



vegetable kebabs from August 1, 2009

Sweet Top Farm

CSA Newsletter, Week 7 August 1, 2012

In your box this week

Carrots: Nothing beats a fresh carrot!

Cipollini Onions: Wonderful quartered, tossed with olive oil, and roasted or grilled.

Corn: EAT YOUR CORN TODAY FOR THE BEST FLAVOR; otherwise, it gets starchy and loses its sweetness. Delicious raw or boiled for one minute. Seven ears (one is a backup in case you have a bad one)

Cucumbers: It is high harvest time for cucumbers. Try this week's recipe for Tzatziki.

Eggplant: Visit the website for recipes with eggplant or toss with pesto, walnuts, and gorgonzola.

Green Beans: Steam until bright green and top with olive oil and toasted almonds! Try this week's recipe for Quick Pickled Dilly Beans.

Peppers: Included this week are one purple pepper, one green bell pepper, and two **spicy jalapenos**.

New Potatoes: This is an early variety called Red Norland. New potatoes have soft skins and do not store as long as the potatoes you will get later in the season. Plan on keeping these in your refrigerator if you don't plan on eating them in the next couple days.

Red Cabbage: See our website for last week's recipe for homemade coleslaw or cut in chunks, toss with cider vinegar and sea salt, and roast at 400° until tender.

Scallions (aka green onions): Try using some sliced in your Tzatziki.

Summer Squash and Zucchini: Chop, throw in a grill basket with cipollini onions and eggplant, toss with olive oil, salt, and pepper, and grill until tender.

Slicing Tomato and Mixed Cherry Tomatoes: This week is a mix of tomatoes from the greenhouse and the field. Everyone gets a WHOLE pint of cherry tomatoes and three slicing tomatoes. The scarring on the slicing tomatoes is characteristic of heirloom tomatoes. Eat these first before they attract fruit flies.

Basil and Parsley for Pesto: This week we included a recipe for basil-parsley pesto. Typically, we make pesto with just basil. However, adding parsley gives the pesto great color and an extra boost of Vitamin C, iron, and calcium. Freeze extra or use it on everything from sandwiches to eggs to grilled veggies.

Dill: Fresh summer flavor! One of our favorites. Try this week's Quick Pickled Dilly Beans.

Farm-cation, Helping Hands, and Good Food

Before we moved back to the Midwest, we lived and gardened at 9,000 feet in the mountains for Colorado. Three years ago today, we were feeding 70 people local food at our wedding, most of which we made from scratch with help from family and friends. This is one of the moments that made us realize that sharing good food with great people might just be something we wanted to do for a living. About a year later, we pursued that dream by moving back to Minnesota to take a six month course called Farm Beginnings through the Land Stewardship Project.

Now, it brings us great pleasure to grow food for our CSA members and farmers' market customers. This time of year is especially wonderful with the farm's bountiful harvest: corn, cucumbers, squash, and tomatoes (slowly but surely turning shades of yellow, orange, and red). Colored peppers are not far off as we picked a red one this week and noticed several more changing. After two failed taste tests, we shared our first ripe watermelon with Megan's parents, and it was delicious. Cantaloupes are abundant, and we hope to be sharing these with you soon as well.

In this time of great quantity, we found ourselves asking what to do with the overabundance of vegetables such as cucumbers (we could easily just fill your box with cucumbers and nothing else—we have *that* many!). This week, we made the first delivery of 60 pounds of produce to a Hudson based organization called The Source run by volunteers to help community members in need. To read more about The Source and find out how you can help, visit www.thesourcehudson.com.

Speaking of lending a hand, Megan's parents were put to good use during their 9 day "farm-cation." Together, they have hand weeded a quarter of an acre, cultivated with Belle, harvested everything from basil to corn, packed two weeks of CSA boxes, and worked at the farmers' market. They might just need another vacation after this one is over. We've really enjoyed their visit and managed to complete this month's to-do list with their help. To see photos of their farm-cation, visit <http://sweettopfarm.weebly.com/farm-updates.html>.

Enjoy this week's harvest! –Megan and Adam

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](#)

Quick Pickled Dilly Beans

From your box: green beans, dill

Combine ½ pound trimmed green beans (your bag has just under 2 pounds in it) with ¼ cup chopped dill in a medium bowl. In a saucepan, combine 1 cup white wine vinegar, 1 cup water, 2 teaspoons each of sugar, salt, and pickling spice, and one peeled clove of garlic. Bring to a boil for one minute or until sugar and salt dissolve. Pour over bean mixture, let stand two hours, drain and serve. You can also let these continue to pickle in your refrigerator and eat over the next couple days. For a spicy change, add a chopped jalapeno to the saucepan before boiling.

Adapted from June 2012 edition of Cooking Light

Basil Parsley Pesto

From your box: basil, parsley

Makes 2 cups

½ cup raw walnuts
1 ½ – 2 Tablespoons chopped garlic
2 ½ cups basil leaves, lightly packed
2 ½ cups flat-leaf parsley leaves, lightly packed
¾ teaspoon sea salt
couple of grinds of black pepper
1 cup olive oil
½ cup grated parmesan cheese

Place walnuts and garlic in food processor fitted with steel blade. Process until finely chopped. Add basil and parsley leaves, salt, and pepper. With food processor running, slowly pour in olive oil through feed tube. Process until pureed. Add parmesan cheese and puree until well blended. Toss with pasta, add to sandwiches or vegetables, or freeze in ice cube trays for the winter.

Adapted from <http://pamelasalzman.com/basil-parsley-pesto/>

Tzatziki—aka: what to do with too many cukes

From your box: cucumbers, dill

Peel 2 cucumbers, slice in half lengthwise, and scoop out seeds using a spoon. Grate cucumbers using a cheese grater, place in colander, sprinkle with a tablespoon of salt, mix, and let sit for 30 minutes. Press to drain remaining liquid and pat dry with paper towel (this seems like a lot of work but is very necessary).

In a large bowl, mix together cucumber, 1 clove minced garlic, juice of one lemon, 1 tablespoon minced dill, and black pepper. Add 3 cups of Greek yogurt (the thicker the better) and stir. Taste and season as needed. Let tzatziki sit in the refrigerator for two hours to allow flavors to blend. Serve with pita, falafel, veggie sticks, etc. Try substituting mint for the dill. Keeps in refrigerator for 5 days; drain top liquid as needed.

Preserving the Harvest:

As the boxes become more bountiful with the summer harvest, you might find that you have leftover produce. If this is the case in your household, start preserving your harvest. Here are some ideas for this week's vegetables.

Herbs: Dry herbs by hanging them upside down in a cool place out of direct sunlight. When no moisture is left, rub between your fingers and store in a jar or bag.

Peppers: Slice peppers into strips. Blanch in boiling water for 2 minutes. Take out and put in ice water bath. Dry with a paper towel, divide into portions suitable to your needs, and freeze for the winter.

Summer Squash and Zucchini: Slice into rounds and freeze in a bag. Use during the winter for soups and casseroles.