

CSA Newsletter



Week 10:
8/5/14 & 8/7/14

Box contents

Small share:

1 lb. honey
1 eggplant
1.5 lb. Red Norland potatoes
4 cucumbers
1 fresh shallot
1 Patterson Onion
1 head German Red garlic
1 head broccoli or cabbage
(Tues.:
Copenhagen/Farao
Cabbage; Thurs.: sm.
broccoli;)
Cherry tomato medley
1 bunch Italian basil
1 bunch Red Russian kale
(Next up...tomatoes, potatoes, cukes)

Regular share additional items:

4 ears sweet corn
2 zucchini
½ lb. Dragon
Langerie beans

Farm News

This week marks the halfway point of our season, and we want to take this opportunity to get some feedback from you on your experience so far and anything we can do to make it even better. **Please take a moment to take our anonymous ten-question [survey](#).**

Also, remember to **RSVP for our farm potluck on Saturday, August 23 from 3-7pm.**

We are very excited to share a special treat with you this week: **honey from hives on our farm!** Tom of Borkart Bees installed and maintains a couple of hives on our farm near our prairie remnant. The honey bees pollinate the flowers on our veggie and fruit plants in the field, as well as the native flowers in the prairie. This honey really represents a full circle view of our farm since the bees pollinated the produce you're enjoying and also made this tasty honey! Tom harvests raw, local, "single-hive" honey from a variety of locations around Madison, and observed that ours has a relatively dark hue and is very flavorful. If you're interested in ordering more honey (from our hives or others that Tom maintains), check out the [Borkart Bees website](#) or visit Tom at the Fitchburg Farmers' Market on Thursdays.

Recipes & Storage Tips

Breaded Eggplant

<i>1 eggplant</i>	<i>5 oz. bread crumbs</i>
<i>½ cup flour</i>	<i>1 T. Dijon mustard</i>
<i>1 cup milk (regular, soy, almond, etc. all work)</i>	
<i>Olive oil</i>	<i>1 cup tomato sauce</i>
<i>Grated cheese</i>	<i>Pepper</i>
<i>Garlic powder</i>	<i>Fresh basil</i>

Preheat oven to 400°F. Cut eggplant into ½-in. rounds or slabs (and peel, if desired). Set out three bowls. In the first, mix together milk and mustard; put flour in the second and bread crumbs in the third. Dip eggplant in the liquid, then the flour, the liquid again, and finally the bread crumbs. Place on a baking sheet. Repeat for all eggplant slices. Spray with a generous amount of olive oil. Bake for 20 minutes. Remove sheet, add a spoonful of tomato sauce and grated cheese to each slice, and bake for another 3 minutes to heat/melt. Top with pepper, garlic powder, and a fresh basil leaf.

Honey Cucumber Salad

<i>3 medium cucumbers, halved and thinly sliced</i>	
<i>¼ cup honey</i>	<i>½ cup white wine vinegar</i>
<i>¼ cup water</i>	<i>2 T. onion, diced</i> <i>Salt</i>

Put cucumbers in a bowl, and toss with a sprinkle of salt. In a small bowl, mix honey, vinegar, water, & onions; pour over cucumbers and toss to combine. Let marinate in fridge for 1 hour before serving.

Tips: *Eggplant:* Stores unrefrigerated at a cool room temperature or in the hydrator drawer of the fridge for up to a week. Eggplant can be peeled but does not have to be. To remove excess moisture, lightly salt eggplant slices and let sit in a colander for 10-15 minutes; then gently squeeze out any remaining liquid. Eggplant should be eaten cooked to eliminate a substance called solanine. Try it baked, stuffed, sautéed, steamed, or grilled! *Shallot:* Shallots are a member of the allium family (which includes garlic, onions, and leeks). Shallots can be substituted for other alliums, but are especially well suited to dishes where a slightly milder taste is preferred. For instance, raw shallots are great in salad dressings. Use in sautés, curries, soups, pizza, and more.