

CSA Newsletter



**Week 10:
8/8/17 & 8/10/17**

Box contents

Small share:

Tomato medley
2 zucchini
3 cucumbers
1 Walla Walla onion
½ lb. dragon tongue beans
1 bunch basil
1 head garlic
1 bunch carrots
1 green bell or frying pepper
1 jalapeño pepper

(Next up...tomatoes, potatoes, garlic, herbs)

Regular share additional items:

1 bunch collard greens
1 yellow summer squash
¾ lb. tomatillos
1 lb. beets

Farm News

This week marks the halfway point in the CSA season. We hope you have been enjoying the fruits and veggies so far! There are many more goodies and new varieties of fruits and veggies on the way. We should have more types of peppers to share soon, and we're spotting our first small melons growing. Our winter squash plants are looking healthy, and we're hoping for a good harvest this fall. In fact, with a little break from the heat, some of the recent cooler mornings are reminding us that fall is not too far around the corner...but we're not there yet! It's still peak tomato, cucumber, and zucchini season and we are maximizing it by making lots of salsa, pickles and cucumber salads, and grilled and sautéed summer squash dishes. If you're looking for more ideas for how to use zucchini, try these [fritters](#), which are in my regular rotation of summer recipes. Remember to check the [2017 tomato guide](#) for help identifying the different tomato varieties in the medley.

If you have a moment and would like to share feedback on how you're finding the CSA so far this season, please fill out this **brief (10-question), anonymous, mid-season survey**: <https://www.surveymonkey.com/r/HL5GB5M>. It helps us make adjustments for the rest of the season and in planning for future years. Thanks in advance for taking the time to help us make our CSA the best it can be!

Recipes & Storage Tips

Roasted Salsa

Tomato medley *1 green bell pepper*
Tomatillos (optional)
1 jalapeño or other hot pepper
1 onion *3 garlic cloves 1 T. olive oil*
1 tsp. cumin *Lime juice Salt and pepper, to taste*
Fresh herbs such as basil, parsley, or cilantro
Preheat oven to 400°F. Core tomatoes and tomatillos (removing husks on tomatillos first), and put on a baking sheet. Cut off stem (and pith for bell) from peppers, and cut in half lengthwise, placing cut side down on the baking sheet. Slice off roots from onion, halve and place cut side down on sheet. Cut root end off garlic, and add to sheet. Drizzle with olive oil; bake 20 min. Transfer roasted veggies to a food processor or blender; pulse until no large chunks remain. Add spices, chopped herbs, & lime juice, to taste. Enjoy with chips or in burrito.

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 roots into 1" cubes. Place on aluminum foil, add olive oil to lightly coat, and add salt and pepper. Fold up sides of foil to make a sealed foil pack. Place on grill and cook 30-40 min., flipping 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.

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). *Dragon beans:* Refrigerate in a plastic bag and eat within a week. Great raw, but can also be steamed or lightly sautéed – but note the beans lose their variegated colors when cooked. Try the salad on our [bean page](#), substituting an onion for the shallot. *Beet:* Store in the hydrator drawer of the fridge. Beets do not need to be peeled, but rather can be scrubbed clean. Tasty in salads, cooked or raw. Beets are also great steamed and sliced, and served at room temperature with olive oil and salt and pepper, or a vinaigrette.