

CSA Newsletter



Week 13:
8/28/18 & 8/30/18

Box contents

Small share:

Tomato medley
1 bag carrots
1 zucchini
2 cucumbers
1 bunch basil
1 bunch kale
½ lb. green beans
½ lb. Dragon tongue beans
1 or 2 small eggplant (small share only)
1 cantaloupe or watermelon (We're rotating them in as they ripen. If you haven't received one yet, you will soon!)
(Next up...tomatoes, beets, shishito peppers)

Regular share additional items:

3 banana peppers
Extra cherry tomatoes
Extra ½ lb. Dragon tongue beans

Farm News

We hope all of you fared ok with all the rain and flooding last week. We only got 3 inches at the farm, which is a lot for us but nothing like the 12-15 inches we've been hearing about around Madison. The Mud Branch running through our farm didn't flood, though we're seeing a little extra cracking in our tomatoes due to all the water. We're including some tomato seconds in the extras/swap boxes this week so feel free to take some. In fact, it's a big tomato week so I decided it's time to include a sauce recipe (see right). Once upon a time I spent many hours canning tomatoes. I scored them, blanched them, peeled them, cooked them down, ladled them into jars, and processed them in a hot water bath for 40 minutes until I was sweating and my kitchen was a sauna. Then, I decided to be lazy, and I've never turned back. I highly recommend it. Summer is flying by and we're sad to say this is our last week with our field crew of local Argyle students. Gavin and Megan are heading back to high school, and Paige and Morgan are starting a new chapter in college. We'll miss all their help and great attitudes, and are grateful for their hard work this season. Fortunately we'll still have two wonderful women, Karen and Bonnie, helping us in the pack shed on delivery days for the rest of the season.

Recipes & Storage Tips

Chelsea's Lazy Tomato Sauce

Lots of tomatoes!

Core tomatoes. Put in a pot over medium-high heat. Simmer, stirring enough that tomatoes do not stick. Once most of the liquid cooks off, turn off heat. Use an immersion blender to blend (or transfer into a blender). Let cool, and transfer into freezer bags. This makes a great blank slate tomato sauce to use later for pasta, casseroles, pizza, etc.

Dragon Beans with Balsamic Vinaigrette

*½ lb. Dragon tongue beans 1 T. balsamic vinegar
1 T. olive oil Salt and pepper, to taste*

Remove bean stems. Mix vinegar, oil, salt & pepper in a bowl. Pour over beans and toss to coat. Cover & refrigerate for 1-3 hours before ready to serve.

Pickled Banana Peppers

*3 banana peppers 1 ½ cups cider vinegar (5%)
1/3 cup water 1 ½ tsp. salt
½ T. celery seed ¾ T. mustard seed*

Wash peppers, remove stem end, and slice into ¼-in rings. In a saucepan, combine vinegar, water, and salt, & heat to boiling. Place celery seed & 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, etc.

Kale & Carrot Salad

*1 bunch kale 2-4 carrots, peeled & grated
½ cup sunflower seeds 2 T. soy sauce
2 T. rice wine vinegar 2 T. sesame oil
1 T. ginger, minced ½ tsp. cumin*

3 cloves garlic, minced (or sub garlic powder)
Remove kale stems. Boil in a pot of water for 3 min. Drain; rinse with cold water. Squeeze to remove excess water; slice into thin pieces. Add carrots & seeds. Combine remaining ingredients in a bowl and pour over veggies.

Tips: *Dragon tongue beans:* Refrigerate in a plastic bag, and use within a week. Will lose the purple streaking if cooked. *Eggplant:* Best fresh, but will store unrefrigerated at a cool room temperature or in the hydrator drawer of the fridge for up to a week.