



Sogn Valley Farm

CSA Newsletter August 9-10, 2016

www.sognvalleyfarm.com

Greetings,

The big project this past week, outside of the weekly normal harvest and pack routine, was harvesting our onion crop. Unlike squash, tomatoes, or kale, which are harvested every few days, as fruits/leaves mature, onions are generally harvested all at once, with the exception of the uncured onions we have put in boxes thus far (we didn't want to make you wait until mid-August before receiving your first onion).

Two weeks ago we harvested the remaining sweet onions and 'Red Long of Tropea' onions—both of which you have already received—along with Cipollini onions. Last week, we harvested the majority of the larger crops of yellow and red storage onions.



After 2-3 weeks curing in our greenhouse, they'll be loaded into large bins and moved into our cooler for storage. At proper temperature and humidity, these will store for over six months.

We have had a few crop-related disappointments this season, one of them being in our melon planting. We chose two varieties of muskmelons to plant: a variety I have previously called 'Sarah's Choice' and another one called 'PMR Delicious.' As the 'PMR Delicious' variety was getting close to maturity, all the plants turned brown and died. The

What's in the box?

Tomatoes: 'Tis the season for tomatoes. We're doubling the volume of slicing tomatoes that you received two weeks ago, so get ready!

Sun Gold cherry tomatoes: We can't seem to slow these plants down, so for the time being, we're going to keep sharing them with you. Karin and I made a simple salad last weekend—halved Sun Gold tomatoes, some finely sliced basil, and a bit of coarse sea salt, olive oil, and balsamic vinegar. Cucumbers would make a fine addition, too.

Bell peppers: This week's harvest of bell peppers consisted of mostly large, blocky peppers—a nice size for stuffing. We're starting to see some peppers ripening to red and to orange. You should see colored bell peppers in a week or two.

Tomatillos: Tomatillos are related to tomatoes, but have a very different flavor. This week's recipe shows you the most common way to use tomatillos: Salsa Verde (or green salsa). Remove the fruits from the husks and rinse them before use.

Cilantro: Use this in the Salsa Verde recipe, or in one of the multitude of ways cilantro complements tomatoes.

Serrano peppers: We included these to use in the Salsa Verde recipe. We're trying not to overload you with these, but if you find it difficult to use them all, they store very well in the freezer. Simply cut off the stem and place whole into a plastic bag. Pull them out over the winter when you need a little heat!

Anaheim peppers: These are the traditional peppers used by Mexicans to make chiles rellenos, the other common choice being poblano peppers. These peppers have some spice, but not the level found in serranos and jalapeños.

Cucumbers

Dill

Green beans: Our second planting of beans came in nicely. I'm always a fan of simple side dishes such as steamed green beans with a light dressing—the flavor of in-season beans is superb without a lot of bells and whistles.

Melon (rotational): This week, half shares are receiving a muskmelon (a.k.a cantaloupe). We like to store melon in chunks in a storage container in the fridge—it makes for more efficient use of space, and easy access for a quick snack!

Red cherry tomatoes (full shares only). These are mixed in the same bag as the Sun Golds.

On Deck

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

Watermelons — Sweet corn — Potatoes — Colored bell peppers — Lettuce or salad mix — Lemon basil

developing fruits turned yellow, appearing ripe, but were flavorless. Likely a disease like bacterial wilt or fusarium wilt, but no time to send a sample into the lab for analysis. The 'Sarah's Choice' plants have been doing better, thanks to the variety's disease resistance genes. The melons you received either last or this week are of this variety.

I also wanted to follow up last week's newsletter's invitation to pick strawberries at the farm. As those who emailed me with interest already know, the strawberry planting rapidly deteriorated over the past week. We skipped a couple of harvests (which is normally every other day) due to time constraints, and when we went out to harvest last Friday, we found very few marketable fruits. We will be mowing the planting shortly and hoping for a new flush of growth over the next 5-6 weeks. Who knows, perhaps we'll have a few more berries to pick in mid-September?

One request related to picking up shares: if you are out of town for a week and have a friend pick up your share, please be very explicit about picking up the correct share size. If there is any question, have them refer to your name on the checklist—the share size is listed right next to each member's name. We have had several instances of full share members arriving towards the end of the pickup window and finding only half shares remaining.

Thank you to all who have filled out the CSA Survey so far. We hope to get responses from the rest of you over the next several days. I hope everyone is now able to access the survey—again, my apologies for the issues with the link. A CSA member discovered that there was a space after the URL, which may have caused the problem some of you experienced.

Have a wonderful week!

Dana

Salsa Verde (Tomatillo Salsa)

Salsa verde is a classic component of Mexican cuisine. It's used in tacos, enchiladas, chilaquiles, and tamales. Also tasty as a dip for chips! If you have any onions leftover from last week's box, here's a great way to use some.

Ingredients

8 ounces (5 to 6 medium) tomatillos, husked and rinsed
2 serrano peppers, stemmed
5 or 6 sprigs fresh cilantro, rinsed and roughly chopped
Scant 1/4 cup finely chopped onion
Salt

Directions

Whether you choose the verdant, slushy, herby freshness of the all-raw tomatillo salsa or the oil-colored, voluptuous, sweet-sour richness of the roasted version, tomatillos are about brightening tang. The buzz of the fresh hot green chile adds thrill, all of which adds up to a condiment most of us simply don't want to live without.

For the raw version: Roughly chop the tomatillos and the chiles. In a blender or food processor, combine the tomatillos, chiles, cilantro and 1/4 cup water. Process to a coarse puree, then scrape into a serving dish. Rinse the onion under cold water, then shake to remove excess moisture. Stir into the salsa and season with salt, usually a generous 1/4 teaspoon.

For the Roasted version:

Preheat a broiler.

Roast the tomatillos and chiles on a baking sheet 4 inches below a very hot broiler until darkly roasted, even blackened in spots, about 5 minutes. Flip them over and roast the other side, 4 to 5 minutes more will give you splotchy-black and blistered tomatillos and chiles. In a blender or food processor, combine the tomatillos and chiles, including all the delicious juice that has run onto the baking sheet. Add the cilantro and 1/4 cup water, blend to a coarse puree, and scrape into a serving dish. Rinse the onion under cold water, then shake to remove the excess moisture. Stir into the salsa and season with salt, usually a generous 1/4 teaspoon.

Recipe from Rick Bayless: <http://www.foodnetwork.com/recipes/salsa-verde-green-tomatillo-salsa-recipe.print.html?oc=linkback>