



Sogn Valley Farm

CSA Newsletter Sept. 6-7, 2016

www.sognvalleyfarm.com

Greetings,

Wow, it's hard to believe it's already September. We have enjoyed a couple weeks of very fall-like weather—days in the 70s with relatively low humidity. Absolutely perfect working weather, in my book (when it wasn't raining).

We have been busy with the usual tasks of harvesting and washing vegetables for CSA boxes and farmers' markets, but also trying to find time to chip away at other big storage crop harvests, namely winter squash and cabbage. We also still have a few thousand pounds of onions in the greenhouse, where they have been drying for the past month or so. It's definitely time to get them cleaned and into cool, dry storage. Wednesday is looking like a rainy day just begging for an onion cleaning marathon :)

All the rain we have gotten recently has had some repercussions for our crops. Disease in the brassicas (broccoli and cabbage, in particular) has spread, field tomatoes that were hanging onto some green foliage are now brown and crispy, and ripening peppers are spoiling at a very high rate. The latter has been particularly frustrating—about 2/3 of the red peppers we pick have to be culled because they are beginning to rot in the field. This only happens when they start to turn from green to red, orange, or yellow; green peppers have very few defects. Next year, I plan to plant a partial row of indeterminate bell peppers in the high tunnel specifically for colored pepper harvest. These vigorous pepper varieties grow tall (10+ ft) and are trellised just like tomatoes. The high tunnel growing environment should greatly increase the quality of red peppers.

Lastly, I want to remind all CSA members about the potluck here at the farm on October 2nd. More information can be found on the Events page of our website. Expect an

What's in the box?

Spaghetti squash: Spaghetti squash is a unique winter squash variety with flesh that naturally separates into long, noodle-like strands when cooked. Try using it in this week's recipe.

Yellow onions: These versatile onions can be used in the spaghetti squash recipe or a stir fry with your carrots and red cabbage. This variety should store well in your pantry for quite a while.

Garlic: We've given you a couple heads of 'Music' hardneck garlic—use some in the spaghetti squash recipe.

Red leaf lettuce: Lettuce is back in full force! After a summer during which over 50% of the lettuce we planted turned bitter and bolted before reaching harvestable size, we've finally reached cool enough weather where the heads are maturing nicely. Make yourself a salad with this tender lettuce.

Slicing tomato: After a good run, the tomatoes are starting to slow way down, but we've included a small amount for use in this week's spaghetti squash recipe.

'Corno di Toro' sweet peppers: These tapered peppers (thus the variety name, which translates to 'bull's horn') are Italian heirloom frying peppers, which are traditionally fried in olive oil and sprinkled with parmesan (see recipe). Some of the peppers have slightly soft and wrinkled skin at the tip, which is a result of the peppers touching the soil. This should not affect the eating quality of the pepper.

Red cabbage: Red cabbage is great for thinly shredding on a salad, stir frying, or using to make a colorful slaw. These dense heads should store for months in the refrigerator in a plastic bag, although once "opened," the cut edge tends to spoil sooner.

Carrots: Add these carrots to your salad, a stir fry or slaw with your cabbage, or glaze with honey and ginger for a tangy side dish.

Cucumbers

Green leaf lettuce (full shares only)

On Deck

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

More winter squash — Cilantro — Broccoli — Red onion — Bell peppers

email in the next week or two with more details about the potluck.

The potluck will immediately follow the Sogn Valley Craft Fair (where we will be vendors) which is held just down the road from our farm. We encourage members to stop by the fair before heading to the farm for the potluck. The Craft Fair will feature not only local farmers, but also lots of amazing artists, potters, and other craftspeople. Live music, too! Admission is free. More info at sognvalleyartfair.com.

Best,
Dana

Spaghetti Squash

Full share members are receiving very large squashes, only half of which may be required for this recipe. I wish we could supply the basil, but all three plantings we had in the field succumbed to a nearly unpreventable disease in early August :(

Ingredients

1 spaghetti squash, halved lengthwise and seeded
2 tablespoons vegetable oil
1 onion, chopped
1+ clove garlic, minced
1 1/2 cups chopped tomatoes
3/4 cup crumbled feta cheese
3 tablespoons sliced black olives
2 tablespoons chopped fresh basil

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
2. Place spaghetti squash with cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven and set aside to cool enough to be easily handled.
3. Meanwhile, heat oil in a skillet over medium heat. Cook and stir onion in oil until tender. Add garlic; cook and stir until fragrant, 2 to 3 minutes. Stir in tomatoes and cook until tomatoes are warmed through.
4. Use a large spoon to scoop the stringy pulp from the squash and place in a medium bowl. Toss with the vegetables, feta cheese, olives, and basil. Serve warm.

Recipe source: <http://allrecipes.com/recipe/13948/spaghetti-squash-i/>

Charred Peppers with Parmesan

Ingredients

4 Italian frying peppers, large
2-4 tablespoons olive oil, as needed - start with 2
2 tablespoons grated parmesan cheese, plus more to taste

Directions

1. Slice the peppers in half lengthwise and remove the stem and any seeds. If there are any large, thick ribs, remove them as well.
2. Heat a large, seasoned cast iron skillet over medium-high heat until searingly hot. Reduce the heat to medium and add 2 tablespoons olive oil.
3. Add the peppers cut side down in a single layer — you may need to fry the peppers in two batches if you can't fit all the peppers in the skillet at once with breathing room around them, so hold on to that extra 2 tablespoons olive oil
4. Cook without stirring or moving the peppers for 5 minutes, letting the steam building up under the peppers' "domes" soften them. Flip the peppers with tongs and cook undisturbed for 5 minutes more, letting the skin of the peppers blister and char in the oil.
5. Continue to cook and flip until the peppers are as soft and blackened as you'd like, anywhere from 5-10 minutes more.
6. Repeat with the remaining peppers and olive oil as needed. Transfer the charred peppers to a plate and blanket generously with Parmesan cheese. Serve immediately.

Recipe source: http://www.huffingtonpost.com/food-fanatic/charred-peppers_b_3931056.html