



Sogn Valley Farm

CSA Newsletter Aug. 22-23, 2017

www.sognvalleyfarm.com

Greetings,

The news of the week isn't exactly farm-centric, but it's certainly the most significant thing on our minds these days – we're expecting a baby in November! It will be our first. As motivated, unshackled thirty year-olds, we've been able to put our all into starting this farm, beginning with weekend trips from Iowa during the planning and building phase in 2015, and continuing to this day with all-too-frequent dawn-to-dusk workdays. But throughout this season, I've been seeing this lifestyle through a different lens. There will be a time—now just around the corner—when I may not be able get up early on Tuesday mornings and write this newsletter in a couple hours of uninterrupted office time. I won't always be able to work through dinner when rain is coming or count on sleeping through the night and waking up rested. I'll have to share my energy with something other than the farm. That'll take some adjustment...

We're lucky to have many farmer-friends who are a few years ahead of us on the baby train, so we received advice from them about running a farm and raising a child. Seems like a common response is that it's not easy, we will be less productive on the farm, but somehow it'll all work out. And we won't be able to imagine doing it any other way.

Next, remember that our Open House and Community Potluck is next Saturday, Aug. 26 from 4-9 pm. We would love to see as many of you as possible! We'll start off with a farm tour, then gather for a potluck dinner, and possibly wrap up with some lawn games and a campfire for those who want to stay late. This will be the best opportunity to visit the farm and see where your food is grown. RSVPs are welcome.

This is the fruitiest box yet: all kinds of tomatoes, sweet colored bell peppers, and the first of the cantaloupes and watermelons. This cool weather we've had for nearly a month

What's in the box?

Slicing tomatoes: Make yourself a BLT, fresh salsa, or gazpacho, or substitute these for the cherry tomatoes in this week's recipe. Store in a cool place in your kitchen, but ideally not in your fridge.

Heirloom tomatoes: We're growing several varieties of heirloom tomatoes this year: Cherokee Purple, Striped German, Valencia, German Johnson (similar to Brandywine), Cherokee Green, Rose de Berne, and one more, which is technically not an heirloom but is very similar in appearance, texture, and flavor: Pink Berkeley Tie-Die. Enjoy these with basil and a bit of sea salt.

Mixed cherry tomatoes: Use in this week's recipe.

Basil: A tomato-filled box just begs for basil, so here it is. Add it to a tomato salad, make another batch of pesto, or just pair with tomato and some fresh mozzarella.

Red potatoes: These red-skinned, white-fleshed potatoes are versatile — roast 'em, mash 'em, fry 'em, boil 'em. They're no longer "new" potatoes, so should be more stable at room temperature. While we make all efforts out to sort out any potato that was exposed to light while out in the field and exhibiting the characteristic green color, always keep an eye out for this when preparing potatoes. The compound in the greened flesh of potatoes is toxic.

Colored bell peppers: After a very slow change from green, we're finally harvesting some sweet, ripe bell peppers.

Cantaloupe (half shares) OR watermelon (full shares): We try to pick melons once they have ripened, but a few of you may benefit from another day or two ripening in a paper bag at room temperature. The skin between the netting should be mostly yellow and you may smell a faint sweetness through the skin. The watermelons are either a seedless 'Sorbet' or a seeded 'Crimson Sweet.' The Sorbet are dark green and medium sized, while the Crimson Sweet are larger and lighter green. All half share members should receive a watermelon over the course of the next two weeks, and all full shares will receive a cantaloupe next week.

Slicing cucumbers: We're rich in cucumbers right now and sharing the bounty with our members. Use up a couple of them in this week's recipe.

Red onion: These have been drying in the greenhouse now for about a week but aren't yet fully cured. Short term storage at room temperature should be fine, but for longer periods, it should be kept in the fridge. Use in this week's recipe.

Fennel: This licorice-flavored bulb can be roasted—recall the roasted chicken recipe in an earlier box—or used in a shaved fennel salad. This will be the last fennel of the year.

Yellow wax beans (full shares only): These mild-flavored, yellow beans can be used similarly to green beans. Steam and lightly dress for a simple side dish. To maximize shelf life, we don't wash beans, so you'll want to rinse these before use

Green bell pepper (full shares only)

now has slowed the maturation of our heat loving crops like peppers and melons, but we finally have a few ripe fruits out there. You should see more of these in the coming weeks.

Have a good week,

–Dana

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.

Cantaloupe/Watermelons — Italian frying peppers — Lettuce

Greek Chopped Salad

A quick and refreshing way to use some of your cucumbers and tomatoes. 1½-2 lbs slicing tomatoes could be substituted for the cherry tomatoes. Also, try omitting the oregano, mint, and olives and adding in basil for a different direction for this salad.

Ingredients

1 pint cherry tomatoes, quartered
2 slicing cucumbers, peeled, split into quarters lengthwise and cut into 3/4-inch pieces
Sea salt
1/2 medium red onion or 1/4 lg red onion, finely sliced from pole to pole
4 ounces crumbled feta cheese
1/2 cup pitted kalamata olives (optional, see note above)
2 tablespoons finely chopped fresh mint leaves
2 teaspoons finely chopped fresh oregano leaves
1 tablespoon juice from 1 lemon
3 tablespoons extra virgin olive oil
Freshly ground black pepper

Directions

1. Combine tomatoes and cucumbers in a large bowl. Season with 1/2 teaspoon salt and toss to coat. Transfer to a fine mesh strainer and set over bowl. Set aside to drain, about 20 minutes.
2. Meanwhile, place onions in a medium bowl and cover with lukewarm water. Rinse and drain thoroughly. Repeat 2 more times until onions lose most of their pungency and taste sweet.
3. When tomatoes and cucumbers are drained, combine with onions, feta, olives (if using), mint, oregano, lemon juice, and olive oil in a large bowl and toss to combine. Season to taste with pepper and more salt if desired (the feta is salty so you may not need any extra salt).

Modified from <http://www.seriousseats.com/2013/06/easy-chopped-greek-salad.html>