



# Sweet Top Farm

CSA Newsletter, Week 3 July 4, 2012

## Happy 4<sup>th</sup> of July!

Wow, is it ever hot! While this wicked heat is slowing us down (we have been working early in the morning and late evening until dark to avoid frying midday), the plants are full speed ahead. Every time we turn around, another summer squash is ready to harvest or a dreaded thistle is twice as tall and needs pulling. It is amazing what heat and humidity can do!

This week has been full of tedious jobs from hand weeding salad mix to squishing a gazillion squash bugs and potato beetles. Although time consuming, it is quite rewarding when the job is finally done, and we can move on to something more fun like taste-testing the first cherry tomatoes.

While there are still some remnants of early summer produce (arugula, broccoli), the contents of the box has a summery theme this week. We are excited to share the first of the greenhouse tomatoes with you along with a softball-sized green cabbage. Summer squash is kicking into high gear and in the coming weeks, we expect zucchini and patty pan squash to join the zephyr variety that is in your box this week. During this week's field walk, we noticed tiny eggplants and peppers forming as well as lots of green tomatoes out in the field. Seeing these summertime favorites makes the sweat in our eyes burn a little less as we dream of cooking some of our favorite recipes.

### Great Turnout for the Farm Tour

Many thanks to all of you that attended the farm tour on June 28<sup>th</sup>. It was wonderful to meet Sweet Top Farm CSA members young and old, and we had a lot of fun showing you and your children where your vegetables are grown. If you were unable to attend the farm tour and would like to come out to the farm, please contact us to set up a time to do so. We look forward to a fall gathering to celebrate the end of the season.

### Volunteer Opportunities

We welcome and encourage our members to come and help out on the farm for a morning or afternoon. Tasks such as hand-weeding carrots and lettuce mix are always more fun when more people are involved. There are usually opportunities to volunteer on Tuesdays and Thursdays, so please e-mail us if you are interested: [sweettopfarm@gmail.com](mailto:sweettopfarm@gmail.com).

Enjoy this week's harvest! –Megan and Adam

### In your box this week

Arugula: Meant for cooking. While a bit spicy, the leaves are still tender and mild when cooked. Visit "CSA Newsletters & Recipes" on our website for "Easy Weeknight Spaghetti."

Broccoli: The heat caused some of our broccoli to "button"—or produce very small heads. They are still quite tasty!

Green Cabbage: The first cabbage of the season. A smaller variety that is tender and easy to eat raw. See this week's recipe for cabbage slaw.

Kohlrabi: Weird looking? Yes. Delicious? Definitely! While the leaves are edible, the bulb is the really good part. Try adding some to your cabbage slaw this week.

Salad Mix: Enjoy a variety of lettuces for your next salad. Due to the hot weather, it is not as sweet as usual. While we wash this mix, you will need to wash it again before eating.

Scallions (aka green onions): use the white and green parts raw on salads or sandwiches or cooked with eggs

Summer Squash or Zucchini: Great grilled!

Swiss Chard: Stems and leaves are great sautéed or substituted for spinach in your favorite recipe. See our website for last week's "Balsamic Beet Greens" recipe and substitute chard

"Silvery Fir Tree" Tomato OR Mixed Cherry Tomatoes: Just a teaser taste of our first tomatoes from the greenhouse

Turnips: Megan's Grandma Joan prefers boiled turnips with butter. See a different version of this below. Greens are edible and are nice sautéed in butter until just wilted.

Basil and Summer Savory: Add a bit of summery flavor to your meals. See this week's recipes for some ideas. NOTE: We do not wash your basil and recommend you do just before you use it

*We also added a few flowers from the garden. Happy 4<sup>th</sup>!*

# Recipes

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

## Grilled Summer Squash

*From your box: squash, summer savory or basil*

Slice squash horizontally in ¼ inch thick pieces. In a skillet, heat olive oil. Add one crushed garlic clove and let sizzle over medium heat until fragrant and slightly browned. Brush both sides of squash with garlic oil and sprinkle with salt and pepper. Grill 5-10 minutes until tender, brushing with extra garlic oil to prevent sticking. Sprinkle with chopped summer savory or basil before serving.

## Refreshing Cabbage Slaw

*From your box: green cabbage, scallions, basil*

Cut cabbage in half and thinly slice. Wash in a colander and let drain while you prepare the dressing.

Whisk together juice of two limes with 2 tablespoons of Dijon mustard, one clove minced garlic, and some pepper to taste. Chop up whites and greens of 2 or 3 scallions and about 10 leaves of basil. Toss dressing, basil, and scallions with the cabbage.

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

## Butter Braised Turnips

*From your box: turnips, summer savory*

Combine 2T butter and 1T oil in a medium to large skillet that can later be covered; turn the heat to medium. When the butter melts, add diced turnips and cook, stirring, until they are coated with butter, just a minute or two. Season with salt and pepper.

Add the ¼ cup white wine or broth, 1T balsamic or other vinegar, and 1tsp sugar, stir, and cover. Turn the heat to low and cook until the turnips are barely tender, about 5 minutes.

Uncover and raise the heat to medium-high. Cook, stirring, until the turnips are glazed and the liquid is syrupy, another few minutes. Taste and adjust seasoning, garnish with chopped summer savory, and serve.

## Produce Storage Recommendations:

### **Cabbage and Kohlrabi**

store well in the crisper drawer of your refrigerator

### **Summer Squash**

does not like really cold temperatures. Plan to eat it sooner rather than later 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.

The **other produce** in your box should be stored in a plastic bag in the refrigerator. Items such as chard and turnip greens benefit from being washed first to keep them crisp.

Trim the ends and place your **flowers** in fresh water daily to prolong their vase life.