



Sogn Valley Farm

CSA Newsletter August 2-3, 2016

www.sognvalleyfarm.com

Greetings,

In the first newsletter, I wrote that I'd be giving an update from the farm, with length depending on the amount of time I have to write. Well, this is going to be a brief one.

The big project on the agenda is harvesting all of our storage onions and getting them into the greenhouse to cure.

We are also now beginning to harvest some of our wholesale crops. While most of our produce is bound for your CSA boxes and our farmers' market stand, we coordinated with a couple of artisan food producers in the Twin Cities to grow ingredients for their products.

Double Take Salsa makes hot sauces and, you guessed it, salsa! This week will be our first harvest of peppers for their "Hatch Pepper Salsa." We should be delivering around 5000 lbs of these green chiles before season's end.

We are also growing some crops for You Betcha Kimchi, including cabbage, red onions, green onions, red Thai peppers, and, later in the season, carrots and daikon radishes.

While we're happy to be supplying these awesome local companies, it means we're going to have to squeeze additional harvests into our already harvest-intensive work schedule. It had become a challenge to find time to do field maintenance tasks such as weeding, trellising tomatoes, managing irrigation, and weed whacking fence lines.

One last thing I wanted to propose: Would any of you be interested in coming down to the farm for U-pick strawberries? Our strawberry plants are still kicking out berries, but we just don't have the time to harvest them as frequently as is necessary to maintain a healthy patch. We don't want to see the strawberries wasted! We have been thinking

What's in the box?

Heirloom tomatoes: Heirloom tomatoes are varieties that were bred a long time ago, when flavor was the main consideration. They weren't bred for flawless aesthetics, nor for shipping or shelf life. But the flavor is unparalleled. You'll receive Cherokee Purple (darker in color, usually with some green on the shoulder) and/or German Johnson (a Brandywine type, pink in color). A simple way to enjoy these is to slice them and sprinkle with sea salt, but you won't regret adding some basil leaves and fresh mozzarella, as well!

Sun Gold cherry tomatoes: You should be used to these by now! For a new use, try using them in this week's recipe.

Broccoli: Use in this week's recipe.

Fresh yellow onions: These are uncured yellow onions, a bit more astringent than the sweet onions you have received thus far. Use in this week's recipe.

Rosemary: A delightfully aromatic herb that we've been planning to put in CSA boxes for a few weeks. It's a great compliment to meat dishes, or infused in olive oil or butter. Great addition to roasted potatoes, as well!

Zucchini and summer squash

Garlic: Hardneck garlic is a bit different from the heads you typically find in the grocery store. You'll find fewer, larger cloves per head, which makes preparation easier. The flavor is superb, too! This is cured, so should be stable for short-term storage at room temperature. Use in this week's recipe.

Jalapeño peppers: We have been told by some farmers' market customers that our jalapeños are "angry," meaning they have a decent amount of spice. Remember, most of the spice is in the seeds and membrane, so remove some or all of that if you want to cut down the heat. Try in this week's recipe.

Sweet corn: This corn is sweet and tender, and is a delicious addition to this week's recipe. Some of the ears, while mature, are fairly small, and most are exhibiting some incomplete pollination (kernels not filled in at the tip of the cob). While this sweet corn won't win a beauty contest, I suspect your taste buds won't care :)

Green kale: When a CSA member asks for more kale, we can't refuse!

Melon (rotational): This week, full shares are receiving a muskmelon (a.k.a cantaloupe), but half shares should receive either a muskmelon or a 'Savor' melon, a unique, sweet French melon, in next week's box.

Red beets (full shares only): These will be the last beets in boxes until the fall planting matures in September. The beets will store for several weeks in a plastic bag in the refrigerator, but the greens should be consumed soon.

On Deck

Some of the items you'll likely see in your box over the next 1-2 weeks.

Tomatillos — Potatoes — Green beans — Cilantro — Peppers

of opening up the strawberry planting to CSA members on Sunday afternoons and Mondays. If it's worth the drive for you to pick some strawberries for freezing, canning, or just fresh eating, send me an email and let me know you are interested.

Enjoy your week!

Dana

Roasted Broccoli Salad

This recipe was created for us by CSA member (and talented chef) Jonathan Kruse. Many thanks!

Ingredients

1 Head broccoli (cut into medium flowerets)
1 large tomato (large dice) or 12 Sun Gold cherry tomatoes (halved)
1 Jalapeño pepper (small dice)
2-3 ears of sweet corn
½ cup onion (diced)
2 tablespoons olive oil
Salt and pepper
Roasted Garlic Vinaigrette (see recipe)

Heat oven to 350°. Cut the broccoli into medium sized flowerets and toss with 2 tablespoons olive oil, salt and pepper on a medium sheet pan. Make sure the broccoli is in a single layer on the sheet pan. Roast the broccoli until it is tender, about 20min. When the broccoli is done, reserve it to the side and let it cool. Place the corn unshucked in the oven for 30mins or until soft. Once the corn is done, let it cool then cut the kernels off the cob.

In a large bowl, place the jalapeño, onion, tomato, corn, and broccoli, and season with a pinch of salt and pepper. Toss with Roasted Garlic Vinaigrette.

Roasted Garlic Vinaigrette

Ingredients

5-6 large cloves garlic (roasted and peeled)
4 tablespoons red wine vinegar
1 tablespoon honey
1 tablespoon Dijon mustard
1 tablespoon lemon
½ teaspoon smoked paprika
1/2 cup vegetable oil
Salt and freshly ground black pepper

Roast the unpeeled garlic cloves on a dry pan in a 350 oven for 30min. Place the garlic, vinegar, mustard, honey, lemon juice, smoked paprika and salt and pepper, to taste, in a blender (or food processor) and blend until smooth. Slowly add the oil until emulsified while the blender or food processor is running. This process can also be done with a whisk in a bowl.

