

CSA Newsletter



**Week 9:
8/2/16 & 8/4/16**

Box contents

Small share:

1 bottle honey
Tomato medley
1 eggplant
1 bunch chives
1 bunch mint
1 bunch chard
1 ½ lb. new Yukon Gold potatoes
1 bunch beets
½ lb. dragon tongue beans
1 head Elmer's Topset garlic
1 cucumber
1 Walla Walla onion
(Next up...tomatoes, cabbage?)

Regular share additional items:

Extra 1 ½ lb. Yukon
Gold potatoes
1 green bell pepper
Extra Walla Walla onion
Broccoli (Tues.)

Farm News

Along with lots of tomatoes, eggplant, herbs, and other summer goodies, we're including one very special item in the CSA this week: honey! Our friend and fellow Fitchburg Farmers' Market vendor Tom, of Borkhart Bees, keeps 3 bee hives on our farm between our produce fields and prairie remnant. We benefit from having more pollinators nearby and the bees love all the prairie and produce flowers. Tom tends the bees and harvests the honey, and gives us a share (which we then share with all of you) in exchange for hosting the hives. Everyone wins! Tom has hives at about fifteen sites in the area, and rather than mixing it all together he harvests single-hive honey. It's fun to see him line up his honey at the market from lightest to darkest, and based on the hive location he can give a sense of why one bottle is lighter or darker than another. This year, we have been working more with cover crops, and we found that the bees really enjoyed the buckwheat flowers. This made our honey a little darker than last year's very light, floral batch of honey. Like the terroir of a fine wine, this honey reflects a unique environment and moment in time. Check out Borkhart Bees' [website](#) and [Facebook](#) page for more info. If you'd like to buy more of Tom's honey (either from our farm or his other hive locations), let us know and we're happy to coordinate with him and put some in your box.

Recipes & Storage Tips

Blistered Eggplant w/ Tomatoes, Olives, & Feta

1 eggplant, cut into ¼-inch-thick rounds
¼ cup olive oil, plus more for drizzling
1 ¾ lb. mixed tomatoes (small ones halved or quartered, large ones cut into ¼-inch rounds)
Salt and pepper, to taste
6 oz. feta, crumbled
½ cup mixed olives
¼ cup chives, diced
Bread (such as a baguette) for serving
Preheat broiler with rack 6 inches from heat. Put eggplants on a wire rack set on top of a rimmed baking sheet. Broil until eggplant blisters and is deep brown on one side (~10-12 min.). Flip and broil until other side blisters (another 10-12 min.). Transfer to a large bowl, toss with oil, cover with a plate, and let stand until softened (~10 minutes). Arrange eggplant and tomatoes on a platter, seasoning each layer with salt and pepper and drizzling with olive oil before adding the next layer. Top with feta, olives, and chives. Serve with bread.

Lemon-Mint Cucumber Water

1 cucumber
Few sprigs mint
Lemon juice
Slice cucumber and put in a pitcher. Add mint (either tear leaves off, or add whole sprigs). If using a fresh lemon, cut in half, squeeze juice into pitcher and add lemon halves (if using juice, just pour in). Fill to top with water and refrigerate. Enjoy this wonderfully refreshing summer drink!

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 min.; then gently squeeze out any remaining liquid. Eggplant should be cooked to eliminate a substance called solanine. Try it baked, stuffed, sautéed, steamed, or grilled! *Cucumber:* Store in the hydrator drawer of the fridge for up to a week. Dice or slice and add into green salads or chilled vinaigrette salads, or add to a sandwich.