

CSA Newsletter



Week 13:
8/26/14 & 8/28/14

Box contents

Small share:

½ lb. edamame (green soy beans)
4 okra pods
2 shallots
1 bunch red beets OR Napoli carrots (Tues.: beets;
Thurs.: carrots – next
week switch)
3 ears sweet corn
1 lb. Red Norland
potatoes
Tomato medley (medium
& cherry tomatoes)
3 cucumbers (lemon,
Silver Sliver, pickling/slicing)
1 zucchini
1 head green cabbage
1 red onion
1 cantaloupe/muskmelon (small share only)
(Next up...summer squash, green beans, basil)

Regular share additional items:

1 bunch broccoli
shoots
1 watermelon
1 eggplant
Extra zucchini

Farm News

First we want to say a big thank you to everyone who made it down to the farm for the potluck! Despite the less than ideal weather and muddy conditions, we really enjoyed doing a tour of some of the drier parts of the farm and having a chance to chat while enjoying the tasty dishes everyone brought to share! As we've mentioned before (and as those who visited witnessed), we have been having trouble with too wet conditions this year. Some of our melons are starting to mature, but sadly there are fewer than we'd like to see out there. So, we will be rotating melons in over the next several weeks with the goal of getting everyone at least one watermelon and one cantaloupe. We're frustrated we can't offer more, but unfortunately the weather (and especially all the rain) has been particularly challenging this year. But enough about the weather... We continue to pull onions, shallots, and potatoes out of the field and dry them out in the barn for longer-term storage. We're excited to share a couple new items this week (both new in the box and new crops we've added to our repertoire this year) – edamame and okra!

Recipes & Storage Tips

Edamame

Edamame pods *Salt, to taste*
Wash pods. Put in a boiling pot of water and cook until just tender (approximately 8 minutes). Drain and sprinkle with coarse salt. Serve whole. To eat, open one edge of the pod, and squeeze to pop beans out into mouth, making sure to get a taste of salt with the bean.

Pan-Fried Okra with Indian Spices

1 Tablespoon butter
4 okra pods, sliced
A dash of ground cumin, ground ginger, and ground coriander
Salt and pepper, to taste
Melt butter in a skillet. Add okra, cumin, ginger, and coriander; sauté until soft (15-20 minutes). Season with salt and pepper; serve.

Tips: *Edamame:* Green soy beans are grown with the intention of being eaten fresh. Try the recipe above to make the common appetizer served in Japanese restaurants. The blanched beans can also be shelled and added to salads or other dishes. *Okra:* Okra, a staple in Southern cooking but often uncommon or underappreciated elsewhere, is a small, green tapered pod with a fine fuzz. Okra is a member of the mallow family, which also includes cotton, cacao, and hibiscus. It is often used as a soup thickener, including in gumbo. One unique characteristic is its sliminess, which can be mitigated by frying or preparing in an acidic dish (such as in pickles or a tomato sauce). The flavor is mild and it absorbs the flavors of what it is cooked with. To store, wrap in a paper bag and keep in the warmest part of the refrigerator. Try to use within a few days. We happened upon an interesting [article about okra](#) this week! For more info, see the [okra page](#) on our website. *Shallots:* 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. Raw shallots are great in salad dressings. Use in sautés, curries, soups, pizza, and more.