



Sogn Valley Farm

CSA Newsletter Aug. 29-30, 2017

www.sognvalleyfarm.com

Greetings,

We've arrived at the last box in August, and September is just around the corner. My, how time has flown this year! This is box #13, leaving five more summer shares (after this one) before the first fall share deliveries on October 10-11. Speaking of fall shares, we have about a half dozen shares still available, so if you're interested in continuing your CSA share deliveries through the week of Thanksgiving, I'd recommend signing up soon. The direct URL to sign up is below. Enter your email and you'll receive a link to sign up. If you're already signed up but haven't paid in full, the remainder is due now.

<http://sognvalleyfarm.csasignup.com/members/updatemembership>

Thanks to those who came out to the farm last Saturday for our open house and potluck. We weren't blessed with the most spectacular weather, but we were glad that a few of you braved the chilly drizzle during our farm tour. We had a nice space to gather for dinner: the portion of our high tunnel formerly occupied by English cucumbers, which petered out in recent weeks.



What's in the box?

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 fresh mozzarella and a bit of sea salt. Store on your counter.

Dill: Pair the dill with potatoes from last week's box, cucumbers and lettuce from this week's box, and/or in this week's Mediterranean beet salad recipe. Store in a plastic bag in the fridge.

Red leaf lettuce (full shares) OR salad mix (half shares): Here's the first harvest of lettuce since deer commenced their herbivory campaign a few weeks ago. They've taken about 1/3 of this planting, as well, but we were able to get a bit for you. We've been employing some tactics to minimize deer pressure in the vegetable fields, with modest success. Hopefully the start of hunting season in a couple of weeks will make the deer a bit more scarce.

Italian frying peppers: These 'Carmen' sweet peppers are traditionally roasted or fried, but can also be used similarly to bell peppers. You're receiving a combination of red and green. This class of pepper are called "Italian frying peppers." The early harvests of these long, pointed peppers often bring in some peppers whose tips had been stuck in the soil, resulting in discoloration and some softness. If necessary, you can trim the very end of the pepper off before use. A few of you may see a red bell pepper, as well.

Cantaloupe: These are vine-ripened, orange-fleshed melons. Despite recent rains, which can sometimes water down the flavor and sweetness of melons, the cantaloupes we've sampled this week have been delicious. I hope yours is, too! The vast majority of melons in this week's boxes are ripe and ready to eat. If yours has a tinge of blue or green on part of it, it's probably still fine to eat, but another day or two in a paper bag at room temperature may allow it to soften up a bit more.

Yellow onion: The first of the cured onions—eat these right away or store in a cool, dark cupboard. These are versatile cooking onions.

Garlic: Use some of this 'Music' variety garlic in this week's recipe.

Green kale: Sauté with onions, garlic, and a bit of salt and pepper for a simple side dish. Also a standard ingredient in our morning eggs and green smoothies.

Jalapeño peppers: Add a bit of heat to your meals this week. As always, you can diminish the heat by removing seeds and membrane before eating.

Slicing cucumbers

Mixed cherry tomatoes (full shares only)

Yellow wax beans (half 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.

Around the farm, things are definitely tilting towards fall. Don't get me wrong, we have several weeks of tomatoes, peppers, cukes, and melons remaining, but we're starting to see the shift. Onions are cured and ready to be cleaned and binned up for storage; fall spinach and arugula are inching closer to maturity; all the storage roots are seeded and growing nicely; the early winter squash varieties like delicata, spaghetti, and acorn squash are just about ready.

While I wouldn't be opposed to one last heat wave, I've certainly been adjusting to the fall mentality. As I write this newsletter, the house is pretty chilly. In another month or so, the occasional wood fire won't be out of the question. How's our winter store of firewood? Not good. Looks like farm work once again prevented us from cutting and splitting firewood in the spring... Good thing I know a guy with a surplus of firewood and a dearth of vegetables. :-)

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.

**Leeks — Watermelon — Eggplant —
Colored bell peppers — Slicing tomatoes**

Mediterranean Beet and Yogurt Salad

A refreshing way to enjoy beets during the summer.

Ingredients

1 lb beets (~2 large, 4 medium, 6+ small)
1 ½ tablespoons sherry vinegar, white wine vinegar, or cider vinegar
1 teaspoon sugar
2 tablespoons extra virgin olive oil
Salt and freshly ground pepper to taste
1 to 2 garlic cloves (to taste)
½ cup thick Greek style yogurt or drained yogurt
2 tablespoons minced dill

Directions

Roast the beets by coating lightly with oil, wrapping in aluminum foil, and placing in a 375°F oven for about an hour, or until tender. Medium and small beets can be roasted whole, while large beets should be cut in half before roasting. Let beets cool for 10 minutes, then peel and cut in wedges or slice into half-moons.

Stir together the vinegar, sugar, olive oil, and salt and pepper to taste. Toss with the warm beets and allow to marinate for 2 to 3 hours at room temperature or in the refrigerator

Place the garlic in a mortar and pestle, add 1/8 teaspoon salt, and mash to a paste. If you don't have a mortar and pestle, try crushing with a garlic press, then stirring in the salt. Stir garlic into the yogurt. Stir in half the dill. Add salt and pepper to taste. Drain the beets and stir some of the marinade into the yogurt (to taste). Toss with the beets, or arrange the beets on a platter and drizzle the yogurt over the top. Sprinkle on the remaining dill, and serve.

Recipe source <https://cooking.nytimes.com/recipes/1016424-mediterranean-beet-and-yogurt-salad>