



Box contents

Small share:

1 watermelon (Monroe & Hilldale only)
 ½ pint raspberries (GHC & Downtown, others next week)
 1 bunch sage
 Tomato medley
 1 bunch red beets
 1 lb. green beans
 ½ lb. Dragon beans
 1 ½ pt. shishito peppers
 1 yellow bell pepper & 1 red Carmen pepper
 2 lb. Red Norland potatoes
 1 head Montana Zemo garlic
 2 Cortland onions
 1 eggplant
 (Next up...leeks, potatoes, tomatoes, bell peppers and hot peppers, radishes?)

<p>Regular share additional items: 1 cantaloupe 1 bunch chard</p>
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Farm News

Last week was one of transition. We have had a great field crew this summer largely consisting of some local students, and we were sad that it was their last week. They did great work with lots of planting, weeding, picking, and whatever odd jobs needed to get done. We're grateful for their help and wish them luck as they head to high school and college, with strong backs and more knowledge of fruits, veggies, and life on a small organic farm. In addition to the calendar saying it's back to school time, it is also starting to sound and look a little more like fall on the farm. One big hint is when the morning bird cacophony is suddenly replaced by the chirping and buzzing of insects. Leaves are starting to fall from walnut trees, and there is a little chill in the air during our morning harvests. It has been a hot and humid summer, so we're starting to feel ready for the colorful leaves and pumpkin spice. We got feedback that some CSA members love beets, whereas others could take them or leave them. For the second group, we recommend the recipe at right – even the beet apathetic can learn to love it in dessert form. Plus, this is a great way to make a beautiful red velvet cake sans red dye. We're rotating fall raspberries in the boxes, so enjoy lots of fruit over the next couple weeks!

Recipes & Storage Tips

Red Velvet Beet Cake

3 medium beets
¾ cup butter, plus more for greasing pan
¾ cup buttermilk *Juice of 1 large lemon*
2 tsp. white vinegar *1 ½ tsp. vanilla extract*
2 cups cake flour *3 T. cocoa powder*
1 1/8 tsp. baking powder *1 tsp. salt*
½ tsp. baking soda *1 ¾ cup sugar*
3 eggs *Cream cheese frosting*

Preheat oven to 350°F. Wash beets and wrap in aluminum foil. Bake for ~1 hr. 15 minutes, until tender. Cool, and peel. Butter two 9-inch pans. In a food processor, chop beets until finely diced. Measure one cup, and set the rest aside for another use. Return to food processor, add buttermilk, lemon juice, vinegar, and vanilla, and puree until smooth. Sift together flour, cocoa, baking powder and soda, and salt. In a stand mixer, beat butter until soft, add sugar, and beat until creamy. Beat in eggs. Alternate adding flour and beet mixtures to butter. Divide batter between pans, and bake for about 20 minutes (until a fork comes out clean). Once cool, assemble cake, frosting between layers and to cover sides and top of the cake.

Roasted Tomato & Sage Sauce

2 lb. cherry &/or coarsely chopped tomatoes
1 medium onion, thinly sliced
4 cloves garlic, minced *¼ cup fresh sage, chopped*
3 T. olive oil, divided *1 T. red wine vinegar*
½ tsp. salt *¼ tsp. pepper*

Preheat oven to 450°F. Combine tomatoes, onion, garlic, sage, 1 T. oil, vinegar, salt and pepper in a roasting pan. Roast, stirring halfway through, until tender (~15-20 min.). Lightly mash tomatoes to release juices and stir in remaining oil. Serve warm over pasta, on a panini, over baked fish, etc.

Tips: *Beans:* Refrigerate in a plastic bag; eat within a week. Try Green Beans w/ Caramelized Onions (see our [bean page](#)). *Raspberries:* Store in fridge for several days. *Sage:* Add to salads, soups, omelets, marinades, sausage, breads, and stuffing. To dry, hang leaves on the stem, then store in an airtight container. Makes a great tea (w/honey & lemon).