



CSA Newsletter

Week Six

24 July 2013

In Your Box This Week:

	Where does it go?	
	Fridge?	Plastic Bag?
GREEN CABBAGE	yes	Yes, once cut
We grow smaller varieties of cabbage that tend to be a little bigger than softballs. The leaves are tender and can be eaten raw or cooked lightly.		
SUMMER SQUASH or ZUCCHINI	yes	yes
The yellow squash may look a bit different with its green ends, but we think it is even better than the standard yellow variety. We also grow striped and solid green zucchini—similar in flavor but a fun change.		
CUCUMBER	yes	yes
Fresh cucumber salad is a staple in our house. Slice thin, toss with herbs, red wine vinegar, and olive oil. Enjoy!		
CHARD	yes	yes
Large green leaves on bright stems. Use as you would cooked spinach. The stems are also edible and should be cooked a little longer than the leaves. Try this week's recipe.		
LETTUCE	yes	Yes
One head: Either Red Leaf, Green Leaf, or Romaine.		
GREEN PEPPER	yes	yes
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.		
JALAPENO	yes	yes
The small (approx. 3") pointed green pepper in your box. This is a HOT pepper, so use sparingly if you prefer just a little heat in your dish.		
GARLIC	yes	no
This is fresh garlic, not cured, which is what you will get from us later in the season when the skin has turned papery. It will need to be stored in the fridge until used up, and is quite strong—a little goes a long way!		
LACINATO KALE	yes	yes
Thick yet smooth leaves make this great for cooking or eating raw. Flavor is not quite as strong as curly kale.		
BASIL	no	Yes, but open it
Delicious put in any of this week's recipes.		

VAMPIRES BEWARE!

In your box this week, there is a bright white surprise: fresh garlic! A couple weeks ago, you received the curly Q called the scape. Since then, the leaves are starting to die back signaling that the garlic is ready to harvest. This is a variety called Krautini and has a strong spicy garlic flavor. It makes fantastic garlic bread. The bulb in your box this week has not been cured but was pulled fresh, so it should be kept refrigerated. Enjoy this wonderful treat!

It is hard to believe that July is winding down. We spent Saturday evening planting bok choy and kohlrabi for the fall boxes shaking our heads in disbelief as it seems like we were just planting the same vegetables for the early season boxes. Sunday was somewhat of a seasonal milestone as we seeded the last of this year's crops in the greenhouse—a chapter that is always nice to close.

Monday morning marked another successful volunteer day. Joined by members Shelly, Ryan, and Melinda, we were able to hand weed all of the onions and leeks while enjoying great conversation along the way. While we would have been happy with stopping there, Shelly and Ryan asked for *more* work, and we completed weeding the next succession of beets. A thousand thank yous to all three of you for your hard work.

Want to volunteer to help us with some weeding? The next volunteer day will be the week of August 4th. We will email more information closer to that time. Hope to see you then!

For those of you that are looking for fresh, seasonal fruit, it is high time for blueberries and raspberries. Below are our recommendations for beautiful U-pick farms in River Falls. Be sure to look at their Facebook pages or call before heading out to check availability.

White Pine Berry Farm for raspberries, 1482 Oak Drive

Blue Ridge Growers for blueberries, 246 Carlson Lane

Enjoy this week's harvest.

Your Farmers,
Megan and Adam

Recipes

Chard with Lamb and Feta Cheese

From your box: Chard, Garlic, Basil

Wash and coarsely chop stems and leaves of chard, keeping each separate. Sauté two cloves of chopped garlic in olive oil until fragrant. Add ground lamb and cook until almost done. Add chard stems and cook stirring 1 minute and then place leaves in skillet stirring until leaves have just wilted. Pour into large serving bowl.

While the lamb is cooking, boil a pot of water to cook your favorite pasta (we prefer fusilli or penne for this dish). Drain and pour into bowl with chard and lamb mixture. Dress with balsamic vinegar, olive oil, salt, pepper, chopped basil, and feta cheese and toss. Serve hot.

Eliminate the meat for a vegetarian dish or substitute beef if you do not like lamb.

Baked Summer Squash

From your box: Squash or Zucchini, basil, garlic

- 1 1/2 pounds summer squash (any variety)
- 2-4 T. olive oil
- 1 clove garlic, minced
- 1/3 c. bread crumbs
- 1/3 c. grated Parmesan cheese (or other variety you enjoy, optional)
- 1/4 t. salt
- 1/4 t. pepper
- 2-4 T. chopped fresh herbs such as basil, thyme, parsley or oregano

Preheat oven to 350° F. Remove stem ends and slice squash cross-wise in 1/4"-thick rounds. Toss with olive oil. In a small bowl, combine bread crumbs, Parmesan, garlic, fresh herbs, salt, and pepper. Arrange half the squash rounds in bottom of a baking dish. Sprinkle with half the bread crumb mixture. Arrange remaining squash on top and sprinkle remaining bread crumb mixture. Cover baking dish with foil and bake in oven for 30-40 minutes. Remove foil and bake another five minutes. Top with more chopped herbs and serve.

Adapted from thekitchn.com

HERB STORAGE

Short Term: wrap in a damp paper towel and put in a plastic bag in the fridge for up to 3 weeks. **BASIL** should be placed in a vented bag on your countertop as it will brown if put in the refrigerator.

Long Term: chop, pack in an ice cube tray, and then add water. Freeze and pop cubes into a Ziploc bag for use as needed. Add to soups, stews, and sauces by tossing in the entire ice cube.



Above: Shelly, Ryan, and Melinda helping weed onions on Monday morning. Mission accomplished; onion weeding complete!