



## CSA Newsletter

Week Eight

07 August 2013

### In Your Box This Week:

|   | Where does it go? |              |
|---|-------------------|--------------|
|   | Fridge?           | Plastic Bag? |
| <b>YELLOW POTATOES</b>  | countertop        | paper        |
| This is the first harvest from Threshing Table Farm in Star Prairie. Please read last week's newsletter to learn about Sweet Top's crop loss: <a href="#">Week 7 CSA Newsletter</a>   |                   |              |
| <b>WALLA WALLA ONION</b>  | yes               | yes          |
| A fresh onion with a sweet flavor.  |                   |              |
| <b>SUMMER SQUASH and ZUCCHINI</b>   | yes               | yes          |
| See this week's recipe for a sweet treat made with zucchini   |                   |              |
| <b>CUCUMBERS</b>  | yes               | yes          |
| Fresh cucumber salad is a staple in our house. Slice thin, toss with herbs, red wine vinegar, and olive oil. Enjoy!   |                   |              |
| <b>SCALLIONS</b>  | yes               | yes          |
| Perfect addition to cucumber salad  |                   |              |
| <b>CARROTS</b>  | yes               | yes          |
| Making a long awaited debut! True baby carrots.   |                   |              |
| <b>RED KALE</b>   | yes               | yes          |
| Purple leaves that add wonderful color to this week's potato cakes.   |                   |              |
| <b>GREEN PEPPERS</b>  | yes               | yes          |
| One bell and one Carmen pepper (long pointed). We have picked a few green peppers off the plants to encourage them to continue setting fruit. It will be several more weeks before colored peppers, but a green pepper is a nice addition to salad, stir-fry, fajitas, etc. |                   |              |
| <b>JALAPENO</b>   | yes               | yes          |
| The small (approx. 3") pointed, small green pepper in your box. This is a HOT pepper, so use sparingly if you prefer just a little heat in your dish.   |                   |              |
| <b>SAGE</b>   | yes               | no           |
| Fragrant and delicious in this week's potato recipe. Also dries well for future use in a cool dark place.   |                   |              |
| <b>FARMERS' CHOICE</b>  | yes               | yes          |
| We have several crops that are just starting to produce, so if you don't see the item on this list, that is your surprise this week.  |                   |              |

## ROCKY RACCOON THROWS PARTY

As some of you may remember last year, our sweet corn was taste-tested by a few raccoons. Typically, this is a sure sign that the corn is ready to harvest. The raccoons loved it so much last season that they decided to have family reunion in this year's first succession of sweet corn. Unfortunately, some of the relatives have very poor manners. While we are okay with a few ears being eaten clean, we feel quite the opposite with the raccoons tasting a bite or two from nearly half the ears that were ready.

That being said, you may or may not have corn in your box this week. It is a small, early variety. We have a second succession that will be ready in a couple weeks that we hope everyone will get to enjoy (minus Rocky). Adam is already making plans for the electric fencing that will go up around this patch, and we hope that this will keep away Rocky's brothers and sisters, aunts and uncles. We'll keep you posted.

### SUMMER? ARE YOU THERE?

Grace and Cecelia, the girls that live here on the farm, recently asked their mom, "Who is really in control here: God or Mother Nature?" That is a good question! It has felt like fall for the past couple weeks which has confused everything from the tomatoes to the farmers. We assure you though that there are melons, peppers, tomatoes (green but abundant), and eggplant in the field, but they are very slow growing. It would be great if God and/or Mother Nature would cooperate a bit and bring back a few more weeks of hot weather. As people, we are definitely enjoying the cooler weather, but as farmers, we are protesting this crazy season of extremes.

### 1200' WEEDED IN LESS THAN 4 HOURS

We want to thank the members that joined us to hand-weed the fall carrots on Monday. In less than four hours, we completed all 1200 feet—that is almost a quarter mile of carrots! What would take the two of us an eternity (at least that is how it feels sometimes) felt like a breeze with the help of Barb, Carrie, Declan (3 years old), Grace (6), Cecelia (5), Jeanne, Sara, and Tiffany. Adam did get some guy time with Declan as they explored the tractor implements and moved the "biggest rock on the farm." We will send out an email in a couple weeks with the next volunteer opportunity.

Enjoy this week's harvest.

Your Farmers,  
*Megan and Adam*

# Recipes

## Mashed Potato Cakes with Onions and Kale

*From your box: Potatoes, Onion, Scallions, Kale, Sage*

- 12 cups water
- 1 bunch kale, trimmed
- 3 cups (1-inch) cubed potatoes (about 1 pound)
- 3/4 teaspoon salt, divided
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 cup diced onion
- 2 tablespoons chopped fresh sage
- 1/4 cup sliced scallions
- 1/4 teaspoon freshly ground black pepper
- Cooking spray
- Sage sprigs (optional)

### PREPARATION

Bring water to a boil in a Dutch oven; add kale. Cover and cook over medium heat 5 minutes or until tender. Remove kale with a slotted spoon, reserving cooking liquid. Chop kale and set aside.

Add potato to reserved cooking liquid in pan; bring to a boil. Reduce heat, and simmer 10 minutes or until tender. Drain; partially mash potatoes. Stir in kale and 1/4 teaspoon salt.

Preheat oven to 400°.

Heat oil and butter in a large nonstick skillet over medium-high heat. Add 1/2 teaspoon salt, diced onion, and chopped sage. Cook 13 minutes or until browned. Combine potato mixture, onion mixture, green onions, and pepper. Remove from heat; cool slightly. Divide potato mixture into 8 equal portions, shaping each into a 1/2-inch-thick patty. Place patties on a baking sheet coated with cooking spray. Bake at 400° for 20 minutes.

Preheat broiler. Broil patties for 5 minutes or until browned. Garnish with sage sprigs.

*Adapted from Cooking Light NOVEMBER 1999*

## Chocolate Chocolate Chip Zucchini Cake

*From your box: zucchini*

- 2 1/2 cups all-purpose flour
- 1/2 cup cocoa
- 1 teaspoon Baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon salt
- 1 1/2 cups sugar
- 3 eggs
- 2 teaspoons vanilla
- 1 cup vegetable oil
- 2 cups packed grated zucchini, we leave the skin on
- 1 1/2 cups chocolate chips

### PREPARATION

Combine flour, cocoa, baking soda, baking powder and salt in a large mixing bowl, just till blended. Set aside. In a medium mixing bowl beat eggs and sugar until fluffy. Add in oil and vanilla, beat again till well combined and oil doesn't separate after sitting for a few minutes. Blend egg mixture to flour mixture. Beat till blended but don't over beat. It'll be the consistency of thick brownie batter. Fold in zucchini and chocolate chips.

Pour batter into 2 greased or sprayed loaf pans or large cake pan.

Bake in a preheated 350 degree oven for 50-60 minutes. Test for doneness using a toothpick. Let cool for 20 minutes in pan before removing to rack to cool completely.

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



Above: Beautifully weeded fall carrots.

Middle: CSA Member Declan weeding carrots and helping Adam move the "biggest rock on the farm."

Bottom: A small portion of Rocky Raccoon's Family Feast.

