



# Sweet Top Farm

CSA Newsletter, Week 13

September 12, 2012

*"It's almost my birthday!"*

## In your box this week

**Bok Choy:** If baby bok choy is a kindergartener, the bok choy in your box is a middle schooler. While this bok choy has outgrown its baby stage, it is still very tender. The leaves and stems are edible. Try this week's recipe.

**Broccoli:** The stems are also tender and slightly sweet, so cook along with your broccoli. Store in a plastic bag in the refrigerator until you are ready to use it. Soak in salted water before cooking; any cabbage loopers (green caterpillars) should fall off.

**Red or Green Cabbage:** Delicious raw or cooked. Try slicing cabbage and leeks very thin and sautéing in butter.

**Carrots:** First harvest of the fall crop, and they are deliciously sweet!

**Leeks:** Use whites and light green parts (WASH WELL as dirt gets trapped between the layers). Try this week's recipe for Potato Leek Soup.

**Lettuce Mix:** Fall lettuce is here! Remember, we do an initial wash but recommend that you wash it again before eating.

**Yellow and Red Onions:** The onions have now formed the papery outer skins that make them good for storing, so you can keep the onions on your countertop.

**Peppers:** A mixture of colored sweet bell and Italian peppers; also included are **two hot peppers: 1 jalapeno and 1 small yellowish-green or red hot wax pepper.**

**Chieftain Red Potatoes:** Try this week's recipe for Potato Leek Soup.

**Rutabaga:** This is the large tan colored root in your box. It tastes like a cross between a cabbage and turnip. Peel and roast to bring out its natural sweetness or try this week's recipe.

**Slicing, Heirloom, and Mixed Cherry Tomatoes:** Still coming on strong! We included a mixed pint of our favorite two cherry tomatoes: Black Cherry and Sungold.

## Lettuce Get Together

We are happy to report that the fall lettuce and other delicious greens are looking great! With consistent irrigation and some hot weather, the leaves are getting bigger by the day. This means that until the *really* cold weather hits, we should have some nice greens in the CSA boxes—starting with salad mix this week. We tried this baby lettuce last night and are happy to have it back in our refrigerator.

Another wonderful autumn treat will make its way into boxes very soon: winter squash. This year we grew seven different varieties of squash. The squash bugs wreaked havoc on the crop causing disease to spread like wildfire, and many of the squash grew with warty deformities. However, we still have plenty of good squash left to share with you.

With the first day of fall coming soon, we decided that it is time to celebrate the harvest. This has been a great first season for Sweet Top Farm, and our CSA members are an integral part of our success. You should have received an invitation for the Member Potluck by e-mail. If you did not receive it, there is more information on the second page of this newsletter. Feel free to e-mail us with questions and with your RSVP if you have not already responded. We look forward to sharing a meal with all of you, and Belle can't wait for her birthday party. See you on September 23<sup>rd</sup>.

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

**REMINDER:** We have additional shares available for **canning tomatoes** that are perfect for making tomato sauce and salsa. E-mail us for pricing.

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## Recipes

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

[CSA Newsletter and Recipes](#)

### **Potato Leek Soup (so easy, so delicious)**

***From your box: potatoes, leeks***

2 cups sliced leeks – the white and tender green parts  
2 cups diced potatoes  
3 or 4 cups of water  
½ to 1 teaspoons of salt, to taste  
Optional: ½ cup of more sour cream, heavy cream, or butter

In a saucepan, bring the leeks, potatoes, and water to a boil, uncovered. Salt lightly, cover partially, and simmer 20 or 30 minutes, or until the vegetables are tender. Taste and correct seasoning. Mash some of the potatoes or puree half for a thicker soup. Add a dollop of sour cream if desired.

*Adapted from Julia Childs' recipe*

### **Quick Roasted Bok Choy**

***From your box: bok choy***

Preheat oven to 400°. Trim bok choy by cutting base so leaves and stems fall away from center. Wash and pat or spin dry. Toss with 1 ½ tablespoons of sesame oil and season with salt and pepper. Scatter on baking sheet and place in oven for 4-6 minutes, just until leaves wilt.

*Adapted from <http://www.cookingwithmykid.com>*

### **Rutabaga with Caramelized Onion and Apples**

***From your box: rutabaga, onion***

Thinly slice one onion. Peel and cube 2 apples. Melt 2 tablespoons of butter in a large skillet over medium heat. Add onion and apples, stirring to coat. Cook about 10 minutes and drizzle with a little honey. When onions are deep brown, add 1 tablespoon of cider vinegar, scraping up brown bits on bottom of skillet, and cook for another minute until vinegar is absorbed. Turn off heat and set aside.

Peel and dice the rutabaga into bite sized cubes. Place in a pot of salted, boiling water and cook until fork-tender. Drain well. Add rutabaga to onion mixture and cook until mixture is heated through. Serve immediately.  
Optional: sprinkle with gorgonzola or sharp cheddar cheese.

*Adapted from <http://www.weeatreal.com>*

*Let's Celebrate  
the Season!*

**PLEASE JOIN US  
FOR THE**

1<sup>st</sup> Annual  
Sweet Top Farm  
CSA Member Potluck

**and**

Belle's Sweet 16  
Birthday Party

September 23<sup>rd</sup>

4:30-6:30pm

529 County Road U  
Hudson, WI

**Please bring:**

**a potluck dish to share  
(it does not have to  
include vegetables 😊)**

**plates, utensils, cups,  
and your beverage of  
choice**

There will be a farm tour at 4:45. We will plan to eat dinner at 5:30 followed by a special dessert for Belle's birthday.

**Friends and Family  
welcome**

**please leave pets at home**