

CSA Newsletter



**Week 15:
9/8/15 & 9/10/15**

Box contents

Small share:

Tomato medley
1 ½ lb. Red Norland potatoes
1 cantaloupe or muskmelon
1 leek
1 lb. green & yellow beans
½ lb. Dragon tongue beans
1 head garlic
1 onion
1 bunch curled parsley
1 yellow bell pepper
2 cayenne peppers
1 bunch Red Russian kale
1 head cauliflower
(**Next up**... Magic Molly purple potatoes, shishito peppers, watermelon?)

Regular share additional items:

1 lb. banana peppers
Extra onion
Extra bell pepper
3 ears corn

Farm News

This is the time of year that we farmers are getting pretty tired and will embrace fall when it comes. We're certainly still enjoying lots of tomatoes, sweet pepper, corn, melons, and beans, but are also looking forward to fall flavors like Brussels sprouts and winter squash. Our Brussels sprout crop the last couple years wasn't great, so we're excited that the sprouts are already as large as when we harvested them last year and they still have some time to continue to grow. Like many brassicas, Brussels sprouts actually get a little sweeter after a light frost. (We're not quite ready for that yet.) High on our to-do list for the coming week is to start picking winter squash. We're particularly excited to start enjoying delicata squash rings and butternut squash soup (recipes and ingredients coming soon!). Note that the melons in the boxes this week are very ripe, so it's best to enjoy them soon! We grow three types of hot peppers – jalapeños, cayenne, and Thai – and they go from lowest to highest heat in that order. Enjoy some medium heat this week. We're getting enough rain these days, and have been checking the radar to try to time our picking for in between storms.

Recipes & Storage Tips

Green Bean, Potato and Leek Salad

1 ½ lb. potatoes
1 lb. green/yellow beans, trimmed, halved crosswise
1 T. Dijon mustard *3 T. white wine vinegar*
½ cup vegetable oil *Salt and pepper, to taste*
2 T. butter *Fresh parsley, chopped*
1 leek (white/light green part only), halved lengthwise, thinly sliced crosswise
3 hard-boiled eggs, shelled, quartered (optional)
Boil potatoes and green beans (separately) until tender but not mushy; drain. Cut potatoes in chunks and place in a bowl; add beans. Blend Dijon and vinegar in a small bowl, and whisk in vegetable oil. Pour over potatoes and beans, and mix to coat. Season with salt and pepper, to taste. Melt butter in a skillet over medium heat. Add leeks and sauté until lightly browned and tender (~7 min.). Add leeks and parsley to the potato/bean mixture. Garnish with hard-boiled eggs (optional) and serve.

Packer Salad

Green and yellow beans, kale, parsley, green zebra tomato, yellow bell pepper, banana peppers...
Chop up everything green and yellow in the box and throw it together for a healthy and festive game day snack! This can be eaten raw, or you can sauté the beans, peppers, and kale and later add raw parsley and tomatoes. Eat as a side, or with chips.

Pickled Banana Peppers

1 lb. banana peppers *1 ½ cups cider vinegar (5%)*
1/3 cup water *1 ½ tsp. salt*
½ T. celery seed *¾ T. mustard seed*
Wash peppers, remove stem end, and slice into ¼-in rings. In a saucepan, combine cider vinegar, water, and salt, and heat to boiling. Place celery seed and mustard in a jar, fill with peppers, and pour pickling liquid over the top. Store in refrigerator, and start eating after a few days. Enjoy on sandwiches, pizza, etc.

Tips: *Parsley:* Use as soon as possible. Place stems in a cup of water (like a bouquet of flowers) in the fridge, or store in a damp towel and refrigerate.
Peppers: Store in the hydrator drawer of the refrigerator for 1-2 weeks.