



SWEET TOP FARM

CSA Newsletter
Week Five
16 July 2014

In Your Box This Week:

	Where does it go?	
	Fridge?	Plastic Bag?
BEETS	yes	yes
Red, Chioggia (striped, light pink), and/or Gold Beets. Wonderful roasted, boiled, or braised. The greens are also edible and are great sautéed with olive oil and balsamic vinegar. This will be the last of the beets for a while.		
GREEN GARLIC	yes	no
This is fresh garlic, not cured, which is what you will get from us later in the season when the skin has turned papery. It will need to be stored in the fridge until used up, and is quite strong—a little goes a long way!		
ROMAINE LETTUCE	yes	yes
A new succession of lettuce, and this romaine is very tender and a beautiful green. The salad days are about over until later in the season, so enjoy them while they last.		
BABY BOK CHOY	yes	yes
Delicious in stir-fries, halved lengthwise and roasted or grilled, or try using the stems as scoops for hummus. Try this week's recipe.		
GREEN or RED LEAF LETTUCE	yes	yes
A smaller head. Tired of salads? Try last week's recipes for Lettuce Wraps .		
SCALLIONS	yes	yes
A wonderful addition to just about anything. Great in this week's recipes for Lettuce Wraps. Use the whites and the greens, cooked or raw.		
FARMER'S CHOICE	yes	yes
We have just a little bit of broccoli, napa cabbage, and kohlrabi, so you will find one of them in your box. We hope to have more broccoli in the coming weeks.		
GREEN BEANS	yes	yes
From Threshing Table Farm, a CSA farm in Star Prairie, WI.		

COUNTING OUR BLESSINGS

On our way up to Amery, WI for a farmer potluck, we passed a sign outside of a church that said, "Count your blessings, not your problems." We had just been discussing some of the issues around the farm and speaking bitterly about the 2 inches of rain we got the day before. After reading the sign, we continued on in silence for a minute or so only to be broken by a playful chirp from Edith (our sweetest blessing). Those words are such a good reminder to stay focused on what good things are happening right now. While it is true that the weather has been a source of some stress in our household, there are many things that have been quite successful this year. And, with sunshine and warm temperatures in the forecast, the crops that are growing slowly will likely catch up to where they need to be in another week or two. We are blessed to have farmer friends to share a meal with, family to make us laugh and smile, and supportive CSA members that tell us how much they are enjoying the experience of being a part of Sweet Top Farm.

EATING WITH THE SEASONS

You know that when you start dreaming about harvesting summer squash and eating green beans, your body is telling you that it is craving a bit more variety beyond salads and kale. For those of you that are new to the CSA, the month of July is a transition time on the farm when items in the box shift from lots of leafy greens to summertime favorites such as cucumbers and zucchini. With record rainfall and cool temperatures, that transition is taking a bit longer than usual. We have spotted several zucchini, summer squash, and cucumbers that are about an inch or two long, and with more seasonal temperatures coming this weekend, we hope to have some in the box next week.

FLOWER SHARE AVAILABLE

Last year, we started offering a CSA Flower Share as an add-on to the vegetable CSA. We grow a variety of flowers for bouquets, and they are now showing their sunny blooms. It is wonderful to walk in the field and see the bright colors of Zinnias and Sunflowers (especially when we experience fall temperatures in July!). We want to share the beauty with you again this season. This year, the flower share will be eight weeks starting Wednesday, July 23rd and ending September 10th. The cost of the share is \$100, and bouquets are delivered to your dropsite with your CSA box. If you are a half share member, you will receive flowers every week and are responsible for going to your dropsite to pick them up. We have 10 shares available on a first come, first served basis. Email us today if you are interested as this is a popular share.

A NOTE ABOUT THE GREEN BEANS

This week you will find a cloth bag of green beans in your box. These beans were harvested from Threshing Table Farm, a CSA farm in Star Prairie, WI. Many farmers around the region are experiencing difficult growing conditions this season, Sweet Top Farm included. Unfortunately, our first succession of green beans was a loss due to the torrential downpours we have been having, and our friends Mike and Jody happen to have an overabundance of beans this week. Since it is likely that we won't have beans for a few more weeks, we took them up on their offer to pick the extras. Enjoy this delightful taste of summer! Remember that the cloth bag they are in is handmade by Megan's Grandma Joan and should be returned with your CSA box next week.

**Don't forget
to return
your cloth
bag!**



Enjoy the harvest!

-Megan, Adam, and Edith

Recipes

Bok Choy with Peanut Sauce

From your box: Bok Choy, Scallions, Garlic

In a small bowl, whisk:

- 1 T brown sugar
- 1 ½ T tamari or soy sauce
- 1 T fresh lime juice
- 2 T natural peanut butter
- ¼ tsp crushed red pepper
- 1 garlic clove, minced

Wash bok choy and chop in to chunks. Sauté over medium heat in 1 tablespoon of sesame oil until tender crisp. Pour sauce over and heat through. Serve over rice or pasta and top with chopped scallions. Other great additions include Napa Cabbage, Broccoli, and Kohlrabi.

A recipe from Megan's sister Alison Good

Romaine Salad with Balsamic Beets

From your box: Romaine Lettuce, Beets

Wash and trim the stems on the beets. Place in a pot and cover with water. Bring to a boil and then simmer until beets are easily pierced with a fork. Drain and let cool for 10 minutes. Skins should easily peel off with your fingers.

Slice beets into a salad bowl and add 2 tablespoons of balsamic vinegar, 3 tablespoons of olive oil, a pinch of salt and some fresh ground pepper, and chopped fresh basil. Let marinate 10 to 30 minutes. Thinly slice romaine leaves and toss in bowl with beets. Top with feta or goat cheese. Serve immediately.

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

[Balsamic Beets with Greens](#)

[Sugar Snap Peas with Thyme](#)

[Beet Salad](#)

[Bok Choy with Coconut Lime Dressing](#)

[Quick Pickled Dilly Beans](#)

Eat Well, Feel Great!



CSA Member and Budding Farmer Zoey LOVES kale—yep, she is eating it raw!