



Sweet Top Farm

CSA Newsletter, Week 6 July 25, 2012

In your box this week

Cabbage: Green or Savoy Cabbage. Both are tender enough to eat raw or cooked gently. Try our recipe for homemade coleslaw.

Carrots: Two different varieties this week: traditional orange and purple with orange centers. Enjoy this crisp and delicious snack raw or cooked!

Chard: There is some cosmetic insect damage that does not affect taste. The leaves are great sautéed in olive oil and balsamic vinegar.

Corn: This is our first time growing this crop, and the first harvest of the season. EAT YOUR CORN TODAY FOR THE BEST FLAVOR; otherwise, it gets starchy and loses its sweetness.

Cucumbers: It is high harvest time for cucumbers. Try this week's recipe for Cucumber Salad as a way to use up a lot of cucumbers at once.

Eggplant: Visit the website for recipes with eggplant.

Green Beans: Steam until bright green and top with olive oil and toasted almonds!

Green Peppers: The plants are loaded with peppers. Enjoy a green pepper and a "Carmen" Italian pepper. Both are sweet. We are still several weeks away from colored bell peppers.

New Potatoes: This is an early variety called Red Norland. 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.

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 using some sliced in your cucumber salad.

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

Slicing Tomato and Mixed Cherry Tomatoes: Finally there are a few tomatoes turning in the field. This week is a mix of tomatoes from the greenhouse and the field.

Basil, Dill, and Sage: 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.

Out with the Old, In with the...New Potato

If you have never had a new potato before, you are in for quite a treat! We dug the first potatoes this weekend and roasted them with an array of other vegetables and herbs that we had left over from the farmers market: beets, carrots, turnips, sage, oregano, and thyme. Delicious!

Belle is no longer in the doghouse because of eating the corn tassels. Now, an unknown number of raccoons have found their way into the first planting of corn for several occurrences of midnight snacking. Aggravating to say the least, we still have several more successions of corn that are just starting to tassel. To avoid losing much more of the first corn, you are receiving half a dozen ears this week. It is good raw or cooked and best eaten as soon as possible before the sugars turn to starch. If anyone has any ideas of how to scare away raccoons, please share (Belle would not be a very good watch horse given her taste for corn).

We have been lucky enough this week and last to have some help during our Wednesday CSA harvest. Last week, Adam's mom Phyllis gave us a hand packing the boxes and did a wonderful job pulling armloads of weeds out of the kale and celery. This week, Megan's parents are visiting from New Hampshire, and in between bicycling around the county, they are helping out with harvesting, washing, and packing produce as well as with their fair share of weeding. It is quite nice to have extra sets of hands and gives us some extra time to enjoy their visit.

Produce Special Orders

Remember to place an order by 5pm Tuesday evenings if you would like to receive basil or pickling cucumbers with your box delivery on Wednesday. Once the tomatoes start ripening, we will have a better idea of the quantity available for canning purposes. If you ever need additional produce, feel free to contact us to find out what is available. We would be happy to help.

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"

Sweet Top Farmers' Favorite Coleslaw

From your box: cabbage, scallions, carrots

Cut the cabbage in half vertically. Thinly slice both halves of the cabbage, put in a colander, and rinse well. Let drain while you prepare the rest of the slaw.

Chop greens and whites of 4 scallions. Grate half a bunch of carrots. In a large bowl, mix together carrots, scallions, and cabbage.

In a small bowl, whisk together ½ cup of mayonnaise (we prefer Vegemaise), 1 tablespoon of apple cider vinegar, and a dash of cayenne pepper, black pepper, and salt. Toss dressing with vegetables, taste, and adjust seasonings. It is best to let this slaw sit for an hour in the refrigerator, and it can also be made a day in advance.

Cucumber Salad

From your box: cucumbers, basil, dill, scallions

Wash and slice three cucumbers into ⅛ inch rounds. Chop greens and whites of 1-2 scallions. Coarsely chop 5 basil leaves and 1 tablespoon of dill. In a bowl, whisk together 2 tablespoons olive oil, 2 tablespoons red wine vinegar, a pinch of salt, and a dash of pepper. Toss cucumbers, scallions, and herbs with the dressing. Let sit for 15 minutes or refrigerate and eat over the next several days adding more cucumber as needed.

Crispy Roasted New Potatoes with Lemon and Sage

From your box: potatoes, sage

Boil 2 pounds (there are 2.5 pounds in your box) potatoes in plenty of *salted* water. Pass a knife through it to check for doneness after 7-9 minutes—longer, if you're using larger potatoes. Once boiled, cut the potatoes into half lengthwise and transfer to a big bowl with a lid (a plate will also work) that will hold all the potatoes and still have additional room. Shake the box vigorously until the potatoes look smashed on the edges.

Toss with 4 cloves chopped garlic, 3 tablespoons olive oil, 2 tablespoons roughly chopped sage, juice of 1 lemon, salt and pepper. Transfer to a roasting pan and layer the potatoes in a single layer. Roast the potatoes in the oven at 400° for 30-40 minutes until crispy, golden, and brown. Remove from the oven and serve immediately.

Adapted from www.purplefoodie.com

Preserving the Harvest:

As the boxes become more bountiful with the summer harvest, you might find that you have leftover produce. If this is the case in your household, start preserving your harvest. Here are some ideas for this week's vegetables.

Herbs: Dry herbs by hanging them upside down in a cool place out of direct sunlight. When no moisture is left, rub between your fingers and store in a jar or bag.

Peppers: Slice peppers into strips. Blanch in boiling water for 2 minutes. Take out and put in ice water bath. Dry with a paper towel, divide into portions suitable to your needs, and freeze for the winter.

Summer Squash and Zucchini: Slice into rounds and freeze in a bag. Use during the winter for soups and casseroles.