



Box contents

Small share:

1 cantaloupe
 Tomato medley
 1 quart edamame
 3 ears sweet corn
 1 bunch basil
 Peppers (1 red, 1 yellow, 1 red Carmen frying pepper)
 1 head savoy cabbage (Tues.) or 1 bunch kale (Thurs.) – next week switch
 1 Cortland onion
 1 head German Extra Hardy garlic
 2 lb. Red Norland potatoes
 (Next up...tomatoes, peppers, potatoes, garlic, shallots, melons, kale/cabbage, lettuce?)

<p>Regular share additional items: ½ pint raspberries 1 bunch beets</p>
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Farm News

We had a very pleasant afternoon on Sunday with the CSA members who attended the potluck. The weather and food were fantastic, and we enjoyed a nice walk out to the fields. We know it's a busy time of year, so if you weren't able to make it down this time and are still hoping to tour the farm this year, mark your calendars for Sat., Oct. 15 for our fall event. We'll send out reminders as it gets closer. Thanks also to those who have shared some feedback via our survey. It's still open so if you still have some thoughts you'd like to share, please fill it out [here](#). We recognize that our members will have different preferences so we do the best we can to strike a good balance, and include some flexibility when possible. One comment we got was if it was possible to have fewer distinct items in greater quantities – so this week enjoy lots of tomatoes and peppers! We also got some very helpful feedback about our packaging (apparently paper bags and water are not friends). ;) We'll be trying to use more plastic in the short-term when there are wet items in the box to better keep our bags intact, and may add drainage holes to our boxes. We'll also try to give a longer list in the "Next up" section, with the caveat that Mother Nature rules here at the farm, so our best efforts at planning are sometimes subject to last minutes changes. Keep the great ideas coming!

Recipes & Storage Tips

Edamame

Edamame pods *Salt, to taste*
 Wash pods. Put in a boiling pot of water and cook until just tender (~8 min.). 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.

Corn & Edamame Succotash

1 ½ cups fresh shelled edamame
1 T. olive oil *½ cup chopped red bell pepper*
¼ cup chopped onion *2 cloves garlic, minced*
2 cups corn kernels *3 T. dry white wine or water*
2 T. rice vinegar *3 T. chopped fresh basil*
½ tsp. salt *Pepper, to taste*

Bring a pot of lightly salted water to a boil, add edamame, and cook ~6 minutes. Drain. Heat oil in a skillet over medium heat. Add bell pepper, onion, and garlic; cook, stirring frequently until veggies soften. Add corn, wine, and edamame. Stir and cook for another 4 minutes. Remove from heat, and add vinegar, basil, salt, and pepper.

Colcannon (Mashed Potatoes with Cabbage)

1 lb. potatoes *½ cabbage, cored & thinly shredded*
1 onion, diced *1 cup milk*
4 T butter *Salt and pepper, to taste*

Place potatoes in a pot and cover with water; bring to a boil and cook until tender (~30 min.). Drain and set aside. Melt butter in a pan over med-high heat; add cabbage and cook while stirring for ~5 minutes. Add milk and onion, bring to a boil, and mash in potatoes. Season with salt and pepper.

Tips: *Edamame:* Green soy beans are grown with the intention of being eaten fresh. Try the simple 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.

Peppers: Store in the hydrator drawer of the refrigerator for 1-2 weeks. *Melons:* Store ripe melons in refrigerator. To eat, cut in half and remove seeds. Either scoop out with a spoon, or cut into chunks and serve. Melon chunks can be frozen for longer-term storage (we enjoy making melon yogurt smoothies in the winter).