



CSA Newsletter
Week Ten
21 August 2013

BLOSSOMS EVERYWHERE

It has been a big week on Sweet Top Farm. After waiting for Mother Nature to turn up the summer heat, she has finally done so. Aside from the CSA and farmers market, we sometimes fulfill special orders for flowers. Luckily, with some added warmth, the flowers we needed for a large order of bouquets for a wedding decided that they would kick into high gear and produce a bounty of blossoms. The end result was quite rewarding (see the photo on page 2 of the newsletter), and the bride was happy with the outcome. Several of you will enjoy a Sweet Top bouquet with the recent addition of a 4-week Flower Share.

Another momentous event was the taste-testing of the first ripe cantaloupe and yellow watermelon. There are numerous melons in the field that are on the verge of being ready, but we like to pick them when they are ripe and ready to go. A few of you might receive a melon this week, and in the coming weeks, everyone should find one of these sweet surprises in their CSA box.

Several other treats this week include a mix of green and yellow wax beans, cherry tomatoes (mostly orange Sungolds but a few other varieties for some added color), and garlic. Now that the garlic has cured in the greenhouse (formed the papery skin that allows for better storage) and we have a count on how many bulbs we have, we are very happy with this year's harvest. Adam's mom Phyllis has been busy trimming, cleaning, sorting out seed bulbs (we save garlic to plant in the fall), and counting bulbs in order to make room for onions, which will come out of the field to cure in another week and a half.

UPCOMING VOLUNTEER DAY

Before school starts and fall schedules fill, we want to invite you out to the farm to play in the dirt. Next Thursday August 29th from 10am-12pm we will be weeding fall crops and harvesting onions to cure in the greenhouse. As the arrival of the littlest farmer nears (6½ weeks to go), Megan is slowing down, so a few extra hands go a long way. We would love to see you, so email us for more details.

Enjoy this week's harvest.

Your Farmers,

In Your Box This Week:

	Where does it go?	
	Fridge?	Plastic Bag?
CHIEFTAN RED POTATOES	countertop	paper
Harvested from Threshing Table Farm in Star Prairie. Store in a paper bag as these potatoes will get green spots if exposed to constant light. Please read this newsletter to learn about Sweet Top's crop loss: Week 7 CSA Newsletter		
WALLA WALLA ONIONS	countertop	no
A sweet onion that is perfect for grilling, roasting, and sautéing.		
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 to last week's " Gratata " or this week's recipe.		
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.		
CHERRY & SLICING TOMATOES	countertop	no
Finally, we are seeing some color on the tomato plants. Store on your countertop as tomatoes get mealy if kept in the fridge.		
RED BEETS	yes	yes
Summer beets are here! Delicious boiled, peeled, and tossed with oil and vinegar.		
HUNGARIAN HOT WAX PEPPER	yes	yes
HOT pepper that is neon yellow, long and pointed.		
GARLIC	countertop	no
The garlic has finished curing, so you will see a bulb in your box each week. Yum!		
GREEN & WAX BEANS	yes	yes
In a cloth bag made by Megan's Grandma Joan. Please return with your CSA box.		
CILANTRO	yes	yes
An aromatic fresh herb that is wonderful paired with tomatoes, garlic, cucumber, olive oil, and lemon/lime juice and some diced hot pepper for a little kick.		

Recipes

Broiled Eggplant with Cilantro Marinade

From your box: Eggplant, Cilantro, Garlic

Peel eggplant and slice lengthwise about 3/8 inch thick. (Optional step: if you want to remove bitterness: Sprinkle with sea salt and let stand one hour. Rinse and pat dry.) Place on a well-oiled cookie sheet and brush half the marinade on top of slices. Broil until golden, turn, brush other side with remaining marinade and broil again.

CILANTRO MARINADE

Mix together:

- 1 bunch cilantro, chopped
- juice of one lemon
- 3 garlic cloves, minced
- ½ cup extra virgin olive oil
- ¼ teaspoon pepper
- Pinch of salt

Adapted from <http://farmfoodblog.com>



Above: Our car full of wedding flowers.

Below: Watermelons are getting bigger by the day.

Potatoes with Green Beans and Garlic

From your box: potatoes, garlic, green beans

- 3/4 pound green beans, trimmed and broken in half
- 1 pound red potatoes, scrubbed and cut in 2-inch wedges
- 2 tablespoons extra virgin olive oil
- 2 to 3 garlic cloves, minced
- Salt and freshly ground pepper to taste
- 2 hardboiled eggs, diced (optional)

1. Steam the green beans above 1 inch of boiling water for four to five minutes until tender. Remove from the steamer, and rinse with cold water. Set aside. Add the potatoes, and steam for 10 to 15 minutes until tender.

2. Heat the oil over medium heat in a large, nonstick skillet. Add the garlic, and cook for a minute or so until the garlic is fragrant. Add the beans and cook, stirring, for three minutes until quite tender and coated with oil (but still bright green).

3. Gently stir in the potatoes, and add salt and pepper. Cook, stirring, until they begin to color lightly. Scatter the diced hard-boiled eggs over the top, cover and turn heat to low. Cook another three minutes. Serve hot or warm.

Adapted from <http://www.nytimes.com>

