

# CSA Newsletter



**Week 10:  
8/9/16 & 8/11/16**

## Box contents

### Small share:

2 banana peppers  
2 jalapeño peppers  
1 head cabbage (Tues.) or 1 head broccoli (Thurs.) –  
next week switch  
1 bag carrots  
1 bag tomatillos  
Tomato medley  
1 bunch basil  
1-2 eggplant(s)  
1-2 cucumber(s)  
1 bunch kale  
1 head Montana Zemo garlic  
1 Cortland onion  
(Next up...shishito peppers, tomatoes, melons?)

### Regular share additional items:

2 zucchini  
2 green bell peppers  
1 bunch parsley  
1 Sarah's Choice  
cantaloupe

## Farm News

It's hard to believe we're halfway through the CSA. We hope you've been enjoying the fruits & veggies so far – there's lots more good stuff to come! We got a ton of rain in the last week, and the mosquitos have been pretty bad. The young batch of chickens are growing fast and enjoying the coop and large run they have been occupying for the last few weeks. Once again, we received an accidental rooster in our batch of chicks. We'll be sending him to a new home soon (one rooster is plenty) but are waiting for him to grow a little more so he can hold his own in a new flock. He's learning how to crow which is a pretty awkward and very entertaining. (There's a great description of this in Barbara Kingsolver's book [Animal, Vegetable, Miracle](#) in case you're looking for a fun read.) Remember that our annual summer potluck is quickly approaching! We would love to have you visit the farm on Saturday, August 20th from 3-7pm. We always enjoy showing off the farm and getting a chance to get to know our members better. We'll plan to do a tour of the barn, solar panels, chicken coops, produce fields, bee hives, and prairie. Please RSVP to Chelsea ([chandler.chelsea@gmail.com](mailto:chandler.chelsea@gmail.com)) if you can make it so we can get an idea of numbers. (We'll send out directions next week.) Thanks and hope to see you then!

## Recipes & Storage Tips

### Pickled Banana Peppers

2 banana peppers  
 $\frac{3}{4}$  cup cider vinegar (5%)  
 $\frac{1}{4}$  cup water  
 $\frac{3}{4}$  tsp. salt  
 $\frac{3}{4}$  tsp. celery seed  
 $\frac{3}{4}$  T. mustard seed  
Wash peppers, remove stem end, and slice into  $\frac{1}{4}$ -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!

### Garlicky Kale Salad

3 cloves garlic, peeled  
 $\frac{1}{2}$  cup lemon juice  
 $\frac{1}{4}$  cup soy sauce  
3 inches ginger, peeled  
 $\frac{1}{2}$  teaspoon black pepper  
1 cup olive oil  
1 bunch kale, washed & de-ribbed, leaves chopped  
1 carrot, grated  
1 cup red cabbage, thinly sliced  
 $\frac{1}{2}$  cup dried cranberries  
1 cup garbanzo beans  
In a blender, add garlic, lemon juice, soy sauce, ginger, and black pepper. Puree. Slowly add olive oil with the motor running on low to thicken the dressing. In a large bowl, add kale, carrots, cabbage, cranberries, and garbanzo beans. Pour dressing into the bowl and toss to coat. Mix thoroughly and let salad sit for at least 20 minutes.

**Tips:** *Tomatillos:* Store at room temperature (with husks on) for up to 2 weeks. For longer-term storage, refrigerate in husks (but not in a plastic bag). Check the [Week 8 newsletter](#) for the Roasted Salsa recipe! *Cabbage:* Stored in the hydrator drawer of the refrigerator, can last 3 weeks to 2 months. Cut into slices to toss into salads raw, or cut into thicker slices to steam or boil. It is a nice addition to salads, pasta salads, fried rice, etc. It is also popularly fermented in sauerkraut and kimchi.