



"The care of the Earth is our most ancient and most worthy, and after all our most pleasing responsibility. To cherish what remains of it and to foster its renewal is our only hope." — Wendell Berry

The Broadcaster
Week 14 – September 2016

In Your Box

Carrots
Cherry and/or saladette tomatoes
Beefsteak tomatoes- Full shares
Yellow Storage Onions
Green or purple cauliflower – fullshares only
Mint
Broccoli
Beets- small shares
Zucchini, cauliflower, beef steak tomatoes or eggplant – SMALL SHARES
Sweet corn!
Snap beans
Celery
Eggplant- fulls only

Important Reminders

- ✓ Tomato U-Pick continues! CSA members get 25 lbs included in their share this season and can pick additionally for \$1/lb. You can include tomatillos with this if you want and we have additional sauce and salsa supplies like peppers and onions on hand. M-F 7am-7pm, Saturday 3pm-7pm, Sunday 7-7pm. YOU NEED TO CALL, TEXT, OR EMAIL TO RESERVE A TIME so we have enough.

News from the Farm

It is September, the best eating month in Wisconsin as summer crops ripen and fall crops start to roll in. Because of this we have some big difference in what is in full and small shares this week. See the in your box for clarification.

We are calming down a bit on the farm this week, although we had hay making and some final weeding projects to accomplish and had a big harvest and hay making day yesterday. We finished our last big field planting including radishes, spinach, baby greens and arugula and planted some winter spinach in the hoophouse. It is tomato time! This is peak upick time some come on out. We expect to have upick tomatoes for another week but are unsure past that point because of disease and cooling temperatures.

We are hosting a field day today and will be hosting UW Madison's Dawson Lab tomorrow at pizza night as they evaluate vegetables for taste! Come on out and taste and choose some veggies you want to try next year on our farm.

Have a delicious week – Kat, Tony, Ted, Riley and Maple

Next Week's Best Guess: tomatoes, garlic, lettuce, peppers, beets with greens, leeks, celery, broccoli/cauliflower, tomatillos, potatoes, thyme, squash.

Pizzas of the week- Broccoli, ham, mushrooms and blue; Veggie: sweet peppers, onions, summer squash, basil pesto; Tomato and sage with sausage.

Recipes from Kat's Kitchen

Celery, tomato and onion salad- 4-5 plum tomatoes, 2 slicers or the equivalent in halved cherry tomatoes, ½ medium onion, thinly sliced into ribbons, 2 stalks farm celery thinly sliced with 1/8 cup leaves included. Dressing ¼ cup olive oil, 3 Tbs balsamic vinegar or sweet vinegar), 2 tbs heavy cream. Wisk dressing, put on salt adjust with salt and pepper to taste. Great with crust bread and cheese!

Roasted summer veggie casserole – we had this 3 times this week and no one was upset ☺ The key is the preroasting which makes it a bit more labor intensive but also better. In a large bowl toss 4 cups of mixed vegetables including onion, minced garlic, thinly sliced eggplant and/or peppers, summer squash and/or plum/cherry tomatoes and mushrooms. Add 3 Tbs olive oil and roast in the oven at 350 for 25-30 minutes on 2 sheets. Remove from oven and transfer to deeper roasting/cake pan, add 2 tbs fresh herbs (cilantro or basil) or 1 tbs dried herbs (Italian seasoning, basil, oregano all work well), an 1 tsp mixed salt and pepper, add ½ cup crumbled feta cheese, toss and bake for 40 minutes until cheese starts to brown. You can use mozz or probably many other cheeses, add seasoned ground pork, beef or lamb, or make without cheese or meat with chickpeas added. All our versions tasted great!

Two Way Street Beets (Asparagus-Zucchini)

2 bunches small beets, Juice of one orange, 1 tablespoon soft butter, Pepper, 1 teaspoon peanut oil, 1 teaspoon dark sesame oil, 1 teaspoon hot chili oil, 1-2 tablespoon soy sauce. Cut beets of stems and gently scrub beets. Wash the greens, cut the stems into three inch pieces, and coarsely chop the greens - set aside. Steam beets until tender. Cool briefly, slip off skins, and cut into wedges. Toss with orange juice, butter, pepper, cover and keep warm. Meanwhile heat heavy skillet, steam stems and greens in oil (stems first). Toss them in soy sauce. Throw it all together and serve

Preservation: Freezing Techniques (from Just Food NYC)

Freezing is a simple and quick way to preserve foods at home and allows you to enjoy garden/farm fresh produce all year round. It is a great way to deal with bounty now!

1) Selecting and Preparing Vegetables %oUse vegetables at peak flavor and texture. %oIdeally, harvest in the cool part of the morning and freeze within two hours. %oSort and discard any produce with decay, bruises or mold. %oWash vegetables thoroughly in cold water.

2) Blanching and prompt cooling are necessary steps in preparing practically every vegetable for freezing. Blanching destroys bacteria, deactivates enzymes and helps remove any surface dirt.

%oSteam Blanch Vegetables & Fruits (recommended method): *f* Put a minimum of 2 inches water in a large pot. *f* Heat water to boiling. *f* Place a rack or colander in pot to keep vegetables above water. *f* Place prepared vegetables directly in colander or first in a cheesecloth bag, work with small batches vegetables. *f* Cover pot and steam. *f* Half way through - check to see that all pieces are being steamed. Stir or shake if necessary. *f* Replace cover and continue heating. *f* Test vegetables. They should feel limp and heated through, but not cooked. *f* Lift out vegetables and spread on clean cloth or paper towels.

%oWater Blanching Vegetables: *f* Fill large pot half full with water and bring to a boil. *f* Put no more than 3 qts. of vegetable pieces in cheesecloth or mesh bag. *f* Dunk this bag in boiling water, making sure water covers the vegetables. Shake bag so hot water reaches all pieces. Allow vegetables to cook for a few minutes. *f* Adjust heat, so water continues to boil. *f* Remove from boiling water and dunk directly into a cold water bath to stop the cooking. *f* Drain on paper towel or cloth.

3) Selecting Freezing Containers %oPackaging materials should be moisture- and vapor-proof such as glass jars and metal and rigid plastic containers. %oMost plastic bags and heavily waxed cartons, are not moisture- and vapor-proof, but are sufficient to use. %oPaper cartons are not sufficient for quality frozen foods. %oUse containers that allow the food to be removed easily. %oSquare or rectangular flat-sided containers help make the most of freezer space.

4) Packing Methods

%oDry Pack: *f* Place prepared vegetables into meal-sized freezer bags or containers. *f* Pack tightly to cut down on the amount of air in the package. *f* Leave ½ inch at the top of rigid containers and close securely. For freezer bags, fill to within 3 inches of top.

%oTray Pack: *f* Place prepared vegetables in a single layer on shallow trays or pans. *f* Freeze until firm, then remove and quickly fill labeled bags or containers. *f* Close and freeze immediately. *f* By freezing separately first, each piece of tray-packed food remains loose so that the amount needed can easily be taken from the container and the package resealed.

5) Labeling and Storing %oLabel packages with the name of the product and the freezing date. %oLeave space between packages to freeze quickly. %oOnce frozen, store packages close together. %oMost vegetables maintain high quality for 12-18 months at 0 degrees or lower. %oLonger storage may impair quality. %oIt is a good idea to post a list of the frozen vegetables near the freezer and to check off packages as they are used.