



Sweet Top Farm

CSA Newsletter, Week 10 August 22, 2012

Uncle Adam takes Talen for a ride.

In your box this week

Cantaloupe or Watermelon: This has been a great melon year. While we harvest cantaloupe ripe, it will get a little sweeter if you let it sit on your countertop for a day or two. Once cut, both melons should be refrigerated.

Broccoli: Some of the first "fall" broccoli. The stems are also tender and slightly sweet, so cook along with your broccoli. Store in a plastic bag in the refrigerator until you are ready to use it.

Carrots: A yummy snack.

Celery: This is not your average store-bought celery. Wisconsin celery has an intense flavor and deep color. Leaves and stems are great for soups. Adam's favorite way to eat celery is called "Ants on a Log" and is most likely the reason we are growing celery this year. Wash the stem, load with peanut butter and raisins, eat and repeat.

Corn: EAT YOUR CORN TODAY FOR THE BEST FLAVOR; otherwise, it gets starchy and loses its sweetness. Delicious raw or boiled for one minute. Try this week's Corn and Tomato Pie.

Cucumbers: Try a few peeled slices in your water with sliced lemon, ginger, and mint. Visit the website for additional recipes using cucumbers.

Eggplant: A beautiful globe eggplant that is perfect for stuffing or in this week's Vegetable Stew.

Leeks: Some the season's first leeks. Try thinly slicing white and light green parts, WASH well (dirt gets trapped as they grow), and sauté in butter until soft.

Yellow Onions: While the outer skins are drying out, you might want to store these in the refrigerator if you don't use them right away.

Peppers: A mixture of colors and all are SWEET peppers.

Red Norland Potatoes: Try this week's Vegetable Stew—hearty and delicious!

Summer Squash or Zucchini: It has been a tough year for our squash and zucchini due to squash bugs and cucumber beetles. This might be some of the last squash that you get in your box this season.

Slicing, Heirloom, and Mixed Cherry Tomatoes: Lots of tomatoes! See page two for more information about the tomatoes in your box.

A mixed bunch of flavorful herbs: Cilantro, Dill, and Thyme

Gotcha Covered

With the fall-like days of the last couple of weeks, it is hard to remember that it is still August and not September. There is a noticeable difference in the fields: plant growth of all sorts (weed and vegetable) is slowing, leaves are changing, and the insects that pestered or protected us all season long show themselves less often. Needless to say, the contents of your box this week still very much reflects the summer season but with the first additions of fall vegetables.

Although there are still a couple months to go for vegetables farmers, we are enjoying a change of pace with the type of work that goes on at the farm. Last week, we pulled all of the onions out of the ground and put them in the greenhouse to cure. In week's past, the onions you received were considered fresh. Now, as the onions lay on tables in the warm, dry greenhouse, the outer skins will dry out making them more like the onions you buy at the grocery store and better for long term storage.

On Tuesday, we seeded the last of the fall spinach, arugula, radishes, and braising mix. This was the final planting of our first season—a little bittersweet but it feels good to be done planting this year's vegetable crops. As this part of planting ends, another begins: seeding cover crops. Adam spent most of Monday and Tuesday morning mowing, discing, and preparing sections of each field to be seeded down with winterkill oats and peas or rye and vetch. Cover crops protect the soil from erosion as well as replenish the nutrients that the vegetables have used up. In the long run, cover cropping maintains a healthier soil that grows better vegetables.

Here's another fun kid quote of the week from our nephew Talen who visited the farm for the first time and ate not one but two ears of fresh-picked raw sweet corn: "Wow, you guys are really good at growing this stuff." We're not sure if we can take all the credit, but it is pretty darn good!

Enjoy this week's harvest! —Megan and Adam

REMINDER: We have additional shares available for **canning tomatoes** that are perfect for making tomato sauce and salsa. We also have **salsa shares** available that include onions, peppers, cilantro, and tomatoes.

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Recipes

Find these and other recipes by clicking on the link below:
[CSA Newsletter and Recipes](#)

TOMATO-CORN PIE (for those of you who think you can't make a pie crust, YOU CAN!)

From your box: tomatoes, corn, thyme CRUST

3/4 cup whole-wheat flour
3/4 cup all-purpose flour
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
1/3 cup extra-virgin olive oil
5 tablespoons cold water

FILLING

3 large eggs
1 cup low-fat milk
1/2 cup shredded sharp Cheddar cheese, divided
2 medium tomatoes, sliced
1 cup fresh corn kernels
1 tablespoon chopped fresh thyme
1/2 teaspoon salt, divided
1/4 teaspoon freshly ground pepper

To prepare crust: Combine whole-wheat flour, all-purpose flour, 1/2 teaspoon each salt and pepper in a large bowl. Make a well in the center, add oil and water and gradually stir them in to form a soft dough. Wrap the dough in plastic and chill in the refrigerator for 15 minutes.

Preheat oven to 400°F. Roll the dough into a 12-inch circle on a lightly floured surface. Transfer to a 9-inch pie pan, preferably deep-dish, and press into the bottom and up the sides. Trim any overhanging crust. Line the dough with a piece of foil or parchment paper large enough to lift out easily; fill evenly with pie weights or dry beans. Bake for 20 minutes. Remove the foil or paper and weights. Let cool on a wire rack for at least 10 minutes or up to 1 hour.

To prepare filling: Whisk eggs and milk in a medium bowl. Sprinkle half the cheese over the crust and then layer half the tomatoes evenly over the cheese. Sprinkle with corn, thyme, 1/4 teaspoon each salt and pepper and the remaining 1/4 cup cheese. Layer the remaining tomatoes on top and sprinkle with the remaining 1/4 teaspoon salt. Pour the egg mixture over the top. Bake the pie until a knife inserted in the center comes out clean, 40 to 50 minutes. Let cool for 20 minutes before serving.

Adapted from [eatingwell.com](#)

VEGETABLE STEW (Too many CSA vegetables? Make this stew and freeze it for a delicious wintertime meal.)

From your box: onions, potatoes, carrots, celery, eggplant, zucchini or squash, broccoli, tomatoes, dill (optional: add chopped leeks and bell peppers)

In a large pot, sauté chopped onions, garlic, potatoes, and eggplant in some butter. When potatoes are tender, salt and pepper and then add sliced broccoli, carrots, and celery as well as 1/2 cup red wine. Steam until all vegetables are tender, and finally, add zucchini/squash, 3 Tbs. tomato paste, some diced fresh tomatoes, 3 Tbs. molasses, and some chopped dill. Cover and simmer over low heat for 20 minutes. Adjust salt and pepper and serve with a dollop of sour cream.

Adapted from [The Moosewood Cookbook](#) by Mollie Katzen

Holy Tomato!

The tomatoes are here! We grow a variety of tomatoes from the typical red slicing tomato to the flavorful, "ugly" heirloom tomatoes. It is best to keep your tomatoes on the countertop shoulder (stem end) side down and to eat the ripest tomatoes first. The heirloom tomatoes—which range in color from purple to yellow and orange striped—tend to have cracks on the shoulders that you can cut off or cut around. While these cracks are unsightly, heirloom tomatoes are renowned for their wonderful flavor and are delicious additions to sandwiches (especially BLTs) and recipes requiring fresh tomatoes.

What to do with too many tomatoes:

Here is a fantastic way to freeze tomatoes without too much work involved

(thanks to Turnip Rock Farm for the idea)

"If you find yourself overrun with **tomatoes** that are getting too ripe before you can eat them, try this trick that one of our long time CSA members passed on...Score the tomatoes with an x shape on the bottom. Remove the core by cutting in a cone shape around it. Put the whole tomatoes in a freezer bag. Put them in the freezer. When you want to use them in a soup or stew or sauce later in the season, simply pull the bag out, let them defrost. The skin will peel off easily when you run the tomato under some hot