

# CSA Newsletter



**Week 7:**  
**7/15/14 & 7/17/14**

## Box contents

### Small share:

- 1 bunch carrots
  - 1 bunch rainbow chard or 1 bunch collard greens (Tues.: chard; Thurs. collards – next week switch)
  - 1 cauliflower or 1 bunch Lacinato kale (Tues.: cauliflower; Thurs. kale)
  - 1 lb. green beans
  - 1 fresh red onion
  - 1 bunch red & gold beets
  - 1 bunch Italian basil
  - 1 zucchini or 1 cucumber (Tues.: zucchini; Thurs.: cucumber – next week switch)
- (Next up...potatoes, garlic)

### Regular share additional items:

- 1 quart shell peas
- 1 head Summer Crisp lettuce

## Farm News

We have been digging up a few potatoes and garlic heads this week to test them and see if they're ready. We think they're very close, but that a little extra time in the ground will let them grow a bit larger. Chelsea is a big fan of garlic (the kind that likes to go to garlic festivals and eat it raw, fried, and in ice cream!) so the garlic harvest is a pretty exciting time of year at Plowshares & Prairie. The frequent rains of late means the field just cannot dry out, and the moisture is stressing some of the plants. While we do generally appreciate some rain because it means less watering, in some respects, it's easier to deal with a dry spell because we can irrigate, but it's more challenging to deal with too much water because we can't do too much beyond wait for it to dry out. We can agitate the soil around the crops a bit to help dry things out, but that has a limited impact. We've sampled a couple early cherry tomatoes, but they would really enjoy drier soil and a dose of heat. We have some fast growing eggplants, the largest of which is probably about 5-inches now, and we hope to include these in the next couple weeks, at least in the regular size shares. We're hoping for a little stretch of heat and no rain to kick the summer crops into gear. Our solar photovoltaic system went live last Friday, and we have been enjoying checking the meter to see how many kWh we're generating!

## Recipes & Storage Tips

### Honey Balsamic Glazed Roasted Carrots and Green Beans

2 cups carrots, peeled and cut into 1-in. chunks  
2 cups green beans, ends cut off  
Olive oil 6 T. balsamic vinegar  
4 T. honey (or maple syrup) Salt and pepper  
Preheat oven to 350°F. Drizzle olive oil over carrots and beans, toss, and add a dash of salt and pepper. Place on a pan in a single layer and roast for 30 min., flipping halfway, until soft. Mix balsamic and honey in a large skillet; add veggies, along with any oil that has accumulated in the pan. Cook over med-high heat until glaze thickens and bubbles. Coat carrots and beans in glaze, season to taste with salt and pepper, and serve.

### Beet and Goat Cheese Bruschetta with Basil

3 medium sized beets, halved  
1 baguette, sliced into 1/2-in. thick diagonal slices  
1 1/2+ T. olive oil 1 T. balsamic vinegar  
10 basil leaves, cut into ribbons  
1/8 C. finely diced red onion 1/2 tsp. sugar  
4 oz. goat cheese 4 oz. cream cheese  
1/4 tsp. salt 1/4 tsp. pepper  
Preheat oven to 400°F. Cover beets with water in a pot and boil until tender, 20-30 min. Meanwhile, brush both sides of toasts with olive oil, place on a pan, and bake for ~15 min. or until crisp; set aside. Combine goat and cream cheese, and mix until smooth. When beets are tender, remove skins (try rubbing them off under cold water), & dice into 1/3 in. cubes. Add finely chopped onion, salt, pepper, sugar, olive oil, and balsamic; stir to combine. To assemble, spread cheese on toasts, top with a T. of the beet mixture, and garnish with basil ribbons.

**Tips:** *Carrot:* Remove greens and refrigerate carrots in a plastic bag to store for 2-4 weeks. Eat raw, steamed, or diced into soups, casseroles, or sautéed dishes. *Basil:* Use as soon as possible. Place stems in a cup of water at room temperature (like a bouquet of flowers) or store in a damp towel and refrigerate. *Shell peas:* Shell & add to sautés or soups. Blanch or steam for 2-4 minutes and add to fried rice or rice, pasta salads, or vegetable salads.