



# Sweet Top Farm

CSA Newsletter, Week 8 August 8, 2012

## Yukon't Do Better Than This

We enjoyed our first meal of Yukon Gold potatoes on Saturday, and wow, they are so good. Not only are we sharing them with you this week, but a few pounds have made their way to Milwaukee with friends, to New Hampshire and Minnesota with parents, and even down to North Carolina to Megan's grandparents. It's funny that something as simple as a potato can be so special.

Our friend Mike and his 3-year-old Atticus visited us from Milwaukee last weekend for a tour of the farm. Atticus helped harvest corn (only after taste testing a cob fresh off the stalk and declaring that yes, he would like to take some home) and pulled red onions. He was very interested in the good and bad bugs that we have (but wouldn't "squish their guts out"). Most of all, Atticus wanted to try the watermelon. Between four of us, we sat in the field and ate two whole watermelons—one yellow fleshed and the other red. When we were finished, we asked a very sticky yet satisfied 3-year-old customer which watermelon he liked best. "I liked them both. The red tastes like red, and the yellow tastes like yellow." Enough said; you will have to let your taste buds decide.

## Food Donation

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!). We started donating leftovers and extras to a Hudson based organization called The Source run by volunteers to help community members in need. So far, we have donated over a hundred pounds of produce in two weeks. To read more about The Source and find out how you can help, visit [www.thesourcehudson.com](http://www.thesourcehudson.com).

**Enjoy this week's harvest! –Megan and Adam**

### **In your box this week**

**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. This is a different variety than the last two weeks. Let us know what you think.

**Cucumbers:** Try a few peeled slices in your water with sliced lemon, ginger, and mint.

**Eggplant:** A globe, striped, or long japanese. Try this week's recipe.

**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 green bell pepper, one yellow sweet Italian pepper, and two **spicy jalapenos**.

**New Potatoes:** Yippee for Yukons! These are delicious any way you cook them and don't need a lot of help from other ingredients as the flavor is so good. 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 Onion:** This is a fresh onion (not yet cured with a dry skin) and should be kept in your refrigerator until used. It is also quite strong, so you might not need to use all of it at once.

**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 Tomatoes 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, a few slicing tomatoes which may include an heirloom variety, and 4 mini romas that are great fresh or cooked. The scarring on the slicing tomatoes is characteristic of heirloom varieties making them ugly but delicious.

**WATERMELON:** The first melons of the season (minus the three or four that we ate on a hot day sitting in the field). This week's variety is called Petite Yellow. If you have never had a yellow fleshed watermelon, you are in for a treat!

**Thyme and Oregano:** Bunched together. If you don't use all of your herbs, you can dry them for future use by hanging them upside down in a cool area out of direct sunlight.

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## Recipes

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

[CSA Newsletter and Recipes](#)

**Farmers Stew** (yes, farmers do eat this meal)  
***From your box: eggplant, onion, squash, zucchini, thyme, oregano***

Coarsely chop all the vegetables. In a large covered pot, sauté eggplant, onion, and a few sprigs of thyme in olive oil until softened. Add squash and zucchini and continue to cook another couple minutes until tender. Mix in one tablespoon of tomato paste, one tablespoon chopped oregano, and a half cup of red wine or water, scraping up any brown bits on the bottom of the pot. Bring to a boil, then lower to a simmer until vegetables are finished cooking. Top with parmesan and serve with pasta, couscous, or crusty bread.

*Adapted Deborah Madison's cookbook Local Flavors*

### **Summer Vegetable Pizza**

***From your box: cherry tomatoes, squash, zucchini, eggplant, oregano***

We make our own pizza dough, but you can often find balls of premade dough at the store. Heat oven according to the package or your dough recipe.

Thinly slice squash, zucchini, and eggplant and toss with a generous amount of olive oil and a pinch of salt and pepper. Heat a skillet and add vegetables cooking until soft but still hold their shape. Take off heat and stir in 1 tablespoon chopped oregano and a half pint of cherry tomatoes cut in half.

Roll out pizza dough to your desired thickness and put in the oven. By cooking the dough some, you prevent the vegetable juices from making the pizza soggy. After 5-7 minutes, take the crust out and using a slotted spoon, spread topping on the pizza. Top with a cheese of your choice (fresh mozzarella or feta are good) and cook until the cheese is melted.

## Preserving the Harvest

Sweet Top Farm has the following produce available for canning or freezing:

*Pickling Cucumbers (dill and dill flowers are also available)*

*Basil (for making pesto)*

*Herbs for drying (thyme, oregano, sage, dill)*

*Canning Tomatoes (we can also supply peppers and onions if you are making sauce)*

*Salsa Packs (tomatoes, peppers—hot and sweet, onion, and cilantro)*

*Green Beans*

If you need tips or recipes, please feel free to contact us. Preserving is a delicious and economical way to eat local all winter long.

**Hosting a Party?** We are happy to provide vegetables and/or flower bouquets that can be delivered with your box or picked up on Saturdays at the farmers market.