also great on the grill. We love to steam broccoli and drizzle with a little oil and salt for a quick and tasty side dish.

Carrots: Multicolored Yellow, Purple and Orange

These are lovely and tasty roasted in the oven.

Celery**Cucumber**

We are nearing the end of the cucumbers, depending on how cold it gets this weekend!

Eggplant: Globe Italian or Japanese

Eggplant must be cooked before being eaten. Try adding to tomato sauces as a thickener: cut eggplant in half, coat with oil, roast cut side down on a sheet pan in a 350 degree oven until very tender, scoop out flesh and add to tomato sauces with pasta on in lasagnas. Try in Baba Ghanouj (Roasted Eggplant Dip) - recipe on our website.

Garlic: German Extra Hardy**Kale: Green Curly**

Our favorite green on pizza, in quiche, in soup or in smoothies. Freya has been having steamed kale blended with applesauce for breakfast.

Onions: Yellow**Parsley: Italian**

Parsley is so fresh and versatile - it makes an appearance in several of our recipes this week.

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 or black bean and tomato soup. 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.

Tomatoes: Slicers/Heirlooms and Mixed Cherry

Your tomato pint this week has Sungolds, Black Cherries, and a Grape/Roma called Juliet.

WEEK 13: AFTER THE DELUGE

What an atypical fall we have had thus far! Last week was downright soggy on the farm which is really not the norm for this time of year. The rains were especially sad for our tomato crop. The plants looked amazing at the beginning of the season and then with the wet, wet weather developed powdery mildew. The rains completely did the plants in though the fruits are hanging on and are now susceptible to sunscald - think of that as a sunburn for a tomato. Without their lush green coverage, the tomato fruits are a tender bunch. We hope to get a few more tomatoes to you but it all depends on the weather we have this weekend. Paul Huttner is calling for potential widespread frost on Friday night/Saturday morning. Let's hope that does not come to pass. The peppers have barely ripened this year and a frost would put an abrupt end to their season.

Last Wednesday, Skye, Elizabeth, and Joan worked valiantly through the torrential rains harvesting beets, literally watching water rise 1-2" deep in the fields. Luckily, the soil took the water well and did not stand too long in the fields. Thank goodness for rain suits! We hope the weather can settle now and just give us an average dry fall so that harvests are not so soggy and plants do not develop more disease. Two crops that don't mind the moisture are celery and celeriac. Both of these crops have done very well this year and the celeriac roots look amazing. Celeriac au gratin, celeriac fries, stews and roasts are not far into the future!

-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.

TOMATO NOTE: Remember to remove tomatoes from the plastic bags when you get them home for longer shelf life for your tomatoes.

PHENOLOGY AND WEATHER NOTES ON THE FARM FROM THE PAST WEEK

Rainfall: 2.5"

High Temp: 80°F

Low Temp: 51°F

Sightings: Super moon - perfect for late night tractor work! Nick scurried to seed more cover crops on Monday night before our next round of rain this week.

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.
- Kale: Wash, stem blanch leaves in boiling water
- 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 Caponata
- Orange Balsamic Glaze for Roasted Beets
- Kale Enchiladas con Pollo
- Green Velvet Smoothie (with Kale)

Braised Kale with Garlic

Adapted from Minnesota's Bounty

2 T. olive oil
1/2 large onion, thinly sliced
1-2 cloves garlic, thinly sliced
1 big bunch (about 1 lbs) kale, stemmed and roughly chopped
1/2 bunch parsley, chopped
Coarse salt and ground pepper

Film a large, heavy skillet with some of the oil, and set it over medium-low heat. Saute the onion until it is soft but not brown, and then add the garlic, kale and parsley and sprinkle with a little salt and pepper. Reduce the heat to low, cover the pan, and cook until the vegetables are very soft, about 20-25 minutes. Serve seasoned with a little more salt and pepper and a drizzle of olive oil.

RECIPES

Greek Pasta Salad with Tomato, Cucumber, Olives and Feta Cheese

Adapted from "Raising the Salad Bar"

1/2 lb. fusilli pasta (or pasta of your choice)
1 T. olive oil
1/2 lb. tomatoes, seeded and diced
1 cucumber, peeled, seeded and diced
1/2 c. diced, pitted kalamata olives
1/4 onion, sliced razor thin
1/4 c. packed minced fresh parsley
1 c. diced feta cheese (optional)

Herb Dressing:

1/4 c. red wine vinegar
3/4 c. olive oil
1/2 c. minced oregano
1 t. finely minced garlic
Salt and pepper

Cook pasta according to directions. Drain and drizzle with 1 T. olive oil. Shake the container to distribute oil and let steam escape. Set aside to cool. When the pasta is cool, place it in a serving bowl and add the tomatoes, cucumber, olives, onion and parsley. Combine dressing ingredients. Season generously with salt and pepper. Shake well until the ingredients are emulsified and add 1/3 to 1/2 c. of the dressing to the salad just before serving. Reserve leftover dressing for another salad. Gently fold in the feta if using.

Red Cabbage Slaw with Lemon-Ginger Vinaigrette

Adapted from "Raising the Salad Bar"

You could leave the snow peas out of this recipe or add shredded beets.

4 c. very thinly sliced red cabbage
1 sweet pepper, cored and cut into very thin strips
1 carrot, peeled and shredded or cut into matchsticks
1 c. snow peas, strings removed
1 T. toasted sesame seeds (optional)

Lemon-Ginger Vinaigrette

1 T. rice vinegar
2 T. fresh lemon juice
1 T. soy sauce
1 t. finely-minced fresh ginger (could substitute 1/4 t. dried ginger)
4 t. maple syrup or honey
3 T. canola or olive oil
1 T. toasted sesame oil (optional)

Tuna Noodle Casserole with Broccoli

You could also use cauliflower.

Adapted from Living magazine

4 T. butter (or Earth Balance)
8 oz. wide noodles
Salt and pepper
1 lb. broccoli broken into 1-inch florets (about 4 c.)
1 1/4 c. yellow onion, finely chopped
2 stalks celery, cut at an angle into 1/8-inch slices (about 1 c.)
5 T. flour
2 c. milk or non-dairy substitute
2 cans tuna in water, drained and flaked
1/2 t. hot sauce, such as Tabasco (optional)
1/4 c. parsley leaves, chopped

Preheat oven to 375 degrees. Grease a 2 1/2 -quart casserole dish. Cook pasta in a large pot of salted water 4 minutes. Add broccoli; cook until just tender, 3-4 minutes more. Reserve 1/2 c. water; drain pasta mixture. In same pot, melt butter or butter substitute over medium heat. Add onion and celery, season with salt, and cook until onion is softened, about 8 minutes. Add flour; cook, stirring, 2 minutes. Slowly stir in milk or substitute until mixture is thickened, about 3 minutes. Remove from heat; stir in pasta mixture, tuna and hot sauce if using. Season with salt and pepper. If too thick, add reserved pasta water. Transfer to prepared dish; cover with foil. Bake 15 minutes. Uncover, increase heat to 425 degrees, and bake until lightly browned, 10-12 minutes. Top with parsley.