



Sweet Top Farm

CSA Newsletter, Week 5 July 18, 2012

In your box this week

Beets: Traditional red beets this week. Check out the recipe below.

Carrots: Enjoy these raw or cooked. Crisp and delicious!

Cucumbers: Included are a couple of slicing cukes and a few picklers. It is not necessary to peel them.

Eggplant: Included in the recipes this week is one of our favorite summer salads. Visit the website for more ideas.

Green Beans: The first of the season!

Green Peppers: The plants are loaded with peppers. Enjoy a green pepper and a "Cubanelle" frying pepper. Both are sweet. We are still several weeks away from colored bells (although a few of you might have a "Purple Beauty" that really is supposed to be purple)

Kale: This variety is called Lacinato or dinosaur kale. There is a bit of cabbage looper damage that is cosmetic but does not affect taste. Kale is extremely nutritious especially when eaten raw. We included a recipe for raw kale salad.

Radishes: If you like spicy, you'll love these radishes raw. Otherwise, coarsely chop, sauté for one minute, and top with lime juice.

Salad Mix: Although it is not as sweet as spring lettuce, it is still good for salad and sandwiches. While we wash this mix, you will need to wash it again before eating.

Scallions (aka green onions): Try substituting these for the red onion in this week's Greek Salad recipe

Summer Squash and Zucchini: Great grilled or sautéed with olive oil or butter.

Slicing Tomato OR Mixed Cherry Tomatoes: We are expecting field tomatoes soon. Until then, enjoy the tomatoes for the greenhouse.

Basil, Parsley, and Oregano: The parsley and oregano are bunched together. See this week's recipes for some ideas on how to use your herbs. NOTE: We do not wash your basil and recommend you do just before you use it.

Taste the Rainbow

No longer are the rows filled only with shades of green. As you can tell from this week's box, color is everywhere—from purple eggplant to bright yellow squash. We even tasted the first few cherry tomatoes from the field on Tuesday and are eager to deliver them to you as soon as more ripen. The watermelons that we wrote about last week are now a little smaller than volleyballs with more little ones forming every day. After talking with some other farmer friends, it looks as though the melons will be early this year, and we can't wait!

For those of you that have either heard about or seen the nest of three killdeer eggs, we are happy to report that all of them hatched this past weekend. Now there are three miniature killdeers scurrying around the fall broccoli while their mama keeps an eye out for danger (including gawking farmers). We let the weeds grow up around the nest and eventually lost track of where it was, so it is quite a relief that the babies hatched into the world safe and sound.

Preserving Produce

We sent out an e-mail on Monday regarding bulk orders of pickling cucumbers and basil for pesto. Remember to place an order by 5pm Tuesday evenings if you would like to receive either with your box delivery on Wednesday.

For those of you that have little time to can right now, you can still preserve produce for this winter. Items such as squash, green beans, and peppers can be cut up, blanched for a minute or two in boiling water, and frozen for future use. This is an easy way to use produce that you might not be able to eat before your next box of vegetables arrives. While it is a little work now, you will thank yourself later.

Enjoy this week's harvest! –Megan and Adam

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Recipes

Find these and other recipes on our website under "CSA Newsletters & Recipes"

Greek Salad

From your box: eggplant, tomato, cucumber, salad mix, scallions, oregano

Preheat oven to 450°. Chop eggplant into bite sized pieces and toss with olive oil. Spread on a sheet pan and roast until soft and golden, 15-20 minutes.

In a bowl, toss together 1-2 diced cucumbers, one chopped tomato, 3-4 sliced scallions, 10 chopped kalamata olives, and roasted eggplant.

Whisk together 2 tablespoons of red wine vinegar, 2 tablespoons fresh lemon juice, 2 teaspoons chopped oregano, 5 tablespoons olive oil, salt, and pepper. Drizzle half the dressing over the vegetables and toss. Spoon mixture over salad greens, add a little more salad dressing, and sprinkle with feta cheese. Serve with a side of toasted pitas for a light summer meal.

Adapted from The New Mayo Clinic Cookbook

Pink Pasta with Beets

From your box: beets, basil, parsley

Wash and peel a bunch of beets. Boil in a large pot of water until tender enough to stick a fork through the center. Scoop out beets and pour pasta in the pot of beet water (this will turn your pasta pink).

Slice beets into a bowl and mix with chopped basil and parsley. Add cooked pasta to the bowl, drizzle with olive oil, salt, and pepper and stir. Top with parmesan and serve.

Sesame Kale Salad

From your box: kale

Wash kale and tear leaves off of stems into bite sized pieces. In a bowl, whisk together 1 tablespoon sesame oil, 1 tablespoon tamari (soy sauce), and 1 teaspoon cider vinegar. Add the kale and using your hands, massage the dressing into the kale until the kale darkens and reduces in size. This recipe turned us on to kale and makes eating raw kale quite delightful.

Produce Storage Recommendations:

Green Beans should be stored in a bag in your crisper drawer. Do not wash until you are ready to eat them.

Summer Squash does not like really cold temperatures. Plan to eat it sooner than zucchini to enjoy it at its best

Basil and Tomatoes should not be refrigerated (unless the tomato is cut). Basil will turn brown in cold temperatures, and tomatoes lose their flavor and become mealy.

Eggplant does not like cold temperatures, so keep it on your counter and eat it soon, or refrigerate for a short period of time.

The ***other produce*** in your box should be stored in a plastic bag or container in the refrigerator.