



# CHRONICLES OF A DRIFTER

## CSA NEWSLETTER

### AUGUST 5, 2014

#### IN YOUR BOX THIS WEEK . . .

**Beans:** Jade

**Beets:** Red Ace or Merlin

Beets are richly nutritious and very versatile. They can be boiled, roasted, sautéed, or used in soups or even baked goods. We like to put grated beets in muffins, waffles, scones or pancakes. The color is awesome and the taste, delicious.

**Broccoli:** Emerald Crown

**Cabbage:** Savoy

Delicious in a traditional Italian recipe in this week's recipe section. Would also work well in the cabbage recipe from last week's newsletter.

**Carrots:** Mokum or Yaya

Beef and carrot curry, ginger carrot scones, carrot waffles, carrot juice . . . such a versatile veg!

**Celery**

This celery is different than what you find in the grocery store. Most store-bought celery is grown in cool valleys in California with heavy irrigation and even temperatures. Celery grown in this region is darker, smaller, and more intense in flavor so it is most appropriate for cooking. Great in stir fry, soup, chili, egg salad and for making vegetable stock. You can also use the leaves in soups or for making stock.

**Cucumber**

**Eggplant:** Globe Italian or Japanese

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**

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

**Lettuce:** Summercrisp

**Onions:** Walla Walla

**Oregano** Yummy in lasagna, other pasta, or potatoes.

**Potatoes:** Baby Red Norland

Baby red potatoes have a tender skin and need to be eaten sooner than storage potatoes.

**Summer Squash and Zucchini**

**Tomatoes:** Slicer or Mixed Cherry Tomatoes

The tomatoes are coming in slowly due to chillier than normal weather but they are here to stay now. Just a taste for this week.

#### WEEK 8: BEANS AND BUTTERFLIES

The bean field is a great place for sustained conversation on the farm. We are actually all in one place, in force, picking for an extended time which leaves space for real conversation. Last week as we were picking beans, Scott from the US Fish and Wildlife Service came over and we had a great conversation about monarch butterflies and milkweed. We have several patches of milkweed on the farm and leave any milkweed plants that we can on the edges of our fields. During the last week, everyone on the farm has spotted at least one monarch butterfly. Maybe this is something instilled in kindergarten but even in our mid-thirties, monarch butterflies hold some sort of magical power, fascinating in their life cycle and endurance. Somewhere in the depths of rubbermaids packed with fading and tattered art projects from elementary school, I'm sure that my mom still has the monarch caterpillar that I made with black, white and yellow construction paper.

Why are we so fascinated? It is almost sci-fi but just think about the journey! The first generation of monarchs that migrate to Eastern and Central North America comes from eggs laid in northern Mexico or the southeastern US by females who spent the winter in Mexico. The first generation mates, lays eggs, and dies; their eggs go through metamorphosis and start the cycle again. It takes the monarchs 3-4 generations to make the journey northward. The monarchs that emerge as adults at the end of summer cannot live the winter in this northern climate. Instead of laying eggs, this generation of monarchs puts their energy into the great migration (approximately 2000-3000 miles) south to Mexico which allows them to sustain themselves until the next spring when they fly to northern Mexico or southeastern US and lay eggs. Then the cycle starts again. So it takes 3-4 generations to make the northern journey and just one to return south to Mexico. The monarchs that make the migration south have never been to Mexico before but somehow return to a home several generations removed. Fascinating! Though adult monarchs feed on the nectar from many flowering plants, milkweed is the single food source (host plant) for their larval form. We are glad that we can provide a small amount of milkweed habitat for these amazing insects. (Excerpted from the USDA Forest Service website).

As I was gathering recipes for this week's newsletter, I realized that a theme was developing. Roasted, roasted, roasted . . . clearly this summer has been cooler than normal if I am drawn to "oven-roasted" recipes in August! I hope you have the opportunity to try a new recipe or two this week. Eating in season with a CSA share brings the opportunity to ramp up on your veggie intake - good for the mind, body and soul. And the flavors of this season are simply fantastic. Keep sharing recipes if you find some good keepers!

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

#### Upcoming Events:

Saturday, August 23<sup>rd</sup>, 10:00am Cooking Class at the Farm. Learn how to freeze your extras to help your CSA share stretch into winter. Limited space - please RSVP if interested.

Sunday, September 28<sup>th</sup>, afternoon, Annual Share Member Potluck at the Farm. Join us for food, community, and play time on the farm!

#### PHENOLOGY AND WEATHER NOTES ON THE FARM FROM THE PAST WEEK

Rainfall: 0.3"

High Temp: 84°F

Low Temp: 58°F

Sightings: Leopard frogs leaping!

## 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 . . .

- **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.

## PRESERVING TIPS

- **Snap Beans:** To freeze, trim ends, wash well, and cut beans into 2-4 inch lengths. Blanch in boiling water for 3 minutes. Cool. Drain. Pack beans into freezer bags or boxes. Seal, label with the year and freeze.
- **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.
- **Zucchini/Summer Squash:** Grate, drain and pack into freezer bags to use for winter muffins, breads, waffles and pancakes. Some of our favorite recipes call for about 2 cups of grated summer squash so we put that into quart freezer bags and just pull out a bag when we want to bake.
- **Celery:** Wash thoroughly. Chop stems, place into freezer bags and freeze. Great in winter soups or stocks or in the crock pot with a roast.

## RECIPES ON OUR WEBSITE

- Italian Antipasto Salad with Fennel (we made this at a farm potluck, COMPLETELY delicious!)
- Cream of Roasted Fennel Soup
- Cucumber Yogurt Soup

## RECIPES FROM LAST WEEK'S NEWSLETTER

- Barley, Fennel and Beet Salad
- Braised Red Cabbage with Bacon (you could substitute in savoy cabbage - we made this dish last weekend - AMAZING!)
- Braised Fennel with Olives

## Oregano Balsamic Dressing

Adapted from smartbalance.com

1/2 c. olive oil  
1/4 c. balsamic vinegar  
1-2 T. fresh oregano leaves, chopped  
2 garlic cloves, minced  
1/2 t. salt  
1/4 t. black pepper

In a small jar, combine all dressing ingredients and shake vigorously.

## RECIPES

### Roasted Beet, Onion, & Goat Cheese Salad with Honey-Oregano Vinaigrette

Adapted from www.kitchentreaty.com

1 bunch beets, ends trimmed  
1/4 onion, very thinly sliced  
8 c. greens of your choice  
4 oz. goat cheese, divided

#### Dressing:

2 t. honey  
2 t. Dijon mustard  
2 T. apple cider vinegar  
1/4 c. olive oil  
2 t. fresh chopped oregano  
Salt & pepper

Preheat the oven to 425 degrees. Scrub the beets with a vegetable brush and wrap them in foil. Place on a cookie sheet to catch the juices and roast in the oven for about 50 minutes until tender. Unwrap the beets and place them in a medium bowl. Cut into 1-inch pieces right in the bowl. Whisk together the honey, Dijon mustard, apple cider vinegar, olive oil, and chopped fresh oregano. Season to taste with salt and pepper. Pour half the vinaigrette over the beets and gently toss. Cover and chill in the refrigerator for at least an hour and up to 24 hours. Toss greens in remaining vinaigrette and divide between four separate places. Top with beets and add a coin of goat cheese. Sprinkle with onion and top with a sprinkling of fresh ground pepper and a few extra bits of fresh oregano.

### Roasted Sausage with Broccoli and Fennel

3 or 4 links pork sausage, cut into 3/4-inch pieces or 1 pound ground pork sausage  
1 head broccoli, cut into small florets  
1 fennel bulb, trimmed, cored, and cut into thin slices, about 1/4-inch thick  
Salt and pepper  
3 T. olive oil

2 t. whole-grain mustard

Finely grated zest and 1 t. of juice from one lemon

1/4 t. red pepper flakes or cayenne (omit if you're using spicy sausage or if you like a milder dish)  
Heat oven to 425° F. Combine broccoli florets and sliced fennel in a shallow casserole or baking dish. You want them to fit snugly in a single, even layer. Season with salt and pepper. In a small bowl, whisk together olive oil, whole-grain mustard, lemon juice and zest, and pepper flakes or cayenne if using. Add to broccoli and fennel and toss well to coat evenly. Nestle the pieces of sausage among the broccoli and fennel. Roast for about 20 minutes, or until the broccoli and fennel are tender and the sausage is no longer pink. For extra security, you can toss about halfway through the cooking time to ensure even cooking. Optional: Heat broiler, and place the pan under the broiler for a few minutes to crisp the sausage and slightly brown the broccoli and fennel in spots. Taste and add more salt, pepper, or lemon juice if needed. Serve warm or at room temperature.

### Oven Roasted Potatoes and Green Beans

Adapted from Ina Garten and The Joy of Cooking

1 pound potatoes, diced large  
1/2 large onion, sliced  
1 lb. snap green beans, ends removed (snapped in half if desired)  
1/8 c. olive oil  
1 t. salt, plus more to taste  
1/2 t. ground black pepper

Preheat oven to 425F. In a large bowl, combine the potatoes and onions. Toss the potatoes and onions with olive oil to coat. Sprinkle salt and pepper. Transfer the coated potatoes and onions to a baking sheet. Bake in the preheated oven for 25-30 minutes, until the potatoes are tender. Toss once while cooking, at the half-way mark. After the potatoes are tender, toss in the string beans to the pan. Bake for another 10-15 minutes, until the beans are tender. Remove from the oven and add more salt and/or pepper if you wish.

### Savoy Cabbage with Potatoes

Adapted from lidiasitaly.com

3 medium potatoes  
1 Savoy cabbage, about 2 1/2 pounds  
4 garlic cloves, lightly crushed  
1/4 c. olive oil  
2 t. unsalted butter  
Salt and freshly ground pepper

Peel and quarter the potatoes. Core the cabbage and cut the remainder into 1-inch cubes. Bring 4 quarts water to a boil, add the potatoes, and cook until half-done, about 10 minutes. Add the cabbage and cook until both vegetables are tender, 10-15 minutes longer. Drain the vegetables thoroughly. In a large skillet, brown the garlic lightly in the olive oil. Add the cabbage, potatoes, butter, salt and pepper. Mash the vegetables coarsely, leaving plenty of lumps. If the mixture is too moist, continue to sauté it a little longer, taking care not to scorch it. Adjust seasoning, discard the garlic cloves if desired, and serve.