

Summer CSA 2016 WEEK 16

Earlybird discount signups begin October 1 for the new winter share - we'll be growing some of the winter produce at our farm this year!

Farm News, Box Contents, Recipes

Dear Farm Members,

September is a month of transition in the fields. Naturally, all our crops are perfectly and entirely attuned to the weather and changing day length and light intensity. Tomatoes are still holding strong, but by the end of this month they will be fading. One more corn planting is coming along and will be perfect for next week. Melons are slowing down. Cucumbers and zucchini are almost done. Red sweet peppers are right in the middle. They need so much heat to ripen that they are just now getting there and should be in the boxes starting next week and for about a month thereafter. Most of the fall storage crops are already harvested and curing: bins and pallets piled high with onions, hard squashes like butternut, acorn, kabocha, and spaghetti, and also dry beans. This week potato harvest continues. At the same time as the summer treats are slowly finishing, the greens, brassicas, and roots of fall are looking more vibrant. By late September or early October we should have spinach, broccoli, escarole, and many more beautiful greens. With the decline of summer, it can be tempting to think things are about to end, but we still have a solid 8 weeks of bountiful summer share harvests to go! For the farmers in the fields, September is a time when tasks slowly begin to ease. Weed pressure diminishes. There is only a little transplanting and seeding left to do. We start to roll up irrigation and mow down crops that have finished, in anticipation of seeding cover crops. It's one of the golden times on the farm and my favorite. Eat well, John Tecklin

IN YOUR VEGGIE BOXES THIS WEEK

REGULAR BOX

- Radishes
- Melon

- Little gem lettuces
- Red slicing tomatoes
- Heirloom tomatoes
- Basil
- Carrots
- Leek
- Eggplant
- Arugula
- Kale, large bunch

SMALL BOX:

- Little gem lettuce
- Red slicing tomatoes
- Heirloom tomato
- Basil
- Carrots
- Leek
- Eggplant
- Arugula, small bag
- Kale, small bunch

FRUIT SHARE NEWS

This week's CSA fruit box features the season's first pick of Asian Pears; Skinko variety. A sweet and crunchy pear, great in salads and other dishes, as well a lunchtime snack. We also have Fair Time yellow peach, September Snow White peach, August Fire yellow nectarines, and Valley Pearl grapes with a light Muscat flavor, grown love and care by the Lee Family Farm.

Enjoy,

Greg Lewis - Sunset Ridge Fine Fruits

7825 Fox Hill Lane - Newcastle, Ca 95658. Office phone [916-663-9158](tel:916-663-9158)

FLOWER SHARE NEWS

This week in your bouquets you'll see some of our new sunflowers- hopefully there will be enough for everyone to get a couple of the almost black ones that are called 'prado red'. We also have 3 great varieties of rudbeckias coming into their prime, more new zinnias, amaranth and more dahlias. Hope you enjoy!

Angie Tomey

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Connect.



RECIPES

BASIL

Basil stores best when treated like flowers- trim the stems and place in a small jar of water on the countertop. Mine will last over a week and still look great! Pesto is an obvious recipe for the bounty of summer basil, and you can even freeze it for an off-season treat. But, did you know you can make pesto from almost any greens? Here's a formula for making a great pesto that will set you free to be creative with anything that the farmers put in your box, year-round. I've even made delicious pesto with carrot & radish greens!

- [How to make the perfect pesto](#)

EGGPLANT & TOMATOES

A perfect pairing, here's some ideas for this week's combination:

- [Eggplant Tomato Lasagna](#)
- [Eggplant and Tomato Pie](#)
- [Grilled Eggplant Salad](#)
- [Persian Smoked Aubergines with Toasted Garlic](#)

LEEKs

Leeks are cooler than onions; they perform the same jobs (use them anywhere you would a regular onion) but they're sweeter, with a more delicate flavor. Plus, they're pretty! They can be dirty between the layers though, and somewhat intimidating if you've never tried to use them before. Here's a leek primer:

- [How to clean and use leeks](#)

Now try this timeless classic, which improves as it sits so you can make it ahead of time:

- [Leeks in Vinaigrette](#)

Here's a great brunch idea with leeks:

- [Buckwheat Crepes with Creamy Leeks and Baked Eggs](#)

...and for dinner:

- [Sauteed Salmon with Leeks and Tomatoes](#)

RADISHES

Always delicious for a snack, radishes can also be dolled up to impress:

- [9 Ways to Eat Radishes](#)

GREENS COOKING CLASS

This link below is to an online cooking class all about greens. She's a health coach, chef, and mother, who wants to help your family enjoy all the delicious benefits of leafy greens. For the price of a cooking class, you get an entire system to green your plates and change your life:

- [**GREEN your plate, CHANGE your life**](#)