



Camouflaged Tiger Salamander

Sweet Top Farm

CSA Newsletter, Week 14

September 19, 2012

In your box this week

Red Bok Choy: If baby bok choy is a kindergartener, the bok choy in your box is a middle schooler. While this bok choy has outgrown its baby stage, it is still very tender. The leaves and stems are edible. It is great sautéed in sesame oil or thrown in a stir fry.

Broccoli and Cauliflower: After a long wait, the cauliflower leaves opened up to reveal: *really tiny* cauliflowers. This is most likely related to fertility and water, but the taste was not compromised. Soak in salted water before cooking; any cabbage loopers (green caterpillars) should fall off.

Carrots: Our fall carrots are sweet and crisp—a perfect addition to lunch boxes.

Spicy Greens Mix: Eat raw or lightly cooked. Remember, we do an initial wash but recommend that you wash it again before eating.

Head Lettuce: Either romaine or green leaf lettuce and a dark burgundy head called Red Oakleaf. Store in a plastic bag or container in your fridge, and the lettuce will keep for a week or two.

Yellow and Red Onions: The onions have now formed the papery outer skins that make them good for storing, so you can keep the onions on your countertop.

Peppers: We evaded a frost on Tuesday night, but there is a possibility of frost this weekend which means the end for peppers (and the reason we included so many this week). A mixture of colored sweet bell and Italian peppers; also included are **2 jalapenos.**

Yukon Gold Potatoes: Whether boiled, roasted, or fried, there is no need to peel these potatoes. They are delicious treats skin and all.

Slicing and Heirloom Tomatoes: The plants are slowing down, and if we get a frost this weekend, that will be the end of the tomatoes. Enjoy the last of the bounty.

White or Scarlet Turnips: These salad turnips can be sliced thin and eaten raw, boiled whole and tossed with butter, or roasted alongside potatoes.

Herbs: Parsley and Oregano (bunched together)

World's Largest Land-Dwelling Salamander Visits Farm

While minding her own business washing vegetables for the farmers' market last week, Megan was startled by a quick crawling creature. After a little research, she found out that this 8 inch visitor is something very special: the world's largest land-dwelling salamander. The Tiger Salamander feeds on large insects and earthworms, even small mice! A day later, Megan found another one burrowing in the dirt by the kale so keep your eyes open for this critter at the farm gathering on Sunday—truly an amazing find. For more facts on the Tiger Salamander, visit: [DNR Tiger Salamander Facts](#).

This week's box includes a new sweet treat: fall lettuce. You might not associate "sweet" and "lettuce", but this is one of the delights of the season. Leafy greens such as chard, spinach, lettuce, and kale become sweeter as the temperatures drop and even benefit from a light frost. We were delightfully surprised that even with the fluctuations in temperatures this month, the greens are already producing sweet leaves.

On the other hand, the mixed greens in your box this week are what we call our "Spicy Mix." The hot spurts we experienced a few times this month contributed to the peppery and spicy taste of this mix (which includes greens such as mustard, arugula, tatsoi, and mizuna). As you might remember from the beginning of the season, you can eat these greens raw or slightly cooked. Check the website for this recipe from the first CSA box: [Spicy Greens with Caramelized Onions](#)

See you on September 23rd.

Enjoy this week's harvest! –Megan and Adam

REMINDER: E-mail us if you are interested in a one time delivery of an Autumn Share of storage crops. There are limited shares available and will be offered on a first come, first served basis.

Sweet Top Farm LLC
PO Box 36 Hudson, WI 54016
507-923-6251
sweettopfarm@gmail.com
www.sweettopfarm.weebly.com

Recipes

Find these and other recipes by clicking on the link below:

[CSA Newsletter and Recipes](#)

Cowboy Caviar

From your box: red onion, bell peppers

In a saucepan, combine ½ cup each of oil, sugar, and your choice of vinegar. Heat and boil 1 minute or until sugar dissolves and cool completely. In a large bowl, combine 3 cans of your favorite beans (black, kidney, pinto—you choose). Add 3 diced bell peppers (the more color the better) and 1 diced onion. Pour vinegar mixture over beans and peppers and stir to thoroughly coat. Cover and marinate overnight or for as long as possible. Drain off some of the liquid. Serve as a salsa with chips or with rice as a meal or side dish.

*Thanks to CSA member Jeanne Kinney
Adapted from Food.com*

Easy Tomato Soup with Toasties

From your box: tomatoes, oregano, onion

Peel, seed, and chop four tomatoes. Heat some olive oil in a saucepan and add one diced onion, cooking until translucent. Add tomatoes and 1 tablespoon tomato paste and bring to boil. Lower heat and simmer until thickened, 20-25 minutes. Puree in food processor and return to pot. Stir in 1½ cups milk and salt and pepper to taste. Reheat gently being careful not to boil.

For the herb toasties: Slice a baguette and top with parmesan and chopped oregano. Place under a broiler until cheese is melted (careful not to burn!).

Adapted from The New Mayo Clinic Cookbook

Synergistic Salad

From your box: carrots, parsley

Shred four carrots. Thinly slice an apple. Chop a 2-inch piece of ginger, 1 or 2 garlic cloves, and 1/3 cup parsley. Toss together. In a small bowl, combine 3 tablespoons lemon juice, 2 tablespoons olive oil, a pinch of cayenne, and ½ teaspoon salt. Mix into salad.

CAUTION: Very refreshing and addicting!

From our friends Justin Pollack and Kim Nearpass

*Let's Celebrate
the Season!*

**PLEASE JOIN US
FOR THE**

1st Annual
Sweet Top Farm
CSA Member Potluck

and

Belle's Sweet 16
Birthday Party

September 23rd

4:30-6:30pm

529 County Road U
Hudson, WI

Please bring:

**a potluck dish to share
(it does not have to
include vegetables 😊)**

**plates, utensils, cups,
and your beverage of
choice**

There will be a farm tour at 4:45. We will plan to eat dinner at 5:30 followed by a special dessert for Belle's birthday.

**Friends and Family
welcome**

please leave pets at home