



summer vacation

# Sweet Top Farm

CSA Newsletter, Week 11 August 29, 2012

## 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. FYI: If you receive a watermelon, it will have yellow flesh.

**Mixed Beans:** A delicious mix of yellow wax, green, and burgundy beans (sadly, the purple beans turn green when cooked).

**Broccoli:** Fall crops are about 2 weeks ahead of schedule due to a burst of growth during the hot weather a few weeks ago, so enjoy the "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.

**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. Also great dipped in hummus or chopped up, tossed with red wine vinegar, olive oil, and feta cheese.

**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 Potato Salad recipe.

**Cucumbers:** The cucumbers are winding down for the season. Enjoy the fresh flavor while it lasts.

**Yellow 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 now.

**Peppers:** A mixture of colors and all are SWEET peppers. The plants are loaded with color now. See this week's preservation tips for ideas on freezing extras.

**Red Norland Potatoes:** Wonderful roasted with olive oil and salt or try this week's Summer Vegetable Potato Salad recipe.

**Slicing, Heirloom, and Mixed Cherry Tomatoes:** Lots of tomatoes! There were too many cherry tomatoes for one pint, so you will find those in a bag this week.

**A mixed bunch of flavorful herbs:** Cilantro (ROUNDED LEAVES, SMELLS SPICY), Parsley (POINTED LEAVES), Oregano (SMALL, TEARDROP-SHAPED LEAVES)

## Superior Sailing

We should know better than to think that the summer heat is long gone. While the hot forecast for the week sounds terrible, a little heat will help give a boost to the growing fall crops. Now, if only it would rain...

With only a week to go until Adam returns to driving school buses, we decided to take a little vacation from farming and visit friends in Washburn, Wisconsin. The weekend was full of fun: from sailing in the Apostle Islands to swimming in Lake Superior. It was great to get away for a couple of days and then return to see that the cover crops and final seedings of spinach and arugula that were planted last week had all germinated while we were away. Belle hardly seemed to notice we were gone as we let her back in to some of her favorite sections of pasture before we left and that is exactly where we found her Tuesday morning when we returned.

Due to the hot summer, many crops are a couple weeks earlier than we expected. Broccoli is a good example. The past couple of weeks, this one included, the broccoli has been forming big, beautiful heads at lightning speed. While we plant several successions of the brassica family (broccoli, cabbage, and cauliflower), the harvest may overlap and provide us with a bounty of broccoli a little earlier than expected. We hope you enjoy the taste of fall with your summertime vegetables.

**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. Other produce available at wholesale pricing include: bell and hot peppers, green beans, and broccoli. E-mail us for pricing.

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# Recipes

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

[CSA Newsletter and Recipes](#)

## Summer Vegetable Potato Salad

**From your box: potatoes, peppers, green beans, corn, tomatoes, parsley, oregano**

**2 lbs red potatoes** cut in 1 inch chunks

**3 tbsp olive oil**

**Coarse salt**

**2 yellow or red bell peppers** cut in chunks

**2 cups green beans** (stringed and broken in 1-inch lengths)

**1-2 ears sweet corn on cob**

Toss potatoes with salt and oil and spread on baking sheet. Roast in 450° oven until tender (20-30 minutes). Place ears of corn, lightly oiled, with the potatoes. Add peppers and green beans to roast for last 10 minutes. When done, loosen the vegetables with a spatula, cut corn kernels off cob, and combine in a large, shallow bowl.

**2 cups tomatoes cut in wedges**

**½ cup fresh basil or other herbs (oregano and parsley would work)**

**¼ cup olive oil whipped together with 1 tbsp balsamic or other mellow vinegar**

Toss tomatoes, basil and dressing with roasted vegetables, salt to taste.

*Adapted from [Animal Vegetable Miracle](#) by Barbara Kingsolver*

## Cucumber-Cilantro Salsa

**From your box: cucumber, cherry tomatoes, bell pepper, onion, cilantro**

Combine one peeled, seeded, and chopped cucumber with one cup quartered cherry tomatoes, half of a thinly sliced pepper, 1 tablespoon minced onion, and 2 tablespoons chopped cilantro. In a bowl, whisk together 1 Tbls. of lime juice, 1 tsp of canola oil, 1 tsp honey, ½ tsp red pepper flakes, and ½ tsp salt. Pour mixture over vegetables. Great served with fish or tortilla chips.

*Adapted from [The New Mayo Clinic Cookbook](#)*

## Preserving the Harvest

### Peppers

Megan loves red peppers! This time of year, you can find her in the field munching on a fresh picked pepper just about any day of the week. There is nothing like the flavor of a red Italian pepper or big, fat orange bell pepper, but EIGHT in one box! Peppers freeze quite well and with little effort on your part. This is one preservation method that you will thank yourself for doing!

Chop in half or quarters. Scoop out the seeds. "Spoon" the pieces together and pack tightly into a bag or container. Pull out what you need during the heart of winter for soups, frittatas, fajitas, chili, etc.

### Cherry Tomatoes

For those of you that do not can tomatoes but still want to preserve some of the harvest for the winter months, try freezing cherry tomatoes. Because their skins are thin, there is no need to blanch and peel. Simply wash them off, dry with a paper towel, and pour into a bag or container. Although they will not be good for fresh eating once defrosted, their sweetness will still be prevalent in soups and sautés or simply just roasted and put atop crusty bread with mozzarella.