



**CSA Newsletter**  
**Week Eleven**  
**28 August 2013**

**ALL THE HEAT IN ONE WEEK**

Boy are we glad that we aren't vendors at the Minnesota State Fair! By no means are we taking the entire week off, but it is nice to set our own schedule on these scorching hot days. The veggies are going bonkers, growing noticeably larger each night that the temperatures are in the 70s. It is about time as it is not unreasonable to expect a frost in a few more weeks. Needless to say, we could really use some rain, but with this being the third year in a row with very little precipitation after July, one has to wonder if this will be a continuous trend.

**ONION HARVEST 2013**

Onions are one of the first things to get transplanted in the spring. This year of course, they endured a very wet May and June followed by cool weather and little natural moisture beyond us irrigating. It is no wonder that the poor onions didn't just give up and call it quits a long time ago.

After pulling the onions this week, we are happy with the harvest given the circumstances of the season. There is a mix of decent sized onions and then many that did not size up as they normally would (although still good). Soon, the onions that are curing in the field will go to the greenhouse to finish forming the papery skin that helps them store for months at a time.

We heard a few years back that if the layers of the onions are thick, the winter will be cold and rough. Last year, the layers were thick, and winter certainly was long. We are noticing the same trend this year, so we will see what the weather in the coming months will bring.

There is a **special sweet treat** in your box this week: cantaloupe. We suggest storing your melon in the refrigerator until you cut it unless you plan on eating it within the next day or two. The hot weather encouraged the cantaloupe to ripen quickly, and we have done our best to get them out of the field and into the walk-in cooler so they are not overripe. It is best to eat your melon sooner rather than later in order to enjoy it at peak flavor.

**A NOTE ON TOMATOES AND PEPPERS:** This year's crop of tomatoes and peppers are not the greatest. This is partially due to the cool summer causing the plants to put on a decent amount of fruit but not a lot of foliage. As a result, both tomatoes and peppers have some soft spots and sun scald. We recommend that you use them right away unless they are firm enough to last a couple days on your countertop.

Enjoy this week's harvest.

Your Farmers,  
*Megan and Adam*

**SAVE THE DATE: CSA MEMBER TOUR AND POTLUCK SEPTEMBER 22<sup>ND</sup> 4-6PM**

**In Your Box This Week:**

	Where does it go?	
	Fridge?	Plastic Bag?
<b>BROCCOLI</b>	yes	yes
The hot weather has the fall broccoli growing by leaps and bounds.		
<b>FRESH RED ONION</b>	yes	yes
Onions this season are strong, so if using raw, consider using less. Cooking mellows the potency.		
<b>SUMMER SQUASH and ZUCCHINI</b>	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. Delicious in this week's recipe.		
<b>CUCUMBERS</b>	yes	yes
Try slicing and adding to your water. Also, click on this link to check out last year's recipe for <a href="#">Tzatziki</a>		
<b>GLOBE or STRIPED EGGPLANT</b>	countertop	no
Store on your countertop and use within the next couple of days. Try this week's Grilled Vegetable Pasta Salad.		
<b>CARROTS</b>	yes	yes
These orange beauties are back just in time for the start of school.		
<b>CHERRY &amp; SLICING TOMATOES</b>	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.		
<b>CELERY</b>	yes	yes
Not your grocery store mild celery. This has a strong flavor that is still great for dipping, garnishing Bloody Marys, and using in soups or stews. VERY important to store in a plastic bag. Try this week's Celery Stir Fry.		
<b>BELL and HOT PEPPER</b>	yes	yes
Green or with a little color. The hot nights are helping the peppers turn but it will be a week or two before we start seeing fully colored peppers. The hot pepper is a jalapeno.		
<b>GARLIC</b>	countertop	no
The garlic has finished curing, so you will see a bulb in your box each week. Yum!		
<b>GREEN BEANS</b>	yes	yes
In a cloth bag made by Megan's Grandma Joan. Please return with your CSA box.		
<b>CILANTRO</b>	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.		
<b>CANTALOUPE</b>	yes	no
We harvest melons ripe, so if you are not eating them right away, store in the fridge. Once cut, also store in the fridge.		

# Recipes

## Simple Celery Stir Fry

*From your box: Celery*

### INGREDIENTS

2 Tbsp canola oil or light sesame oil  
3 dried chile peppers, broken in half  
4 cups julienned celery  
1-2 Tbsp soy sauce (to taste)

### METHOD

Heat the oils and chiles in a wok or frying pan over high heat for 90 seconds, or until the chiles become fragrant and the seeds sizzle. Add the celery and stir-fry for 3 minutes. Add the soy sauce and stir-fry one more minute. Serve hot or at room temperature.

**Yield:** Serves 6 as a side dish.

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



Above: Onions curing in the greenhouse.

Below: Adam testing a yellow watermelon.

## Grilled Vegetable Pasta Salad

*From your box: pepper, eggplant, zucchini/squash, tomato, garlic, red onion*

Grill the following vegetables after brushing them with a little olive oil and balsamic vinegar:

Zucchini, Eggplant, Bell pepper, Yellow Squash

Chop up tomatoes and fresh basil. Cook your favorite pasta and rinse with cold water.

Make a balsamic dressing with 2 T balsamic vinegar, ¼ cup olive oil, 1 clove minced garlic, 2 T minced red onion, 2 tsp Dijon mustard, chopped basil, salt, and pepper. Whisk everything together and season to taste.

In a big bowl add the pasta, grilled veggies, and basil. Stir. Pour dressing over pasta and veggies. Stir and add more until the pasta is well coated. Top with feta cheese. Serve cold.

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

