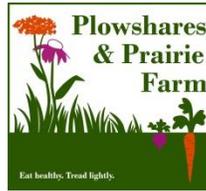


# CSA Newsletter



**Week 12:**  
**8/19/14 & 8/21/14**

## Box contents

### Small share:

1.5 lb. All Blue potatoes  
1 green bell pepper  
eggplant  
1 head Music garlic  
1 head red cabbage  
Cherry tomato medley  
Medium tomatoes (mix of Amish Paste, Green Zebra, Valencia, Indigo Rose)  
2 Walla Walla onions  
3 cucumbers  
1 zucchini  
(Next up...beets, sweet corn(?), potatoes, tomatoes)

### Regular share

#### additional items:

1 head cauliflower  
1 bunch collard greens

## Farm News

When planning out planting schedules for the year, it's useful to think of the crops as falling into one of four main categories: 1. Plant once, harvest once (e.g., garlic); 2. Plant once, harvest over long period (e.g., kale); 3. Plant multiple, harvest once (e.g., broccoli); 4. Plant multiple, harvest over long period (e.g., greens mix). Lately we've been harvesting a lot of the "Plant once, harvest once" crops, such as onions and potatoes. It's nice to get these out of the ground and curing since they will store well for the remainder of the season (and properly stored, even through winter), but it means a big push with lots of digging and lugging crates around right now. We've been monitoring our melon patch and are seeing some tendrils start to dry up which means watermelons and muskmelons should not be too far out. While our orchard gets established, we rely on berries and melons to satisfy our fruit cravings, so we can't wait! We're looking forward to seeing many of you at our potluck this weekend! The event will go from 3-7pm. We'll start with a farm tour and will plan to eat around 5pm. (See email for directions to the farm.) In other news, registration is now open for FairShare CSA Coalition's annual Bike the Barns event. Riders can do a 45 or 60 mile loop, explore farms in the coalition, eat farm-fresh food, and support Fairshare and the Partner Shares program. See additional ride information [here](#).

## Recipes & Storage Tips

### Sweet and Sour Red Cabbage and Sausage

*1 red cabbage, shredded*  
*1 apple, cored & diced (something firm, such as Braeburn, Pink Lady, Granny Smith, etc.)*  
*1 ½ tsp. salt, divided*                      *1 T lemon juice*  
*2 T sugar or ½ cup golden raisins*  
*½ cup water*                                      *1 T. butter*  
*1 sweet onion (such as Walla Walla), chopped*  
*1 T. apple cider vinegar*  
*14 oz. ring turkey kielbasa, cut into 1 inch pieces*  
*14 oz. ring Andouille sausage, cut into 1 inch pieces*  
Place cabbage in a large pot. Add 1 teaspoon of salt, lemon juice, ½ cup of water, and sugar or raisins. Bring to a boil and then simmer, covered but stirring occasionally, for 15 minutes. Sauté the onion in butter until golden. Add the onion to the cabbage along with the apple, ½ teaspoon salt, pepper, vinegar, and sausage. Cook, covered, for 20-30 minutes until sausage is cooked through. (Optional: Serve with a side of garlic mashed potatoes.) (Adapted from original recipe [here](#).)

### Grilled Summer Veggies

*2 T. salt, plus more for sprinkling*  
*1 med. eggplant, trimmed & sliced diagonally (about ¾ in. thick)*  
*1 small zucchini, trimmed & halved lengthwise*  
*1 green bell pepper*  
*3 tomatoes, halved lengthwise*  
*Approx. ¼ cup olive oil*  
Add 2 T. salt to 3 quarts water in a large bowl, add eggplant slices, and weight / hold underwater with a plate for 30 min. Warm up grill to medium-high heat. Drain/dry eggplant. Put eggplant, zucchini, bell pepper, and tomatoes on a plate; brush with olive oil and sprinkle with salt. Brush grill with oil, and put veggies on grill (oiled side down). Close lid and cook until grill marks form (~ 5 min.) Brush dry side of veggies with olive oil, sprinkle with salt, flip, and cook for another 3-5 min. until tender.

**Tips:** *Bell pepper:* Peppers can be refrigerated (unwashed) in the hydrator drawer for a couple weeks. For longer-term storage, they can be diced and frozen in an airtight bag.