



CSA Newsletter
Week Twelve
04 September 2013

SWEET RELIEF

Last week was a scorcher! It is certainly nice to have the windows in the house open again, and the cool nights make for nice sleeping weather. While we were wishing for heat all summer, the extreme temperatures shocked some plants into overdrive—which is nice for things like green beans and a little overwhelming when much of the first and second successions of broccoli came on at once. Cooler nights now will slow the growth of the fall crops to spread out the harvest a bit more.

A NOTE ON TOMATOES AND PEPPERS: This year's crop of tomatoes and peppers are not the greatest. This is partially due to the cool summer causing the plants to put on a decent amount of fruit but not a lot of foliage followed by a shocking week of heat (yes, we said we wanted it, but it was a little much for us and for the veggies). As a result, both tomatoes and peppers have some soft spots and sun scald. We recommend that you use them right away unless they are firm enough to last a couple days on your countertop.

In the coming weeks, the CSA box will feature fall favorites such as spinach and leeks. The winter squash will continue to sit on the vine for a bit longer to ripen; however, in the next few weeks, we will start to add acorn squash to your share. It seems hard to believe that we are at that point in the season, but fall crops are a welcome addition to a seasonal diet.

SAVE THE DATE: CSA MEMBER TOUR AND POTLUCK SEPTEMBER 22ND 4-6PM

The annual member gathering is a fun event for the whole family. We will tour the farm shortly after 4pm, spend some time relaxing and talking about the season, and enjoy a wonderful potluck meal together (last year there were some *fantastic* dishes). Many CSA members have children, so please bring the entire family as it is often the most fun for the younger members. **Please RSVP** by email as to whether or not you are able to attend and how many are in your party. We look forward to an evening with our biggest fans, and Belle is excited to get some extra attention.

There is a **special sweet treat** in your box this week: **WATERMELON**. You can store your melon on the counter for a couple days, but it is best cut up soon and stored in the refrigerator for quick access to a deliciously sweet and healthy snack. Try pureeing watermelon (take the seeds out first) and freezing it in popsicle holders for an after school treat that is high in Vitamin A and C as well as potassium.

Enjoy this week's harvest.

Your Farmers,
Megan and Adam

In Your Box This Week:

	Where does it go?	
	Fridge?	Plastic Bag?
BROCCOLI	yes	yes
The hot weather last week caused two successions of broccoli to be ready at the same time. This might limit the amount of broccoli later this fall. We recommend that you cut up first and then soak in water to remove any hitchhiking caterpillars.		
RED ONION and GARLIC	yes	yes
Onions this season are strong, so if using raw, consider using less. Cooking mellows the potency.		
SUMMER SQUASH or ZUCCHINI	yes	yes
Sadly (or not), this is probably the last week for squash.		
CUCUMBERS	yes	yes
Enjoy the last of the cukes for this season.		
GLOBE and STRIPED EGGPLANT	countertop	no
Not sure what to do with another eggplant? Peel, chop, toss with olive oil, and either sauté or roast. Store in the fridge and use on salads with tomatoes, peppers, and feta cheese.		
CARROTS	yes	yes
Perfect for lunchboxes!		
CHERRY & SLICING TOMATOES	countertop	no
Tomatoes become mealy if kept in the fridge.		
CELERY	yes	yes
Not your grocery store mild celery. VERY important to store in a plastic bag. Try last week's Celery Stir Fry or a member recommended putting it in salsa.		
BELL and HOT PEPPER	yes	yes
Green or with some color. See the Newsletter note about the peppers and tomatoes. The hot pepper is a jalapeno.		
KOHLRABI	yes	yes
Peel, slice into sticks, and add to a lunchbox.		
GREEN BEANS	yes	yes
Please return cloth bag with your CSA box. We are completely OUT due to the low number of returns.		
SCALLIONS	Yes	yes
Perfect for salads, eggs, grilling whole, etc.		
LETTUCE MIX	Yes	yes
Remember to wash and spin before eating.		
DILL	yes	yes
Try chopping and putting in your salads.		
WATERMELON	yes	no
It was a short but sweet season for melons! Your melon might be red or yellow—both delicious!		

Recipes

Tomato-Watermelon Salad

From your box: Tomatoes, Watermelon, Dill

2½ cups watermelon, seeds removed and cut into chunks
1 to 2 ripe tomatoes cored and cut into chunks
¼ teaspoon (or more to taste) fleur de sel or coarse kosher salt
2 tablespoons extra-virgin olive oil
½ tablespoons red wine vinegar
1½ tablespoons chopped assorted fresh herbs (such as dill, basil, and mint)
½ cup crumbled feta cheese (about 5 ounces)
¼ cup sliced almonds, lightly toasted

Combine melon and tomatoes in large bowl. Sprinkle with ¼ teaspoon salt and toss to blend; let stand 15 minutes. Add 2 tablespoons oil, vinegar, and herbs to melon mixture. Season to taste with pepper and more salt, if desired. Sprinkle with feta cheese and toasted almonds and serve.

Adapted from <http://www.epicurious.com>

Fattoush

From your box: pepper, scallions, lettuce mix, cucumber tomato, garlic

For the dressing

1/4 cup fresh lemon juice
3 garlic cloves, minced
1 teaspoon ground cumin
1 teaspoon ground sumac (optional)
1/2 teaspoon salt
1/2 teaspoon red pepper flakes
1/4 teaspoon freshly ground black pepper
7 tablespoons extra-virgin olive oil

2 whole-wheat (whole-meal) pita breads, 6 inches in diameter, torn into 1/2-inch pieces
4 cups lettuce
2 tomatoes, seeded and diced
1 cucumbers, peeled, seeded and diced
1 bell pepper (capsicum) seeded and diced
3 scallions including tender green tops, minced
1 tablespoon chopped fresh mint
1/4 cup chopped fresh flat-leaf (Italian) parsley

To make the dressing, combine the lemon juice, garlic, cumin, sumac (if using), salt, red pepper flakes and black pepper in a blender or a food processor. Process until smooth. With the motor running, slowly add the olive oil in a thin stream until emulsified. Set the dressing aside.

Preheat the oven to 400 F. Spread the pita bread pieces in a single layer on a baking sheet and bake until crisp and lightly golden, about 8 minutes. Set aside to cool. In a large bowl, combine the lettuce, tomatoes, cucumbers, bell pepper, scallions, mint and parsley and toss. Add the dressing and toss lightly to coat evenly. Divide the salad among individual plates. Top with the pita croutons. Serve immediately.

Adapted from *The New Mayo Clinic Cookbook*