



SWEET TOP FARM

CSA Newsletter
Week Twelve
03 September 2014

In Your Box This Week:

	Where does it go?	
	Fridge?	Plastic Bag?
CUCUMBERS	yes	Yes
While the plants don't show many signs of slowing down, now that September is here, it is inevitable. Enjoy them while they last; it could be a long winter.		
SUMMER SQUASH and/or ZUCCHINI	yes	Yes
Just a couple as plant production is slowing down; try last week's recipe for Fritters . Yum!		
FRESH YELLOW ONIONS	yes	No
Because this is a fresh onion, it needs very little or no peeling.		
SCALLIONS	Yes	Yes
A new succession that is smaller but equally as delicious! Remember you can use the entire onion—greens and whites.		
BELL PEPPER	yes	Yes
Either an orange, yellow, or red bell pepper or red pointed Carmen (sweet)		
HOT PEPPER	yes	Yes
Either a green jalapeno or a yellow Hungarian Hot Wax		
LEEKs	yes	Yes
A versatile allium that can be used in anything calling for onions. Wonderful in soups and stews or frittatas and omelets. Use whites and light green parts and wash well.		
GARLIC	yes	Yes
The garlic harvest was superb this year. This is a variety called Veronica that has a rich and oily full-bodied flavor.		
TOMATOES	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. Also a nice pint of red and gold cherries.		
BROCCOLI	yes	Yes
This is the start of fall broccoli—enjoy!		
GREEN BEANS	yes	Yes
Tender and delicious! A summertime treat that is coming to end.		
LETTUCE MIX	yes	Yes
Just a little taste of what's to come. Remember that while we wash it, you should wash and spin again before eating.		
CANTALOUPE	Once cut	Container
We walk the beds every day hoping to find ripe melons. Slowly but surely they are turning. Not everyone will have one this week, but by next week we expect more. If you do have one in your box, you might need to leave it on your countertop for a day or two until more fragrant.		

MUD PIES FOR LUNCH

We consider it a successful day on the farm when Edith takes a nap when she is supposed to and plays contentedly by herself while we work. Recently, we discovered that Edith will stay put for a good 20 minutes or so if we plopped her in a black harvest tote with a few toys. By the time she is ready for a change of scenery, we are moving on to the next project. This past weekend, we were hurrying along trying to get some weeding done before the big rainstorms, and cheerful little Edith was enjoying her time with a few toys she had been meaning to catch up with. After some time had passed, I realized that it was a little quieter than usual. Calling out to Edith, she looked back at me with her "I'm probably doing something I shouldn't" face. Sure enough, she had two fistfuls of dirt and a dark ring around her mouth—mud pies for lunch!

This time of year always manages to sneak up on me. The first day of school puts me behind the wheel of a school bus crisscrossing the greater Hudson area with mostly happy kids on their way back to school. I even saw a few Sweet Top Farm members out at bus stops and riding bikes with kids on their way to school.

Out in the garden things are in full swing. This time of year finds us very busy trying to keep up with the harvest. Summer crops are still cranking and the fall crops are beginning to trickle in. These first few weeks of September find us scrambling to get everything—summer and fall—harvested in a timely manner.

A special thank you to our all-star hand-weeders Lois and Jacki who helped me weed 1200 row feet of carrots in less than two hours. It feels great to have that checked off the to-do list!

SAVE THE DATE—ANNUAL MEMBER POTLUCK October 4th, 3:30pm-5:30pm

The annual member gathering is a fun event for the whole family. We will tour the farm shortly after 3:30pm, spend some time relaxing and talking about the season, and enjoy a wonderful potluck meal together (last year there were some *fantastic* dishes). Many CSA members have children, so please bring the entire family as it is often the most fun for the younger members. We look forward to an evening with our biggest fans, and Belle and Edith are excited to get some extra attention too.

Enjoy this week's harvest!

Your Farmers,
 Megan, Adam, and Edith

Click Edith's picture to view the latest Farm Update on our website.



Recipes

Summer Vegetable Puttanesca

For the "noodles":

- 1 medium sized zucchini
- 2 medium sized carrots
- *you can also use yellow summer squash, daikon radish, cucumbers, etc.

For the sauce:

- 2 tablespoons olive oil
- 4 anchovies (omit if vegan or vegetarian)
- 2 garlic cloves
- 2 cups roughly chopped tomatoes
- 2 tablespoons capers
- pinch of sea salt (optional)

Garnish:

- 1 tablespoon hemp seeds
- 2 tablespoons thinly sliced basil
- ¼ cup chopped olives
- 4-5 cherry tomatoes, sliced in half

1. Use a peeler to peel the zucchini and carrots in long strips, discarding the pieces that are all skin. Once all the veggies are done, mix them together in a large bowl.
2. In a blender or food processor, combine the sauce ingredients, leaving it a little bit chunky.
3. Arrange the "noodles" on a plate or bowl, add the sauce and toss together, either completely mixed or leave the sauce as a drizzle over the top, it's up to you. You can also throw the noodles and sauce in pan and heat them up, to be as al dente or tender as you like. Add your garnish of choice and serve.

*Recommended by my cousin Tina Nandi
Adapted from Clean Eats by Dr. Junger*

Broccoli and Feta Pasta Salad

DRESSING

- 1 clove garlic, minced
- 1/4 teaspoon salt
- 1/2 cup buttermilk
- 1/4 cup low-fat mayonnaise
- 3 tablespoons chopped fresh oregano or 1 tablespoon dried
- 1 tablespoon distilled white vinegar

PASTA SALAD

- 8 ounces (about 3 cups) whole-wheat fusilli
- 2 cups chopped broccoli
- 1 3/4 cups halved grape or cherry tomatoes
- 1 15-ounce can chickpeas, rinsed
- 1/2 cup crumbled feta cheese
- Freshly ground pepper to taste

To prepare dressing: Mash garlic and salt in a medium bowl with the back of a spoon into a chunky paste. Add buttermilk, mayonnaise, oregano and vinegar; whisk until combined.

To prepare pasta salad: Cook pasta in a large pot of boiling water according to package directions. Drain, transfer to a large bowl and let cool. Add broccoli, tomatoes, chickpeas, feta, pepper and the dressing; toss to coat.

Adapted from Eating Well

How to Freeze a Tomato

Don't have time to eat all your tomatoes before your next CSA box (or the fruit flies) arrives? Wash your tomato and freeze it whole. When you are ready to use it, thaw, and the skin will slip right off. Best used in dishes that will be cooked. This also works great for cherry tomatoes.

Eat Well, Feel Great!

Find other recipes on our website:

www.sweettopfarm.weebly.com