



CSA Newsletter

Week Nine

14 August 2013

SUMMER VEGETABLES STARTING TO RIPEN

You may be starting to wonder if you will ever see a tomato or colorful bell pepper in your CSA box before the end of the season. The answer is YES! We are finally seeing colors other than green in the rows of tomatoes and have picked a pint or two of cherry tomatoes to encourage more color. Some of the Carmen peppers (long, pointed green ones that you have gotten a couple times in your box) have streaks of red, and soon their delightful sweetness will find their way to your home. We are carefully watching over the watermelons and cantaloupes with high hopes of some being ready in the next few weeks.

So why is it taking soooooo long to see these treats in the CSA boxes when last year we had already had them for weeks? Much of this year's plant growth is related to temperature. At the start of the season, we talked about growing degree days (GDD). You can read this newsletter by clicking [here](#). Each week, we continue to track GDD, and with cooler temperatures, GDD are far behind the 30 year average and do not even compare to where GDD were last year. As a result, ripening of fruits and vegetables is a bit out of whack, hence the reason for seeing summer favorites a bit later than usual...they are coming. Dare we ask that you keep your fingers crossed for warmer temperatures?

Mid-August Sigh of Relief

This time of year always brings a big sigh of relief. The last of the transplants (bok choy and kohlrabi) were put into the ground on Tuesday and the final seedings of spinach, arugula, turnips, and radishes happen. That means from here until the end of the season, the focus switches to harvesting, weeding, and maintaining the crops that are in the ground. It is quite a nice feeling to cross planting off of that list. We are already seeing nice germination of the first succession of fall spinach and lettuce mix. The fall carrots have responded well since receiving a good hand-weeding during last week's volunteer day, and they appear to be growing more each day. The next big hand-weeding project will be in the lettuce mix and spinach, so stay tuned for an email about this volunteer opportunity.

Enjoy this week's harvest.

Your Farmers,
Megan and Adam

In Your Box This Week:

	Where does it go?	
	Fridge?	Plastic Bag?
YUKON GOLD NEW POTATOES	countertop	paper
Harvested from Threshing Table Farm in Star Prairie. Store in a paper bag as these potatoes will green if exposed to light. Eat these new potatoes soon as the skins are very thin and they will not store well. Please read this newsletter to learn about Sweet Top's crop loss: Week 7 CSA Newsletter		
WALLA WALLA ONIONS	yes	yes
A super sweet onion that is perfect for this week's pizza. Still considered a fresh onion, these should be refrigerated.		
SUMMER SQUASH and ZUCCHINI	yes	yes
Running out of things to do with squash? Try grating it, stuffing it in a small Ziploc, and freezing for use this winter in omelets, baked goods, and sauces.		
CUCUMBERS	yes	yes
Try slicing and adding to your water. Also, click on this link to check out last year's recipe for Tzatziki		
GLOBE EGGPLANT	countertop	no
Store on your countertop and use within the next couple of days. Delicious addition in this week's "Gratata"		
BABY BOK CHOY	yes	yes
There is a little insect damage that is only cosmetic. Great in stir-fries or sliced in half lengthwise and grilled.		
TOMATO	countertop	no
Finally, we are seeing some color on the tomato plants. This is just a taste of either a red or yellow slicer OR a few cherry tomatoes. Store on your countertop.		
BROCCOLI SHOOTS	yes	yes
A few broccoli shoots to add to stir-fries, eggs, fresh salads, etc. There might be a caterpillar or two, so soak in salted water before cooking.		
JALAPENO	yes	yes
HOT pepper		
PARSLEY	yes	yes
Top this week's pizza recipe and add to the "Gratata"		

Recipes

Sweet Top "Gratata"—A Frittata-Gratin Hybrid

From your box: Potatoes, Onion, Eggplant, Squash/Zucchini, Parsley

Preheat oven to 375°. Thinly slice all vegetables about ¼" thick. Sauté onions in olive oil with a dash of salt and pepper until starting to brown and place in the bottom of a pie dish. Add olive oil to skillet. Lightly cook remaining vegetables in one layer, flipping to cook both sides. Layer vegetables atop onions in pie dish. Add minced parsley to top layer. Sprinkle with ½ cup cheese of your choice (feta, mozzarella, parmesan, cheddar, etc.). Crack 6-8 eggs in a bowl and whisk with ¼ cup milk, salt, and pepper. Pour over vegetables and cook 20-30 minutes until eggs have set and top is starting to brown.

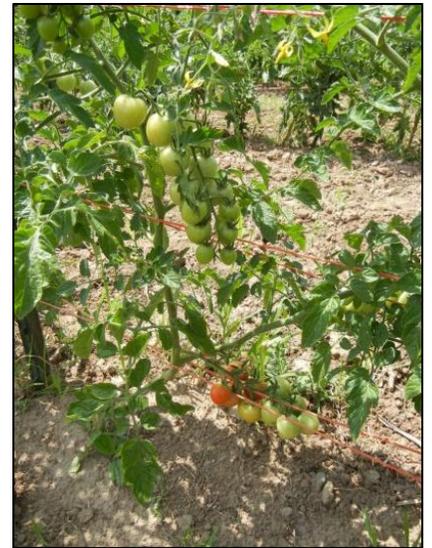
Caramelized Onion Pizza

From your box: onions, parsley

NOTE: Make pizza crust using our recipe found here: [Pizza Dough](#) or purchase premade dough. This recipe is best with a very thin crust (cut the dough recipe in half) and can even be made on the grill. Just feeding one? Try this on a toasted pita.

Cut two onions in half lengthwise and thinly slice. Heat olive oil in a skillet over medium heat. Add onions, some salt, and pepper and stir occasionally allowing the onions to caramelize.

Roll out dough and cook in oven or on grill for 3-5 minutes. Flip and top with caramelized onions, chopped walnuts, minced parsley, and gorgonzola cheese. Cook until cheese is melted. Cool slightly, slice, and enjoy!



Above: Cherry tomatoes showing some color.

Below: Cantaloupe sizing up nicely.

