



Sogn Valley Farm

CSA Newsletter Aug. 8-9, 2017

www.sognvalleyfarm.com

Greetings,

Last year, a few CSA members indicated they wanted more interaction with our farm, rather than just receive a “faceless weekly box.” We, too, would love to have more in-person interaction with our members. While our distance from many of you prohibits weekly exchange that can be achieved through on-farm pickup, we do try to host a couple of events each year at the farm. The first was our open house and plant sale in mid-May—we were glad to meet those of you who came out.

We'll be hosting a second gathering in a few weeks: on **Saturday, August 26th from 4:00-9:00pm**, join us for an open house and potluck for CSA members, farmers' market customers, and other supportive members of our community. This will be an opportunity for you to meet your farmers, see the farm, mingle with fellow CSA members, and share in a delicious meal. We encourage you to bring family members and interested friends with you for the excursion. We'll start with an informal farm tour around 4:00, then segue to dinner afterwards. We may even pull out some lawn games and make a campfire later on for those who want to hang out into the evening! Please bring a dish or beverage to share if you can...but don't let this request keep you from coming out if you don't have time to prepare something in advance!

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The fields where your vegetables are grown lie adjacent to over a hundred acres of woods and pasture. This affords us abundant beauty and recreation (when time allows), and supports lots of wildlife. Some of these animals are beneficial while others can wreak havoc. We've been seeing more of the latter lately. Deer, having learned to get through/over our fence, discovered and devoured an entire succession of lettuce recently. They usually take one bite out of the center of each head, rendering each one unmarketable. While we'd seen a bit of damage before, it was limited to

What's in the box?

Assorted tomatoes: You're receiving some combination of red slicing, heirloom, and paste tomatoes. The paste (“roma”) tomatoes would be well suited for use in this week's tabbouleh recipe, but you could chop up any of the tomatoes you receive. Store in a cool place in your kitchen, but ideally not in your fridge.

Parsley: Good tabbouleh depends on a big dose of fresh parsley—you're getting it. If you don't plan to make tabbouleh, or have lots leftover, you can freeze it unprocessed. To use, just pull some frozen parsley out of the freezer bag and add directly to the dish.

Zucchini and Hurakan summer squash: A fun way to use zucchini and summer squash is zucchini crust pizza. The simplest method is to just slice them lengthwise into 1/4"-1/2" slabs, coat with oil, salt, and pepper, bake until mostly cooked. Then top with tomato sauce, mozzarella, and other toppings of your choosing, and bake more. The more complex, but arguably more delicious, method involves grating the zucchini and mixing with eggs, cheese, and flour and baking to make a crust. Then top it like a pizza and bake for a little while longer. Lots of recipes exist—Google it.

Yellow onions: This type of onion will, after being cured, store for months in your pantry. But as they're still fresh, best to keep them in the fridge. Peel off any partially dried layers left on the outside of the onion, then dice up and sauté!

Slicing cucumbers: These slicing cukes have thicker skin than the ones you've been receiving, so you may consider peeling them if you don't like the thicker skin. Use in this week's tabbouleh recipe.

Garlic: The garlic is now cured and can be stored at room temperature. This week's allotment is a bit smaller than last time, but is sufficient for this week's recipe and more.

Broccoli: You're getting a hearty portion of broccoli this week, so I hope you're still enjoying it. I've been eating this broccoli raw and have found it to be sweet and flavorful, which I don't always associate with summer broccoli.

Asian and/or globe eggplant: Grill it, puree it (Baba ganoush-style), or make a batch of eggplant parmesan.

Cauliflower (full shares only): Our go-to use for cauliflower is roasting with olive oil, garlic, salt, and pepper, usually at 400F for an hour or so. We also love putting cauliflower in curries. You may notice some discoloration of the curds due to a short period of exposure to sun before harvest. Eating quality is unaffected.

Green bell peppers (full shares only)

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.

Beans — Tomatillos — Fennel — Carrots — Melons — Sweet corn

light “pruning” of beans, peas, and strawberries, having insignificant impact on yield. This most recent event was much more significant. The second creature distressing us this week was the raccoon, which has a sweet tooth. As of last night, I estimate raccoons ruined over 50% of the nearly-ready sweet corn ears. I fear that number will increase in the coming days before we harvest. Whatever is left next Monday will go in next week’s CSA boxes, but I’m afraid the harvest will be pretty scant.

(There’s a philosophy that accepts that we must share, that a portion of what we grow should go to our fellow inhabitants of this farm. I can see the reasoning, and when I push back on my anthropocentricity, it seems only fair. But what I ask of these creatures is that they have some manners and eat one head/ear/fruit completely before moving on to the next. This whole “one bite out of each plant” approach is aggravating....)

We’re glad to finally be picking more tomatoes and seeing some peppers start to turn red. The cool weather has slowed the maturation of heat-loving melons, but I’m still hoping there’ll be enough ready to put in at least a portion of boxes next week. Onions are now mostly ready to harvest, and we plan to get these pulled and moved into the greenhouse before the storms forecasted for Wednesday night and Thursday. We also plan to continue seeding fall crops: spinach, storage radishes, and arugula are slated for planting this week. Isn’t it funny that right when the quintessential summer crops start to pick up, we commence establishment of the fall crops?

Have a good week,

–Dana

Quinoa Tabbouleh

In the summer, this hearty cold salad really hits this spot. This recipe calls for quinoa instead of bulgur or couscous, which works for our gluten-free diet. If you still have scallions leftover from last week’s CSA box, here’s a great use for them!

Ingredients

1 cup quinoa, rinsed well
1/2 teaspoon salt plus more
2 tablespoons fresh lemon juice
1 garlic clove, minced
1/2 cup extra-virgin olive oil
Freshly ground black pepper
2 slicing cucumbers, peeled and cut into 1/4” pieces
1 lb roma or slicing tomatoes, coarsely chopped
2/3 cup chopped flat-leaf parsley
1/2 cup chopped fresh mint
2 scallions, thinly sliced

Directions

1. Bring quinoa, 1/2 tsp. salt, and 1 1/4 cups water to a boil in a medium saucepan over high heat. Reduce heat to medium-low, cover, and simmer until quinoa is tender, about 10 minutes. Remove from heat and let stand, covered, for 5 minutes. Fluff with a fork.
2. Meanwhile, whisk lemon juice and garlic in a small bowl. Gradually whisk in olive oil. Season dressing to taste with salt and pepper.
3. Add cucumber, tomatoes, herbs, and scallions to bowl with quinoa; toss to coat. Season to taste with salt and pepper. Drizzle remaining dressing over.

Modified from <http://www.bonappetit.com/recipe/quinoa-tabbouleh>