



CSA Newsletter
Week Eight
06 August 2014

In Your Box This Week:

	Where does it go?	
	Fridge?	Plastic Bag?
CUCUMBERS	yes	yes
Cool and refreshing on hot summer days. Try them on a sandwich with cream cheese or halved long ways with a dash of coarse salt.		
SUMMER SQUASH/ZUCCHINI	yes	yes
Try this week's recipe for Lemony Ricotta Summer Squash Galette.		
WALLA WALLA ONIONS	yes	no
These little onions are great for grilling whole or sliced lengthwise. Sweet in flavor, they are also wonderful sautéed and put on burgers, in casseroles, and on pizza. Because they are fresh onions, they need very little or no peeling.		
RED and GOLD BEETS	yes	yes
We have had an outstanding beet crop this year. Everyone has a mix of red and gold this week and both have beautiful greens that can be cooked like chard.		
GREEN PEPPER	yes	no
We are starting to see more peppers on the plants and try to encourage new growth by taking off some of the early fruit set.		
HOT PEPPER	yes	yes
There is one small hot pepper—either a green jalapeno or a yellow Hungarian Hot Wax.		
SWISS CHARD	yes	yes
Try this week's recipe for chard and potatoes. Add sausage or an egg to round out the meal.		
NEW POTATOES	no	no
From Threshing Table Farm. Please see additional notes in the newsletter.		
GREEN BEANS	yes	yes
From Threshing Table Farm. Please remember to return your cloth bag next time you get a box.		
GARLIC	yes	yes
The garlic harvest was superb this year. It has not quite finished curing yet, so the individual cloves might not have their papery skin. Some peeling will still be required.		
EGGPLANT or TOMATO	no	no
The first few eggplant s and tomatoes are ripening, so you will have one or the other. The eggplants are a small striped variety called Calliope.		

NO VAMPIRES AT OUR HOUSE

We have had quite the perfect farm week: very productive with just the right amount of moisture to top it off. Megan's parents made their annual trip out from New Hampshire, and this year, they were delighted to spend time on the ground playing with Edith instead of with the weeds. We were also happy to get some time to work on the farm without Edith and even enjoyed a wonderful dinner at the Nova to celebrate our anniversary while Grandma and Pop babysat.

Among the many tasks that were completed this week was the final planting of the fall broccoli and cabbage. We have one last transplant day left, and after that, any new crops going in the ground—spinach lettuce mix, radishes, and turnips—will be direct seeded. This is always a celebratory time. Thousands of plants go in the ground every season, and it is nice to take a break from transplanting and just focus on plant care.

Adam spent some time working with Belle this week to prepare some fields used this spring for cover crops of oats and peas. We plant cover crops after we harvest a field of vegetables to protect the soil and decrease weed populations. Cover crops also add and sometimes recover nutrients in the soil and help build up organic matter. It was lovely to receive rain on Sunday night to water in the seeds and aid germination.

Perhaps the most exciting and rewarding part of the last week was the 2014 garlic harvest. It was a beauty! The entire family was out in the field helping: Adam dug, Megan pulled, Megan's parents piled the bulbs into the cart and laid them out to cure in the green house, and Edith directed us all to "work faster!" The bulbs this season are beautiful and plentiful, so we hope to give garlic for most of the rest of the season. We grow three varieties of garlic, and this week you will receive a large type called Porcelain—some of which were the size of a fist. [Click here to see our latest website Farm Update to view photos.](#)

HARVEST NOTES

We are starting to see some tomatoes turn and in an attempt to encourage more, we picked the ones that were close to red. They are just some small fruits that may need a day or two on your countertop to finish turning red (the same goes if you have cherry tomatoes). We were not able to get enough for every box this week, but plenty more are on the way in coming weeks.

You might notice some of the cucumbers are a little misshapen. This is related to pollination issues as the plant is starting to produce fruit. Eventually the bees and plants figure things out and the cukes will straighten out.

A NOTE ABOUT POTATOES

After losing potatoes to rot last year, we made the decision before this season started to purchase potatoes for the CSA instead of risk losing another planting in what we figured would be a late spring. Sure enough, the cold, wet conditions of the past couple of months would have meant another crop failure this year. Threshing Table Farm, a CSA farm in Star Prairie and friends of ours, grow extra potatoes and agreed to grow enough for Sweet Top Farm this season. These new potatoes are the first of the season. The skins are very soft (do not peel them) and "slip" if you rub them. They are sweet and tender and a welcome treat in the box this week.

Enjoy this week's harvest!

Your Farmers,
Megan, Adam, and Edith

Recipes

Lemony Ricotta Summer Squash Galette

From your box: Zucchini and Summer Squash, Garlic

2 medium zucchini and/or yellow summer squash, thinly sliced (2 1/2 cups)
Salt
1/2 15 ounce package rolled refrigerated unbaked piecrust
3/4 cup ricotta cheese
1/2 cup grated Parmesan cheese
1/4 cup shredded mozzarella cheese
1 clove garlic, minced
1 tablespoon olive oil
2 teaspoons finely shredded lemon peel
1 tablespoon lemon juice
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 egg yolk

Directions

1. Sprinkle zucchini lightly with salt. Transfer to a colander; drain for 15 minutes. Pat dry with paper towels. Preheat oven to 400 degrees F.
2. Meanwhile, on a large piece of lightly floured parchment paper, roll pie dough to a 12-inch circle. Transfer parchment and dough to a large baking sheet; set aside.
3. For ricotta filling, in a medium bowl whisk together ricotta, Parmesan, mozzarella, garlic, 1 tsp. of the olive oil, lemon peel, lemon juice, salt, and pepper. Using a spatula, spread over dough, leaving a 1 1/2 inch border. Top with squash rounds. Drizzle with remaining olive oil. Gently fold over pastry edge, pleating as necessary.
4. In a small bowl whisk egg yolk and 1 tsp. water. Lightly brush pastry edges with egg mixture. Transfer galette to oven. Bake 35 to 40 minutes or until edges are golden brown. Sprinkle with dill weed, if desired. Serve warm or at room temperature.

Adapted from Better Homes and Gardens

Swiss Chard and Potatoes

From your box: chard, potatoes, garlic

1 Pound Swiss Chard (Or Other Greens - See Notes Above)
1 Pound Potatoes, Peeled & Cut Into Quarters
1/4 Cup Extra Virgin Olive Oil
4 Large Garlic Cloves, Peeled & Minced
Fine Sea Salt & Cracked Black Pepper
1/2 to 1 Teaspoon Red Hot Pepper Flakes

Wash the chard and trim the stems, then cut the stems into 1 inch pieces. Fold the leaves together, and cut into 1/2 inch strips. Bring a large pot of salted water to a boil then add the potatoes and cook until just almost tender, about 20 minutes. Add the stems from the chard and cook another 10 minutes, then add the leaves and cook until wilted. Drain the potatoes and chard very well in a colander. In a large heavy skillet, heat the oil over medium heat and add the garlic. Season the oil with salt and pepper and add the red pepper flakes. Add the Swiss chard and potatoes, then cook over medium heat, stirring often, and mashing the potatoes gently as they cook, for about 8 minutes. Taste, and adjust seasonings as needed, then serve warm.

Sweet Top Farm LLC - www.sweettopfarm.weebly.com - 507.923.6251 - sweettopfarm@gmail.com

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

Other recipes on our website using vegetables from this week's box:

[Chocolate Beet Cookies](#)

[Tzatziki](#)

[Cucumber Salad](#)

[Mashed Potato Cakes with Onions and Kale \(substitute Chard\)](#)

[Chocolate Chocolate Chip Zucchini Cake](#)

Eat Well, Feel Great!



Two thirds of this year's garlic harvest curing in the greenhouse.