



# SWEET TOP FARM

## CSA Newsletter Week Eleven 27 August 2014

### In Your Box This Week:

	Where does it go?	
	Fridge?	Plastic Bag?
<b>CUCUMBERS</b>	yes	yes
Cool and refreshing on hot summer days. Also, Edith's new favorite teether		
<b>SUMMER SQUASH and ZUCCHINI</b>	yes	yes
Try this week's recipe for Fritters. Yum!		
<b>FRESH YELLOW AND RED ONION</b>	yes	no
Because this is a fresh onion, it needs very little or no peeling.		
<b>SCALLIONS</b>	Yes	yes
They're back! A really fantastic addition to cucumber salad.		
<b>BELL PEPPER</b>	yes	yes
We are starting to see some color on the bell peppers, so here is a taste of what is to come.		
<b>HOT PEPPER</b>	yes	yes
Either a green jalapeno or a yellow Hungarian Hot Wax.		
<b>SWISS CHARD</b>	yes	yes
The fall planting is coming along. The leaves are still a bit small but tender and delicious. Try this week's recipe.		
<b>GARLIC</b>	yes	yes
The garlic harvest was superb this year. This is a variety called Krautini that has a balanced spicy garlic flavor and is great roasted.		
<b>TOMATOES</b>	no	no
We pick tomatoes with a variety of ripeness so that you have some over a longer period of time. Some have a few cracks, so eat those first. Also a nice pint of red and gold cherries.		
<b>EGGPLANT</b>	no	no
Only some of you will have a small eggplant.		
<b>GREEN BEANS</b>	yes	yes
Tender and delicious! A summertime treat.		
<b>DILL</b>	yes	yes
A tasty addition to cucumber salad or used in this week's recipe.		
<b>BASIL</b>	no	Yes or in cup of water like a bouquet
Do not wash until you are ready to use. A lovely herb to pair with tomatoes. Also a great addition to cucumber salad.		

## BIRD-WATCHING

The first gift Adam ever gave me was a pair of binoculars and a bird ID book. Since that day, we have enjoyed bird-watching together and now include Edith on our annual Mother's Day birding adventure. However, once the busy part of the farming season hits, birds take a backseat to planting, weeding, and harvesting. Every so often, one catches our eye. Earlier in the season, we saw a Bobolink on one of the fence posts trilling its pretty song. On our way to and from the farm, we have caught glimpses of a pair of Indigo Buntings—so beautiful. Birds really do hold a special place in our hearts—until something happens that stops us in our tracks.

It is always a joyous time of the season when the peppers start to change from green to red, orange, and yellow. Typically this signals the start of the school year and a change in the summertime lighting—an early entrance into my favorite season of the year. So happily, I walked through the rows of peppers counting off the number ready for this week's boxes when my eyes fell on a cherry red Carmen pepper with a hole in it. And then, another and a third. What!? Birds pecking peppers? Grrr! We were still able to get everyone a pepper with some color and did our best to make sure that Tweetie hadn't tried it first. Now, to keep the crows out of the cantaloupe...

## LONG RANGE FORECAST TIEBREAKER

As vegetable farmers in the summer and cross country skiers in the winter we spend a lot of time checking the forecast. We tend to be more concerned with the weekly weather report and not too focused on the long range forecasts that NOAA and the Farmer's Almanac come out with each season. However this week I heard both long term winter forecasts, and each predicted different weather. NOAA is predicting a milder winter, and the Farmer's Almanac is predicting another cold snowy winter. With the two differing forecast, what is one to do? Well, at Sweet Top Farm, we defer to our onions to make the final prediction. According to some, the thickness of an onion's skin is an accurate winter weather predictor. A thick skin means a cold snowy winter, while a thin skin means a milder winter. The 2012 and 2013 onions had very thick skins and winter was long, cold, and snowy. This year, the skins appear to be on the thinner side. We are placing our bets with NOAA's prediction, even though it might make for a shorter ski season

**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 4<sup>th</sup>, 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

## Recipes

### Zucchini Fritters with Feta and Dill

*From your box: Zucchini or squash, dill, scallions, garlic*

1 pound zucchini (about 2 medium), trimmed  
1 teaspoon salt  
2 large eggs  
2 scallions, minced  
2 tablespoons minced fresh dill  
1/2 cup crumbled feta cheese  
1 medium garlic clove, minced or pressed through a garlic press  
1/4 teaspoon black pepper  
1/4 cup corn starch or all-purpose flour  
1/2 teaspoon baking powder  
6 tablespoons olive oil  
Lemon wedges, for serving

Shred the zucchini on the large holes of a box grater or in a food processor fitted with the shredding disk. Transfer the zucchini to a fine mesh strainer and set over a bowl. Toss the zucchini with the salt and let it sit for 10 minutes. Wring all of the excess liquid out of the zucchini with your hands, then set aside.

Beat the eggs in a large bowl. Mix in the dried zucchini, scallions, dill, feta, garlic and black pepper. Sprinkle the corn starch and baking powder over mixture and stir until uniformly incorporated.

Heat 3 tablespoons olive oil in a large non-stick skillet over medium heat. Drop 2-tablespoon sized portions into the pan, then use the back of a spoon to gently press the batter into 2-inch-wide fritters. Pan-fry until golden brown on both sides, 2-3 minutes per side. Transfer the fritters to a paper towel-lined plate. Wipe the skillet clean with paper towels. Return the skillet to medium heat, add the remaining 3 tablespoons olive oil, and repeat with remaining batter. Serve warm or room temperature with lemon wedges.

*Adapted from <http://www.onceuponachef.com/>*

### Chard with Garbanzo Beans & Tomatoes

*From your box: Chard, tomatoes, scallions, garlic*

2 tablespoons olive oil  
1 clove garlic, chopped  
2 scallions, chopped  
1/2 cup garbanzo beans, drained  
salt and pepper to taste  
1 bunch chard, rinsed and chopped  
1 tomato, sliced  
1/2 lemon, juiced

Heat olive oil in a large skillet. Stir in garlic and scallions; cook and stir for 1-2 minutes, or until soft and fragrant. Stir in garbanzo beans, and season with salt and pepper; heat through. Place chard in pan, and cook until wilted. Add tomato slices, squeeze lemon juice over greens, and heat through. Plate, and season with salt and pepper to taste.

*Adapted from [allrecipes.com](http://allrecipes.com)*

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## 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.

### Eat Well, Feel Great!

Find other recipes on our website:

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