



# SWEET TOP FARM

**CSA Newsletter**  
**Week Thirteen**  
**10 September 2014**

### In Your Box This Week:

	Where does it go?	
	Fridge?	Plastic Bag?
<b>CUCUMBERS</b>	yes	yes
The cukes are going out with a bang—3 nice ones. This is likely the last week for these summertime pleasers.		
<b>ZUCCHINI or EGGPLANT</b>	yes	yes
The last of both of these crops as we transition to fall veggies.		
<b>YELLOW and RED ONIONS</b>	no	no
These should store well, so don't worry if you don't use them up in a week.		
<b>SCALLIONS</b>	Yes	yes
A new succession that is smaller but equally as delicious! Remember you can use the entire onion—greens and whites.		
<b>PEPPERS</b>	yes	yes
All SWEET peppers this week including the pointed Carmen pepper.		
<b>CELERY</b>	yes	yes
Remember, you can chop and freeze for use in soups, stuffings, and sauces if you don't need it all right now. Try this week's recipe for Orzo Salad.		
<b>SATINA POTATOES</b>	no	no
Potatoes are back for soups and roasting in the oven. Comfort food during this cold snap. From <a href="#">Threshing Table Farm</a> in Star Prairie, WI		
<b>GARLIC</b>	yes	yes
The garlic harvest was superb this year. This is a variety called Veronica that has a rich and oily full-bodied flavor.		
<b>TOMATOES</b>	no	no
We pick tomatoes with a variety of ripeness so that you have some over a longer period of time. Our second succession of red and gold slicers is nice with few cracks and good size. This is the last week for cherries.		
<b>BROCCOLI</b>	yes	yes
While we try to pick off any green caterpillars, some elude us. Soak in salty water or wash well to get rid of any hitchhikers.		
<b>RADISHES</b>	yes	yes
Oh, it has been a while since we have had such beautiful radishes. They have a bit of a kick and are the perfect addition to salads of all sorts—lettuce, potato, cucumber...		
<b>LETTUCE MIX</b>	yes	yes
A beautiful bag of greenery. Perfect for a salad with all the other fixings from the box. Remember that while we wash it, you should wash and spin again before eating.		
<b>CILANTRO</b>	yes	yes
With the cool, wet weather, the cilantro crop was a bit of a bust this year. Luckily, we were able to get in a bunch with the last big batch of tomatoes. It isn't too late for salsa!		

## THE YEAR OF THE ALLIUM

I write this as the rain falls steadily on this chilly September morning. As I harvested cucumbers this week, I found myself thinking, "I'm not ready for these to be done yet." It is inevitable though, with temperatures dropping into the 40s at night now, the cukes will just stop producing anything worthwhile and the plants will continue to die back. Where did the summer go? Yet, just as I craved summer squash and greens in the early part of the season, potato leek soup (easy and delicious [recipe here](#)) and vegetable stew is what I want now. Yes, I am such a farm geek that my stomach even prefers to eat in season.

What better vegetable to go into hot dishes on cold nights than the functional onion? We harvested quite a crop of large, beautiful onions on Sunday afternoon, a bit later than usual but the darn things just wanted to keep growing. Typically, we wait to harvest until about 75% of the onions greens have flopped over. This year, we had to help them along by knocking the greens down. It gets to a point in the season when we can't wait any longer to harvest onions since they need to cure in the greenhouse to form papery skins and dry to increase storability. With such an abundant crop this year, you will have plenty of onions in your box in the coming weeks.

The last few weeks we have been seeing lots of Monarch Butterfly activity: butterflies on the flowers, caterpillars crawling on milkweed, and a few chrysalises hanging on the undersides of things. This has been fun and encouraging to see given the recent decline of Monarch populations. Weather extremes, increased herbicide and pesticide use in conventional agriculture, a decrease in milkweed (also a result of more land being put into corn and soybean production), and disturbances in their winter habitat have brought Monarch populations to an all-time low. Throughout the season, we were careful to leave milkweed—the only plant the butterflies will lay their eggs on—instead of pulling it. Of our three years on this land, we have seen more Monarch caterpillars than any other season and hope that they have snuggled into their chrysalis by now to emerge soon as beautiful butterflies (hmmm, sounds a lot like [A Very Hungry Caterpillar](#)—one of Edith's favorite books).

## SAVE THE DATE—ANNUAL MEMBER POTLUCK

**October 4<sup>th</sup>, 3:30pm-5:30pm**

Enjoy this week's harvest!

Your Farmers,  
*Megan, Adam, and Edith*

**Click the  
Chrysalis to  
view the  
latest Farm  
Update.**



A Chrysalis hangs from the side of one of our buckets. It has since emerged as a beautiful butterfly.

# Recipes

## Orzo Salad with Celery, Radishes, and Cilantro

2 cups orzo (rice-shaped pasta)  
1 1/2 cups very thinly sliced celery (about 3 stalks)  
1 pint grape tomatoes, halved  
1 bunch radishes, trimmed, thinly sliced  
2/3 cup chopped fresh cilantro  
5 tablespoons olive oil  
4 tablespoons white or red balsamic vinegar  
1 cup (about 5 ounces) crumbled soft fresh goat cheese

Cook orzo in large pot of boiling salted water until tender but still firm to bite, stirring occasionally. Drain. Rinse under cold water; drain. Transfer to large bowl; add celery, tomatoes, radishes, and cilantro. Whisk oil and vinegar in small bowl. Season with salt and pepper and pour over salad; toss to coat. Season salad with salt and pepper. Fold in half of goat cheese. Sprinkle remaining cheese over and serve.

*Adapted from Bon Appetit*

## Broccoli Fries

1/2 - 1 head fresh broccoli  
1 garlic clove, peeled and thinly sliced (or 1 t. minced garlic)  
1-2 T. olive oil  
1/4 t. salt (Kosher or sea salt, if possible)  
freshly ground black pepper  
1 t. lemon juice  
2 T. parmesan cheese (omit if you cannot eat cheese)

Preheat oven to 425 degrees. Cut the broccoli florets from the thick stalks, leaving an inch or two of stalk attached to the florets. Toss the rest of the stalks. Cut the remaining pieces into finger-food size pieces. Wash the florets and thoroughly dry them with paper towels. Make sure they're 100% dry. If there's moisture, the broccoli will end up steamed and tender, not browned and crisp. Put the florets in a bowl and toss them with the garlic, salt and pepper and enough olive oil to coat each piece. Arrange the broccoli on a cookie sheet in a single layer. Roast for 20 to 25 minutes, until crisp-tender and the tips of some of the florets are browned. If they start to get too brown midway through cooking, flip the broccoli with a spatula to expose some not-brown parts. Remove from the oven and immediately toss with lemon juice and Parmesan.

*From our friends at Prairie Drifter Farm  
Adapted from babysavers.com*

## Quick Salsa

Chop 2 large tomatoes and place in small bowl with 2 tablespoons each of finely chopped red onion, sweet pepper, and cilantro. Mix in 1 tablespoon each of lime juice and cider vinegar. Season with salt and pepper. Serve with chips, fajitas, tacos, fish, eggs, etc. Keeps in the fridge for a couple of days.

## Eat Well, Feel Great!

Find other recipes on our website:

[www.sweettopfarm.weebly.com](http://www.sweettopfarm.weebly.com)