



# CHRONICLES OF A DRIFTER

## CSA NEWSLETTER

AUGUST 6, 2020

### WEEK 8

*Life is a thump ripe melon, so sweet and such a mess.*  
— Greg Brown

This quote from Greg Brown, one of our favorite Midwestern folk singers, always finds its way into my thoughts this time of year. This year, more than others, this quote seems even more relevant. Melon season is a favorite time of year for us on the farm as it brings so much joy to all those who get to experience the joy of a ripe, sweet melon. It is so great to hear from all of you with your joy-filled melon stories. On the farm we harvest cantaloupe daily to get them at their most perfect state. This involves a team effort including pickers, tossers, catchers and a golf cart driver. If you have a very small, but deliciously sweet melon in your share this week, you can thank Abe for that. He picked out a new melon to trial this year called Sugar Cube and we have been enjoying it immensely. Abe and Freya have been active in the melon harvest this year which has made the melons even sweeter this year. It can be a bit difficult at times to make sense of the world around us. The juxtaposition between being in the field harvesting melons with your smiling kids and then thinking about the uncertainty that this school year will bring is difficult to wrap my head around. So sweet and such a mess...

We were all very excited to be out in the field harvesting sweet corn this week. We were all a bit giddy walking through the 8 foot tall corn, snapping off plump ears. This is the first time we have ever grown sweet corn for our CSA boxes. We made the decision late this spring just as Covid-19 was becoming a reality. It seemed like something that we would all enjoy during a pandemic. We have been eating a lot of sweet corn the past few days and like the melons it has brought a lot of smiles and messy faces to our dining room table. We hope you enjoy this special treat. No guarantees that we will grow it again in future years. We finally had a dry year allowing us to plant in some of our lower fields that have been unplanted of late, opening space for corn that takes up a lot of room. The ground squirrels (or raccoons!?) have also been enjoying the sweet corn so we'll take what we can get.

~Best wishes from your farmers,  
Joan, Nick, Abe, Freya, Abbey, Jessie, Kate, Mark and Sam

### MELON NOTE:

Wash outside of both kinds of melon well before cutting into it. Sweet smelling cantaloupe are RIFE - eat soon as we had to harvest over the weekend! Some cantaloupe may need a little more ripening time.

### IN YOUR BOX THIS WEEK . . .

#### Beans

#### Broccoli or Cauliflower

#### Cantaloupe

The melons have come on fast and furious so it seems like they will have a short but sweet season this year.

#### Carrots

#### Cucumber

#### Pepper

#### Garlic

The garlic is fully cured now! A great week for a batch of fresh salsa.

#### Hot Pepper: Jalapeno

Our favorite for fresh salsa or to add to curries or tortilla soup!

#### Onion: Walla Walla

Store in the fridge in a container or Ziploc bag.

#### Salad Mix

#### Summer Squash/Zucchini

Try out the muffins in this week's news. Such a tasty breakfast or snack.

#### Sweet Corn

Just a taste. This is a new crop for us. We have never had great field space for this in the past but with the dry year we had an available field that has typically been too wet to plant. So here we are! We do not spray our corn so you may notice bugs in the tip. We have yet to find one in ours but just a forewarning ☺

#### Tomatoes (cherry/slicer)

#### Watermelon (yellow OR red)

Some of the melons this year are huge. The heat made them grow quickly. We did our best to pick you a ripe but not overripe one.

### GRATITUDE

Things our crew and family are grateful for this week . . .

Mountain biking, harvesting with the kids, friendship bracelets, bike rides around Lake Ripley with the whole crew, pizza, harvesting melons and eating them afterwards, how much work we have gotten done this year (this last one was Freya!)

### **Fresh Green Bean, Tomato, Cucumber and Onion Salad**

There are many dressings you could use with this salad. This is just one suggestions with the Lemon Herb Vinaigrette

#### Salad greens

Cherry tomatoes (quartered) or slicing tomatoes (cut into 1" or less pieces)  
Cucumber (partially peeled, if desired), cut into thick discs, then quartered  
¼-1/2 c. thinly sliced onion, cut into 1" lengths  
Green beans, cut into 1" pieces, steamed lightly to crisp tender and chilled under water  
1 can garbanzo beans, rinsed and drained (optional, this would also be a great salad with cooked chicken)

#### Lemon Herb Vinaigrette

1/2 c. olive oil  
2-3 T. water  
3 T. lemon juice ((1 large lemon or 2 small)  
2 t. Dijon mustard  
1 T. minced onion  
½ - 1 garlic clove (minced)  
1 T. honey  
2 T. minced fresh herbs or 1 T. dried herbs (parsley, dill, basil, thyme, etc)

In a m bowl add all of the dressing ingredients and whisk vigorously to fully emulsify. Serve immediately or store in an airtight container for up to 7 days. Shake or mix before using to incorporate the ingredients once they've settled.

#### **Fresh Salsa**

*This is just a very basic fresh salsa but you can also add rinsed cooked black beans or corn. Also, you can spice it up with coriander, cumin and/or cayenne.*

¼-1/2 c. or more fresh onion, finely chopped  
1 clove garlic, minced  
2-3 tomatoes, chopped  
1 jalapeño, finely chopped (less if you don't like as much heat)  
½ sweet pepper, chopped (optional)  
2 to 3 tablespoons fresh cilantro or parsley, chopped (optional)  
1 1/2 T. lime juice, or to taste  
Salt, to taste  
Freshly ground black pepper, to taste

Combine all ingredients and season to taste. Serve with chips, over nachos, on tacos, and more!

### **Zucchini Muffins**

Adapted from kristineskitchenblog.com

*We made these for breakfast this weekend (with chocolate chips!) and they were delicious.*

2 cups shredded fresh zucchini and/or summer squash, about 2 medium zucchini  
4 T. butter, melted  
½ cup mashed ripe banana or applesauce  
½ cup honey or maple syrup  
2 eggs  
1 t. cinnamon  
1 t. baking powder  
½ t. baking soda  
¼ t. salt  
1 ¾ c. combo of whole wheat flour and/or all-purpose flour  
½ cup chocolate chips or chopped nuts (optional)

Preheat oven to 350° F. Spray a muffin pan with cooking spray and set it aside. Shred zucchini and let drain. Wrap the shredded zucchini in a clean kitchen towel or paper towels and squeeze out excess moisture. Set aside. Getting out the excess moisture will keep the muffins from getting soggy and they will bake up better.

Combine melted butter, mashed banana (or applesauce), honey (or pure maple syrup), and eggs. Whisk until well combined.

Add the cinnamon, baking powder, baking soda and salt. Whisk until very well combined, making sure there are no clumps of baking soda or baking powder in the batter. Add the flour and mix it in using a rubber spatula until just combined. Overmixing will give you dense, gummy muffins. Stir in the zucchini (and chocolate chips or nuts, if using), being careful to not over-mix the batter.

Scoop the batter into the muffin pan, dividing it evenly between the 12 muffin wells. Bake muffins for 17 to 19 minutes, or until a tester inserted into the center of a muffin comes out clean. Let muffins cool in the pan for 5 minutes and then transfer to a wire rack to finish cooling.

### **Basic Roasted Cauliflower**

Adapted from finecooking.com

*I'd like to say we do something fancy with cauliflower but this is really our go-to! This recipe works equally well for broccoli. You can toss some minced garlic with the cauliflower or broccoli before roasting as well.*

1 head cauliflower, trimmed and cut into 1- to 1-1/2 inch florets  
1 to 3 T. olive oil  
¼ - 1/2 t. salt; more to taste  
Freshly ground black pepper  
Fresh lemon juice (optional)

Position a rack in the center of the oven and heat the oven to 475° F. Line a heavy-duty rimmed baking sheet with parchment. In a medium bowl, toss the cauliflower with enough of the olive oil to coat generously, the salt, and a few grinds of pepper.

Turn the cauliflower out onto the baking sheet and arrange the pieces so that they are evenly space. If the pieces cover the baking sheet sparsely, arrange them toward the edges of the baking sheet for the best browning. Roast the cauliflower, stirring every 10 minutes, until it's tender and lightly browned, 20 to 25 minutes total.

Return the cauliflower to the bowl in which you tossed it with the oil, or put it in a clean serving bowl. If the cauliflower seems a bit dry, drizzle it with a little oil. Season to taste with salt, pepper, and lemon juice, if using.