

CSA Newsletter



**Week 6:
7/12/16 & 7/14/16**

Box contents

Small share:

1 lb. green beans
1 bunch carrots
2 fresh Walla Walla onions
1 bunch red and golden beets
1 lettuce head
1 zucchini
1 bunch basil
1 kohlrabi (small shares only)
1 bunch kale (Tues.) or chard (Thurs.)
1 head broccoli (Thurs.)
(**Next up**...potatoes, dill, tomatoes?)

Regular share additional items:

1 bunch collards
1 head broccoli
½ pt. cherry tomatoes

Farm News

We've had some wet days over the last week, so our plants are getting plenty of water and we're still working on tackling some weeds which we can't do when there's too much moisture in the field. That said, we are catching up and the weeds seem to be slowing down some, so that helps too. We have also been furiously clipping tomato plants on strings as they are growing beautifully, with some of our hoop house tomatoes now about 6 feet tall. We're just starting to harvest the first cherry tomatoes, and we're excited to share them with everyone very soon! We're growing the same favorites as last year, and are also trying out a few new varieties to keep things interesting. We'll put together an updated tomato identification guide shortly so you'll know exactly what's in the tomato medley. We started digging up garlic last week and it's currently drying out in the barn. We're pretty excited about the large heads we've harvested so far. If you're ever having trouble keeping up with the amount of produce in the boxes, remember you can freeze many vegetables to enjoy later. There's nothing better than preserving produce at its peak and enjoying the flavors of summer while it's snowing out. ☺ For instance, out of the veggies in this week's box, we regularly freeze kale, chard, broccoli, shredded zucchini (pre-measured for baked goods!), and green beans. Visit our [recipes & storage](#) pages for more preservation tips.

Recipes & Storage Tips

Grilled Beets with Goat Cheese

1 bunch beets *Olive oil*
Salt and pepper, to taste *Goat cheese, to taste*
Heat grill to medium-high heat (400-450°F). Chop off stems and reserve beet greens for another use. Chop roots into 1" or smaller cubes. Place on a rectangle of aluminum foil, add olive oil to lightly coat, and add salt and pepper to taste. Fold up sides of foil and fold over to make a sealed foil pack. Place on grill and cook for 30-40 minutes, flipping pack half way through. Test with a fork for doneness. Once cooked to desired tenderness, remove from grill, let cool slightly, and top with goat cheese.

Green Beans with Charred Onions

1 lb. green beans, trimmed
1-2 Walla Walla onions
1 ½ T. balsamic vinegar
1 ½ T. orange juice
2 T. olive oil *Sea salt*
Bring 4 quarts of water to a boil; add beans and blanch until crisp-tender (3-5 min.). Drain in a colander and stop cooking by running cold water over beans or placing them in an ice bath. Halve onions lengthwise, cut off ends, and cut lengthwise into slices ½-in. wide. Heat a skillet over medium-high heat. Add onions and sauté until charred in spots but crunchy (4-5 min.). For the last minute, add the beans, tossing to heat through. Transfer to a bowl. Mix vinegar, orange juice, and oil, and pour over the beans/onions, tossing to coat. Let marinate for at least 10 minutes before sprinkling with salt and serving.

Tips: *Green beans:* Refrigerate fresh beans in a plastic bag. Green beans keep well for about a week. Prior to cooking fresh beans, remove strings and stems. *Onion:* These are fresh from the garden and have not cured, so store in the fridge and use within a week or so. Walla Walla is a sweet onion variety. *Carrot:* Remove greens and refrigerate carrots in a plastic bag to store for 2-4 weeks, or longer. Eat raw, steamed, or diced into soups, casseroles, or sautéed dishes.