



Sweet Top Farm

CSA Newsletter, Week 4 July 11, 2012

In your box this week

Beets: This is a variety called Chioggia that is striped like a peppermint candy on the inside. Great roasted with olive oil, salt, and pepper or boiled and topped with butter

Broccoli: Just a few side shoots to put in a salad or a sauté. Be sure to use these soon for best flavor

Carrots: The first carrots of the season.

Eggplant: Megan's favorite! If you aren't sure what to do with these purple beauties, try one of this week's recipes.

Kohlrabi: Weird looking? Yes. Delicious? Definitely! While the leaves are edible, the bulb is the really good part. Peel, coarsely chop, sauté in sesame oil and soy sauce until tender, and put on top of rice.

Napa Cabbage: A mild, sweet tasting cabbage that has leaves that are more like head lettuce than a typical cabbage. Try this week's recipe for napa cabbage salad.

Salad Mix: A big bag with a nice variety of lettuces for salad and sandwiches. While we wash this mix, you will need to wash it again before eating.

Scallions (aka green onions): Quickly becoming Megan's favorite thing to incorporate into every dish: salad, pasta, paninis...

Summer Squash and Zucchini: Great grilled! Try this week's Panini recipe

Slicing Tomato OR Mixed Cherry

Tomatoes: Just a teaser taste of tomatoes from the greenhouse to make it really feel like summer

Basil and Oregano: Add a bit of summery flavor to your meals and marinades. See this week's recipes for some ideas. NOTE: We do not wash your basil and recommend you do just before you use it

Sweet Relief!

After last week's scorching heat, the 80 degree days have been downright pleasant. Add to that a little rain over the weekend and things are looking great. We noticed many green tomatoes while staking the plants on Friday and found the first softball sized watermelons while weeding between the vines. Soon, there will be cucumbers galore as well as some new potatoes. You may notice that the contents of your box are getting more colorful as this week includes the first eggplant and baby carrots.

We harnessed up Belle on Tuesday morning, and she cleared out most of the weeds that sprouted up after this heat wave. Some crops are starting to get big, making it difficult to get Belle between the rows. We also learned that she likes to chomp off the tassels on the sweet corn as she walks through which means we will have to weed those by hand now, much to Belle's disappointment.

Basil for Pesto

There is nothing better in the middle of winter than pesto pizza or pasta with pesto and bacon. We make several ice cube trays worth of pesto and once frozen, have individual servings of this versatile sauce whenever we want it. We want you to enjoy the same and are now accepting orders for basil in bulk. You will receive one pound of basil (you have about 1.5 ounces in your box this week) and a pesto recipe for \$10. This will be on a first come, first served basis for as long as we have basil available. If you e-mail us an order by Monday, we will put it in your CSA box the following Wednesday. Stay tuned for more bulk purchasing opportunities for your canning needs.

Volunteer Opportunities

We welcome and encourage our members to come and help out on the farm for a morning or afternoon. This is a great time to learn about our farming practices, chat with us and other members, and enjoy getting a little dirty. There are usually opportunities to volunteer on Tuesdays and Thursdays, so please e-mail or call us if you are interested: sweettopfarm@gmail.com/507.923.6251

Enjoy this week's harvest! -Megan and Adam

Recipes

Find these and other recipes on our website under "CSA Newsletters & Recipes"

Grilled Eggplant

From your box: eggplant, basil and/or oregano

Slice eggplant horizontally in 1/4 inch thick pieces. Brush both sides with olive oil, salt, and pepper. Grill 5-10 minutes until tender, brushing with extra oil to prevent sticking. In a bowl, toss together eggplant, basil/oregano, and feta cheese. Serve as a side or as a topping for a salad with fresh sliced tomato.

Napa Cabbage Salad with Carrots

From your box: napa cabbage, carrots, lettuce, scallions, basil

This recipe is also good with *cooked* napa cabbage. Thinly slice the napa cabbage and lettuce leaves. Shred or chop up a couple of carrots. Finely slice 3 scallions. Coarsely chop 10 basil leaves. Combine all of these ingredients together.

Whisk together 1/4 cup rice wine vinegar, 1 tsp sugar, 1/4 tsp salt, and 1/4 cup peanut oil. Toss dressing with the salad and top with peanuts.

Adapted from Local Flavors by Deborah Madison

Summertime Panini Sandwiches

From your box: squash/zucchini, tomato, eggplant, basil

Slice eggplant and squash horizontally into 1/4 inch thick pieces. Heat olive oil in a large skillet and add eggplant and squash in one layer flipping frequently until soft but not mushy. Set aside.

Using your favorite bread (we like sourdough or a crusty artisan bread), layer cheese (such as mozzarella or provolone), sliced tomato, coarsely chopped basil leaves, eggplant, and squash. Place sandwiches in the skillet (or Panini maker) over medium heat, flipping once the cheese starts to melt and the bread is toasted. Serve with a side salad for an easy dinner everyone will love.

Produce Storage Recommendations:

Summer Squash does not like really cold temperatures. Plan to eat it sooner than zucchini to enjoy it at its best

Basil and Tomatoes should not be refrigerated (unless the tomato is cut). Basil will turn brown in cold temperatures, and tomatoes lose their flavor and become mealy.

Eggplant does not like cold temperatures, so keep it on your counter and eat it soon, or refrigerate for a short period of time.

The **other produce** in your box should be stored in a plastic bag or container in the refrigerator.