



Mike and I are feeling really fortunate these days. Not only are we having a great season so far, but we have a wonderful crew. This weekend the two of us were able to make a weekend getaway to Door County (our last little vacation as a twosome), and our wonderful crew took care of things on the farm. We just wanted to give a special thanks to Ben, Malcolm, Eva, and Mikaela for their outstanding work.

The plants are doing a pretty outstanding job themselves. We have tremendously high yields on crops like cucumbers, green beans, and eggplant this year. Not only has the weather been good to us, but our high yields are proof that we are taking good care of our soil.

While high yields are fantastic and exciting, for the first time we really are having trouble finding homes for all of the food we are producing. We're sure you've noticed that the cucumbers and green beans keep coming. We try to keep the amounts we give you reasonable and give you recipe ideas to help use up all the food. Also, we've been putting many of extra bounty of these items in extras bins at the sites (though Epic, with the cafeteria arrangement this isn't something we can do). Most times you all are taking everything we bring, so we'll continue to bring extra food for the bins that you can feel free to take. This week, instead of putting eggplant

in the boxes, we'll place it as extras at the sites. We'll also put extra sweet corn in the extras bin – but keep in mind that this corn is from Saturday, so it might be a little more starchy than what's in your box.

So what else do we do with extra food that we have? Well when we have lots of extras, we donate that food to a local pantry. There is an extraordinary gentleman in town named Ken Witte. He organizes the Madison Area Food Pantry Gardens. He helps coordinate vegetable production on 5 acres using all volunteer labor.

Everything they grow is donated. In addition to growing food himself, Ken also serves as a transportation coordinator to get food from farms like ours to either Second Harvest Foodbank or the Community Action Coalition. Ken recognizes that many farmers don't have the time to get their extra food to hungry mouths – so he serves as the link. Today he came to our farm, picked up over 600 pounds of cucumbers, eggplants, broccoli, and green beans and took it to Second Harvest Foodbank. Thanks, Ken! If you are interested in donating or volunteering for an amazing organization, check out

www.foodpantrygardens.org.

Okay – on to farm news. A new item for this week is celery. If you've never had organic, locally grown celery, you are in for a treat. This celery will have thinner stalks and a much darker color than you may be used to. It's packed with much more celery flavor than your average grocery store stalk. Celery isn't very easy to grow, so savor this treat!

This week, everyone will receive slicing tomatoes and sungolds. A note on the sungolds: this time of year the sungolds begin to split more easily. Harvesting them actually takes much longer, because for each good one we pick, another 2-3 split. So it's very probable you'll have some split ones in your pint. Good to take a look right away and sort any that are going bad.

Watermelon for everyone this week! Most of the melons will be pink inside, though the Peace variety will be yellow. There are three varieties of pink watermelon: sugar baby (dark green rind), mickey lee (light green rind with faint stripes), and tiger baby (light green with obvious dark stripes). Last bit of news: In just one week we went from 25% to 50% full on winter shares.! Don't delay: and THANKS for supporting our family farm! Sincerely, Mike and Cassie

In the Box:

Carrots
Celery
Cucumbers
Green Beans
Green Pepper
Jalapenos
Onion, Cippollini
Onion, Yellow
Slicing Tomatoes
Sungold Tomatoes
Sweet Corn
Watermelon
Zucchini

(green and/or gold)

REGs = regular shares only
EOs = everyother shares only

Winter Shares still available. Sign up soon to secure your spot! Registration forms online:

www.primrosecommunityfarm.net

Recipes

Blanching and Freezing Green Beans

Sick of green beans? Freeze some now for a winter treat later.

1. Wash the green beans in cold water.
2. Trim the ends and cut into smaller pieces.
3. Ready your pots. You'll need one pot with boiling water; another with cold water and ice.
4. Blanch the beans for 3 minutes – just long enough to kill enzymes and bacteria.
5. Transfer beans to the ice water and cool for 3 minutes. Drain thoroughly.
6. Transfer the beans into a plastic freezer bag, label, and throw in the freezer. Done!

Tomato, Cucumber, & Feta Salad

Cucumbers get a whole new life when tomato season comes. Enjoy this simple salad.

- 2 tomatoes, cored and sliced
- 1 1/2 cucumbers, peeled, seeded and sliced
- Salt and pepper
- 2 tablespoons red wine vinegar
- 3 tablespoons olive oil
- 1/2 cup feta cheese, crumbled

In medium bowl combine tomatoes and cucumber. Season with salt and pepper. Add vinegar and olive oil. Toss to coat. Sprinkle on feta and serve. A dash of lemon juice is also nice.

Peer Reviewed Carrot Cake

This recipe is from allrecipes.com

It has been reviewed by over 1900 people and has a five-star rating. Try it out!

- 4 eggs
- 1 1/4 C vegetable oil
- 2 C white sugar
- 2 t vanilla extract
- 2 C all-purpose flour
- 2 t baking soda
- 2 t baking powder
- 1/2 t salt
- 2 t ground cinnamon
- 3 C grated carrots
- 1 C chopped pecans

- 1/2 C butter, softened
- 8 ounces cream cheese, softened
- 4 C confectioners' sugar
- 1 t vanilla extract
- 1 C chopped pecans

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.
2. In a large bowl, beat together eggs, oil, white sugar and 2 teaspoons vanilla. Mix in flour, baking soda, baking powder, salt and cinnamon. Stir in carrots. Fold in pecans. Pour into prepared pan.
3. Bake in the preheated oven for 40 to 50 minutes, or until a toothpick inserted into the center of the cake comes out clean. Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely.
4. To Make Frosting: In a medium bowl, combine butter, cream cheese, confectioners' sugar and 1 teaspoon vanilla. Beat until the mixture is smooth and creamy. Stir in chopped pecans. Frost the cooled cake.

Cream of Celery Soup - Joy of Cooking

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| 1 T butter | 2 C milk, divided |
| 1 C (or more) chopped celery with leaves | 1 1/2 T cornstarch |
| 1/3 C thin onion slices | 2 T chopped fresh parsley |
| 2 C chicken or vegetable broth | |

Melt butter in saucepan, add celery and onion, and saute 2 minutes. Add stock; simmer 10 minutes. Strain or puree soup. Return to heat, add 1 1/2 C of the milk and bring to boil. Dissolve cornstarch in remaining 1/2 C milk; stir gradually into hot soup. Bring to boil again; stir and cook about 1 minute. Sprinkle with parsley. Makes 4 cups.