



a GIGANTIC cantaloupe

# Sweet Top Farm

CSA Newsletter, Week 12 September 5, 2012

## In your box this week

Broccoli: Fall crops are about 2 weeks ahead of schedule due to a burst of growth during the hot weather a few weeks ago, so enjoy the gigantic heads of "fall 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.

Green Cabbage: The first harvest of tender fall cabbage; store cut cabbage in a plastic bag in the crisper drawer.

Carrots: Try this week's recipe for Carrot Cheddar Surprise

Chard: This is the first cutting of fall chard. Both the stems and leaves are edible, and the stems are especially sweet right now. Delicious mixed in soups or sautéed with red onion and cherry tomatoes. Try this week's recipe for BCTs.

Cucumbers: The cucumbers are winding down for the season. Enjoy the fresh flavor while it lasts.

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 now.

Peppers: A mixture of colored sweet bell and Italian peppers; also included are

### **two green jalapenos**

Chieftain Red Potatoes: Wonderful roasted with olive oil, salt, and sage

Slicing, Heirloom, and Mixed Cherry Tomatoes: Lots of tomatoes! There were too many cherry tomatoes for one pint, so you will find those in a bag this week.

A mixed bunch of flavorful herbs: Dill (great for fresh salads like this week's Cabbage with Vinaigrette) and Sage (adds wonderful flavor to roasted potatoes; sage also dries well by hanging upside down)

## Melon-choly

The cantaloupes and watermelons must have heard that Labor Day Weekend is the unofficial end of summer. While doing our weekly farm walk to decide what to put in this week's CSA box, we were sad to find the melons are done for the season. Of course, we can't really complain after a month long feast on juicy, sweet, delicious melons—we certainly were blessed with a fantastic year.

With the end of one crop comes the beginning of a few others. Although the past several days had us sweating and longing for cooler temperatures, the fall crops—cabbage, chard, beets, arugula, lettuce, radishes, kohlrabi, and baby bok choy—LOVE this boost (although, like everything else, they long for a little rain too). It is amazing how quickly things grow with some heat, and it will be equally so when the growth slows down with the cooler weather this next week. We are excited to harvest vegetables that you have not had since early summer: cabbage and swiss chard. Both are tender right now and can either be eaten raw (try this week's recipes for BCTs and Cabbage with Vinaigrette) or lightly cooked to preserve their sweet flavor.

It is peak harvest time for tomatoes and peppers right now (as you can tell from your box). We are trying to spend one afternoon a week canning and freezing produce for this winter: salsa, spaghetti sauce, diced tomatoes, roasted peppers, and dilly beans. While it is a very busy afternoon, we will thank ourselves this winter. If you are interested in canning and need some pointers and produce, we would be happy to help.

**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. We also have **salsa shares** available that include onions, peppers, cilantro, and tomatoes. Other produce available at wholesale pricing include: bell peppers, hot peppers, and broccoli. 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](#)

### **BCT Sandwiches (Bacon Chard Tomato)**

#### ***From your box: chard, tomatoes***

Toast two slices of your favorite bread. Spread a dollop of mayonnaise on one slice. Fry two slices of bacon, slice up a tomato, and wash a leaf of chard. Layer bacon, chard, and tomato on your sandwich and enjoy! Vegetarian? Try replacing the bacon with avocado.

### **Cabbage with Vinaigrette**

#### ***From your box: cabbage, red pepper, carrot, dill***

Thinly slice a green cabbage into ¼ inch strips. Coarsely chop a red pepper and cut one carrot into thin rounds. If using dill, chop and toss with all the vegetables until combined.

Whisk together 1 tablespoon of olive oil with 2 teaspoons of red wine vinegar. Season with salt and pepper. Toss with cabbage mixture and let sit for 15 minutes at room temperature before serving.

### **Carrot Cheddar Surprise**

#### ***From your box: carrots, tomatoes***

Using a one to one ratio, shred cheddar cheese and carrots. Toss together until evenly mixed. Wet with mayonnaise and add a splash of tamari (soy sauce). Serve on top of a tostada with chopped tomato and sesame seeds or toasted cashews. Also great with a few slices of avocado.

## **Preserving the Harvest**

### **Peppers**

Megan loves red peppers! This time of year, you can find her in the field munching on a fresh picked pepper just about any day of the week. There is nothing like the flavor of a red Italian pepper or big, fat orange bell pepper, but EIGHT in one box!?! Peppers freeze quite well and with little effort on your part. This is one preservation method that you will thank yourself for doing!

Chop in half, quarters, or in slices. Scoop out the seeds. "Spoon" the pieces together and pack tightly into a bag or container. Pull out what you need during the heart of winter for soups, frittatas, fajitas, chili, etc.

### **Cherry Tomatoes**

For those of you that do not can tomatoes but still want to preserve some of the harvest for the winter months, try freezing cherry tomatoes. Because their skins are thin, there is no need to blanch and peel. Simply wash them off, dry with a paper towel, and pour into a bag or container. Although they will not be good for fresh eating once defrosted, their sweetness will still be prevalent in soups and sautés or simply just roasted and put atop crusty bread with mozzarella.