

CSA Newsletter



**Week 9:
7/29/14 & 7/31/14**

Box contents

Small share:

Cherry tomato medley (Gold Nugget, Matt's Wild Cherry, Black Cherry, Red Pear)
1 head Inchelium Red garlic
4 cucumbers (Silver Slicer, Marketmore, pickling)
1 bunch beets (Tues.: Chioggia; Thurs.: red)
1 Spineless Perfection zucchini
1 head broccoli or cabbage (Tues.: sm. broccoli; Thurs. Copenhagen/Farao Cabbage)
1 fresh red onion
1 bunch basil
½ # Dragon Langerie beans
1 # Carola potatoes
2 ears sweet corn
(Next up...tomatoes, potatoes, garlic)

Regular share

additional items:

1 heirloom tomato (Brandywine/Cherokee Purple)
1 head Summer Crisp lettuce
3 ears sweet corn

Farm News

Now that we're just about in August, we wanted to remind you about our main event of the summer. We will be hosting a **farm potluck** for CSA members on **Saturday, August 23** from **3-7pm**, and we hope you can join us! We will do a farm tour so you can see where all the magic happens, check out our new solar system, and pose for pictures with a chicken if you're so inclined. We'll also enjoy a potluck dinner around 5pm outside, so please bring a dish to pass. Please RSVP to Chelsea (chandler.chelsea@gmail.com) so we get a sense of how many folks to expect.

We want to hear from you! We are coming up on the midpoint of our season, and next week we'll plan to send out a **mid-season survey** so we can get feedback and continue to improve and make the CSA experience at Plowshares & Prairie a tasty and positive one for our members!

Finally, the Fairshare CSA Coalition – a wonderful community that we are happy to be a part of – is currently holding a **donation drive to support its Partner Shares Program**. Please visit their [drive website](#) for more information on how you can help low-income households so they too can enjoy the tasty and healthy benefits of a CSA share.

Recipes & Storage Tips

Tomato Corn Basil Salad

1 ½ T. olive oil ¾ T. lemon juice
2 garlic cloves, minced
¼ tsp. salt ¼ tsp. black pepper
2 ears cooked corn, kernels sliced from cob
½ cup cherry tomatoes, halved
1/3 cup chopped fresh basil

Mix olive oil, lemon juice, garlic, salt, and pepper in a large bowl. Carefully mix in corn, tomatoes, and basil, and toss to combine.

Colcannon (Mashed Potatoes with Cabbage)

1 lb. potatoes
½ cabbage, cored and thinly shredded
1 onion, diced 1 cup milk
4 T butter Salt and pepper, to taste

Place potatoes in a pot and cover with water; bring to a boil and cook until tender (~30 min.). Drain and set aside. Melt butter in a pan over med-high heat; add cabbage and cook while stirring for ~5 minutes. Add milk and onion, bring to a boil, and mash in potatoes. Season with salt and pepper.

Tips: *Tomatoes:* Store at room temperature for up to a week, or longer if they are still ripening. Do not refrigerate. Tomatoes are incredibly versatile – they can be sautéed, baked, broil, grilled, or eaten fresh. For a quick and easy side dish, slice tomatoes and arrange on a plate; drizzle with olive oil (or a vinaigrette), chopped herbs such as basil or parsley, and a dash of salt and pepper. *Garlic:* Garlic can be stored in a cool, dry, and dark place for several months (it will sprout in warm temperatures). This is fresh garlic, so if not using right away we recommend keeping it in a well-ventilated area to continue curing. *Cabbage:* Stored in the hydrator drawer of the refrigerator, cabbage can last 3 weeks to 2 months. Cabbage should be eaten raw or lightly cooked. To cut up cabbage, first cut head into quarters, and then slice diagonally across the wedge. Cut into slices to toss into salads raw, or cut into thicker slices to steam or boil. Cabbage is a nice aesthetic (and tasty) addition to salads, pasta salads, fried rice, etc. Cabbage is also popularly fermented in sauerkraut and kimchi.