



Sogn Valley Farm

CSA Newsletter July 25-26, 2017

www.sognvalleyfarm.com

Greetings,

This morning, in the time it took me to write this newsletter, we received over four inches of rain. It wasn't even in the forecast last night. After discovering poor germination on our fall carrot planting, I ordered some carrot seed and had it overnighted to me so I could re-seed before tonight's/tomorrow's rain (which was forecasted), but seeding is now completely out of the question. Dang.

A quick post-storm walk showed that we have some standing water in the lowest points of our fields, some soil erosion on sloping fields, and some plants blown over, but I didn't see widespread damage. However, these stints of prolonged saturated soil can have ramifications down the road (causing rotting or weakening of plant root systems), so time will tell the impact.

With that cheery news out of the way...lots of things have been looking good this past week. The peppers have been weeded and are putting on lots of fruit; zucchini and summer squash have been going bonkers (I'm giving you a break this week, but they'll probably be back in boxes next week!); muskmelon plants are lush, flowering profusely, and set with quite a few small green fruit; fall-harvested cabbage and cauliflower plants seem to have outgrown some early disease symptoms and are looking fine.

We're just beginning to harvest the full-sized tomatoes, so I expect some of you will receive them next week, and the rest in two weeks. After that, we'll try to include some kind of tomatoes in almost every box.

I also want to remind you all that we have about a dozen fall CSA shares still available. If you'd like to keep receiving our produce right through Thanksgiving week, now's the time to sign up! Login to your Member Portal and click "Update your current share options."

Have a good week!

—Dana

What's in the box?

Garlic: I would consider this garlic semi-cured. It's been drying in the greenhouse now for about two weeks, but the inner layers aren't totally dry yet. Should be fine to store at room temperature, but don't plan to store it for more than a couple of weeks. This is 'Majestic' hardneck garlic. Use it in this week's recipe.

Mixed cherry tomatoes: We've again mixed our three varieties of cherry tomatoes. The orange ones ('Sun Gold') are the sweetest; the red ones ('Sakura') have classic tomato flavor; and the brown/purple ones ('Black Cherry') have an heirloom-like, complex flavor. Enjoy!

Basil: Make another batch of pesto with this week's garlic, or pair with tomato, salt, and fresh mozzarella for the most satisfying summer snack.

Savoy cabbage: Savoy is our favorite type of cabbage—more tender and texturally interesting than green cabbage. A good choice to shred onto a salad or to lightly sauté.

Asian eggplant: We love grilling Asian eggplant, but also enjoy it in baba ganoush, ratatouille, and stir fries. Use it in this week's recipe.

Green beans: We're still getting good production out of our first planting of beans. These are good sized beans, well suited for steaming, soup, or a green bean casserole.

European cucumber: Some of you will find that your cucumber tapers off at the bottom end. This is the result of the plants not receiving enough moisture—our drip irrigation was clogged for a couple weeks and the plants did get quite as much water as they wanted. The eating quality is unaffected.

Strawberries or tomatoes (full shares only): We're back where we were in the first couple CSA of boxes—the first harvest on a new planting of strawberries. The first few harvests were of just a dozen pints, but that should multiply many times over a couple weeks from now. Some full share members are receiving strawberries, while the remainder will receive some 'New Girl' tomatoes.

Salad mix (full shares only): This salad mix is a blend of seven types of baby leaf lettuce and has been pre-washed. Mid-summer lettuce can be challenging, as heat causes lettuce to become bitter and bolt more rapidly than spring or fall lettuce. You may find this salad mix to be slightly more bitter than what you received in the spring (or what you'll receive in the fall), but it should be fine with a bit of salad dressing.

Green leaf or red summer crisp head lettuce (half shares only): These heads are on the smaller size, as we wanted to harvest them before they bolted. Some of those receiving green leaf lettuce will have two very small heads rather than one medium.

On Deck

Each week, we'll give some hints about what new items may show up CSA shares in the next 1-2 weeks. Please note, this is not a guarantee, but our attempt to give you an idea of what's coming up.

Hot peppers — Slicing cucumbers — Tomatoes — Scallions —

Green top carrots (probably in two weeks)

Eggplant and Goat Cheese Spirals

We usually keep it simple and just coat eggplant in oil, salt, and pepper and throw on the grill. But this recipe, with a few extra steps, is much more unique. A great side dish on grill night!

Ingredients

2 Asian eggplant (or 1 Italian eggplant)
olive oil for brushing
1/3 cup chopped fresh chives
3 cloves garlic, minced
balsamic vinegar for sprinkling
Leaves from 12 fresh thyme sprigs, finely chopped
1 log fresh goat cheese, at room temperature

Directions

1. Cut off and discard a thin slice from the stem and blossom ends of the eggplant. Cut the eggplant lengthwise into slices 1/4 inch thick. Lay the slices on a double thickness of paper towels and sprinkle generously with salt. Let stand until beads of water appear on the surface, about 20 minutes. Rinse with cold running water to remove the salt and bitter juices, then pat dry with additional paper towels.
2. Light one chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and spread coals out evenly. Brush the eggplant slices lightly on one side with olive oil, then place them on the grill in a single layer, oiled sides down. Brush the tops with additional oil and grill until the eggplant begins to soften and the grill marks are clearly visible, then turn and continue grilling until soft but not too deeply browned, about 4 minutes total. As the eggplant slices are done, use tongs to transfer them to a large platter.
3. Arrange half of the slices in a single layer on another platter and sprinkle with salt and freshly ground pepper to taste. Scatter half each of the chives and garlic evenly over the slices and sprinkle with a little balsamic vinegar. Sprinkle all the thyme evenly over the top. Top with the remaining eggplant slices, again in a single layer, and scatter the remaining chives and garlic over the top. Sprinkle with a little more vinegar. Let stand in a cool place for at least 2 hours, or cover and refrigerate for up to 3 days.
4. When ready to serve, carefully spread each eggplant slice with an equal amount of the goat cheese and roll up into a tight spiral. Secure with a toothpick, if desired. Serve at room temperature.

Recipe source: <http://www.serious-eats.com/recipes/2009/02/grilling-eggplant-and-goat-cheese-spirals-recipe.html>