



# CHRONICLES OF A DRIFTER

## CSA NEWSLETTER      SEPTEMBER 16, 2014

### IN YOUR BOX THIS WEEK . . .

#### **Arugula**

Great in salads or substitute in your favorite pesto recipe. We love arugula pesto on pasta, quinoa or couscous.

#### **Broccoli or Cauliflower**

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.

#### **Cucumber**

The very last of the cucumbers. Enjoy in a fresh salad with tomatoes and a little red onion.

#### **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. Most likely the last of the eggplant!

#### **Garlic: German Extra Hardy**

#### **Lettuce**

#### **Onions: Red and Cipollini**

#### **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.

#### **Potatoes: Superior**

Try these sliced into French fry size pieces, toss with olive oil, salt and pepper and bake for a fresh french fry.

#### **Thyme**

#### **Tomatoes: Slicers/Heirlooms and Mixed Cherry**

Our tomatoes are coming to an end after all of the rain and cold weather. The tomatoes in your bag are of varying ripeness. Eat or freeze ripe tomatoes soon.

### WEEK 14: NEAR MISS

The widespread frost from last week just missed the farm on this round. Areas south and north of us were touched by frost but we did not have any damage to our plants. We did cover our most tender crops last Friday just to be safe but were glad it missed us. The peppers have had a very hard time ripening this year with the cold weather so you might be seeing mostly green bells to finish out this season. We are hoping this dry and slightly warmer week will help ripen the winter squash. Our kitchens trialed several varieties of squash last week and though they were tasty, a little time would heighten their sweetness. You will have winter squash in your CSA box starting next week and for the rest of the season. In the mean time, enjoy the waning summer crops with tomatoes, eggplant, peppers, cucumbers and the last of the celery.

The Rusch family just extracted honey from the hives they keep at our farm and if you ordered honey, we will be delivering that with CSA shares over the next couple of weeks. Wayne and Cindy keep hives in several locations but said the hives at our farm have been their most productive which is great to hear. We tried their honey out on some freshly baked cornbread last week and it was delicious! Many thanks to those hardworking pollinators that make peppers, tomatoes, cucumbers, melons, eggplant and squash possible. Check out a recent article in the Litchfield Independent Review about honey and bees!

-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: 0.1"

High Temp: 79°F

Low Temp: 36°F

Sightings: Blue heron circling over the fields.

## 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/Potatoes 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

- Greek Pasta Salad with Tomato, Cucumber, Olives and Feta Cheese
- Tuna Noodle Casserole with Broccoli (or Cauliflower)

## White Bean and Tuna Salad with Celery and Lemon

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

1 (15-ounce) can cannellini beans, rinsed well and drained  
2 cans tuna drained and lightly flaked  
2 celery ribs  
1/2 c. very thinly sliced red onion  
1 1/2 lemons  
1/4 c. plus 2 T. olive oil  
Salt and pepper  
1/2 small cucumber, very thinly sliced  
1/2 cup whole flat-leaf parsley leaves (optional)

In a large bowl, combine beans, tuna, sliced celery and onion. Squeeze the juice of 1 lemon into bowl; add oil and toss to combine. Season to taste with salt and pepper, adding more lemon juice to taste, if desired. Add cucumber; toss to combine. Divide salad onto plates and garnish with parsley leaves if desired.

## RECIPES

### Potato Salad with Arugula

Adapted from Wild About Greens

6 medium potatoes  
2 celery stalks, thinly sliced on the diagonal  
1/2 red bell pepper, finely diced  
1/3 c. pitted kalamata olives or sun-dried tomatoes, sliced  
2 T. olive oil  
2-3 T. apple cider vinegar  
2-3 T. minced fresh thyme  
Salt and pepper to taste  
3 big handfuls arugula leaves, rinsed and chopped

Cook potatoes until done but still nice and firm. Plunge into cold water. Let stand until cool enough to handle then peel and cut into 1/2 - 3/4 inch dice. Combine the potatoes in a mixing bowl with the celery, bell pepper, olives, olive oil, vinegar, dill, salt and pepper. Stir together gently. Stir half of the arugula in with the potatoes and line a serving platter with the rest. Mount the potato salad onto the platter.

### Curried Cauliflower

1-2 cloves garlic, minced  
2 T. lemon juice  
2-4 T. olive oil  
1-2 t. curry powder  
Salt and pepper to taste  
1/4-1/2 t. cayenne flakes (optional)  
1 medium head cauliflower, broken up into small florets

Heat a skillet over medium heat. Add oil, garlic, lemon juice, curry, salt, pepper and cayenne and sauté until garlic is slightly tender. Add cauliflower and stir in liquid to distribute spices and color over the cauliflower. Add a few tablespoons of water to encourage distribution of spices. Sauté cauliflower until just tender but with a slight crunch.

### Fried Eggplant with Honey and Thyme

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

1 large eggplant  
1-2 c. milk (or milk substitute)  
1/2 c. flour  
3-5 T. olive oil  
3 T. honey  
2 T. fresh thyme sprigs  
Sea Salt

Peel the eggplant and slice it into thin 1/8 inch rounds. Place the eggplant slices in an airtight container and pour the milk over it. Cover and refrigerate over night.

In a small pie pan, mix the flour with 1 tsp. salt. Heat 2 tablespoons of olive oil in large skillet over medium-high heat. Line a plate with paper towels. When the oil is hot, dredge a few slices of eggplant in the flour and tap off the excess. Gently place them in the skillet and pan fry for 2-4 minutes per side. Remove and place on the plate to drain. Repeat with the rest of the eggplant, adding oil to the skillet as needed. Sprinkle the slices with a little more sea salt as they come out of the skillet. Serve warm, drizzled with honey and sprinkled with thyme.

### Honey Glazed Citrus-Roasted Carrots

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

1 bunch carrots  
Juice of one medium-sized citrus  
2 T. olive oil, bit more for finishing  
2 T. honey  
Salt and Pepper  
1 T chopped fresh herbs for garnish

Preheat oven to 400 degrees. Slice carrots on a bias about 1/4-inch thick. Toss in olive oil and salt to taste. Place in a large roasting pan so that the carrots from one single layer. Add citrus juice and cover tightly with foil. Place on center rack of the oven and bake for 10 minutes. Remove from oven, remove foil and drizzle honey. Toss carrots to coat evenly and return, uncovered to oven. Raise temperature to 450. Cook carrots until soft but slightly crisp, about 10-15 minutes. Let cool slightly, then toss in herbs, season to taste and serve.