



Fall is coming in with a sudden bang! This cold weather has been such a surprise. While I enjoy it as a pregnant lady, it's been a real stress at the farm. We now have potential frost to add on to the other threats our warm weather crops have been having (a cool, wet spring – late blight – sheesh!) Our green peppers just don't want to redden up, and our sweet potatoes are really craving some heat. Not much we can do, but be appreciative of the CSA model that allows us to grow a huge variety of crops so we aren't dependent on just one or two! Along with this cooler weather are coming other sure signs of fall: we've been planting cooler weather crops like cabbage and kale. Meanwhile, this week we are seeing the end of the sweet corn and the end of the cucumbers. That's right – this week is your LAST week of cucumbers. You never thought this day would come! (Think how much you'll miss them in January as you finish the last from your refrigerator.) It's the last week of sweet corn as well. And meanwhile you'll see huge decreases in zucchini, as the plants have virtually halted their production with this cooler weather.

Other signs of the oncoming fall are the quilted patchwork look

that's starting to return to the farm. In the spring, virtually the whole farm is in cover crops – huge beds planted in all the same plant, designed to restore organic matter and nutrients to the soil. Then slowly we till these fields in and create multiple rows of 6 foot beds filled with a variety of crops. The sort of quilted look in of the fields fade into a tangle of veggies. Then as the plants finish their work for the season, we till them in and start to plant those cover crops once again. This week we've tilled in zucchini, cucumber, melon, and potato beds. In their place we'll be planting oats and hairy vetch for cover crop – hence that patchwork is starting to return.

In other farm news, despite the difficult environmental conditions for tomatoes this year, we are having pretty good luck with them. This year we really seemed to figure out a way to control weeds better among our plants, and have a good nutrient regime going - turns out tomatoes really really like composted chicken manure, being planted in plastic mulch, and having straw laid down in the paths around them to suppress weeds. Today we harvested over 1300 pounds of tomatoes from our fields. If the late blight

and cold weather hold off, you should hopefully continue receiving many tomatoes.

A note on tomatoes: this week you will be receiving heirloom tomatoes. We snuck some in the bags last week, but you'll be getting more this week. Heirloom tomatoes are older varieties of tomatoes. They are open-pollinated, which means that you can save the seed and it will produce similar fruit the next generation.. This is in contrast to hybrid varieties of tomatoes that are bred with controlled parents to ensure that all the plants of the first generation are the same and so they can have particular traits like disease resistance and higher yield. The red slicing tomatoes you have been getting are a typical hybrid variety.

What's often missed in the hybridizing process is taste. That's where heirloom tomatoes come in. Heirloom tomatoes crack easily, are super prone to disease, and just look funny - but WOW! do they taste amazing. You really haven't tasted a tomato until you've had an heirloom. They are rich, juicy, and delicious. You'll recognize them in your box this week by their various shapes, sizes, colors, and patterns. Enjoy these wonderful treats.

Sincerely, Mike and Cassie

In the Box:

Basil
Beets
Celery - REGs
Cucumbers (last ones!)
Eggplant (either Globe or Japanese)
Garlic
Green Bell Pepper
Kale, Green
Leeks - EOs
Muskmelon
Onion, Red - REGs
Potatoes (Yukon)-EOs
Savoy Cabbage
Sweet Corn
Tomatoes (Heirloom)
Tomatoes (Red Cherry)
Tomatoes (Slicing)
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

Eggplant and Peppers with Feta

4 to 5 servings

-1 large eggplant, ends trimmed, sliced into 1/3-inch-thick rounds

Salt

-3 green bell peppers, cored, seeded, and sliced lengthwise into 8 pieces

-1/4 C olive oil

Kosher salt and freshly ground black pepper

1/4 C feta cheese, crumbled

1 T minced basil

1/8 C extra-virgin olive oil

Juice of 1 lemon

1. Place the eggplant slices on a wire rack and sprinkle them lightly with salt on both sides. Set the rack aside until the eggplant begins to "sweat," usually 15 to 20 minutes. Blot the eggplant dry with clean paper towels.

2. Arrange the eggplant and all the bell pepper slices on a large baking sheet, and brush both sides of all the pieces with the olive oil. Season with kosher salt and black pepper.

Transfer the eggplant and peppers to the grill, in batches if necessary, and cook, turning them occasionally to promote even browning, until they are softened and nicely marked, 15 to 20 minutes.

3. Transfer the grilled eggplant slices to a large platter, and top them with the pepper strips. Garnish with the crumbled feta and minced basil. Drizzle with the olive oil and lemon juice, and serve either warm or at room temperature.

Simple Tomato Soup

6 T unsalted butter

2 medium yellow or red onions (or leeks), chopped

2 cloves garlic, chopped

3 pounds tomatoes, cored and diced (about 6 large)

1.5 C stock (chicken or veggie)

2 teaspoons sea salt

1/4 teaspoon freshly ground black pepper

1. Melt butter in a large saucepan over medium-low heat. Add onion and garlic; cook, stirring, until onions have softened, about 15 minutes.

2. Add tomatoes, salt, and pepper; bring to a boil. Cook on high, constantly stirring, until the water from the tomatoes has boiled off.

3. Add the stock. And cook together for 5 minutes.

4. Working in batches, transfer soup to a blender and puree until smooth. Return to saucepan and place over medium heat. Cook until soup is heated through. If soup seems too thick, stir in some extra stock to thin. Serve immediately.

Fresh Corn Salad with Black Beans and Tomatoes

Serves 8

Dressing

6 T extra-virgin olive oil

2 T fresh lime juice

1 T red wine vinegar

1 jalapeno chile, stemmed, seeded, and minced

1 clove garlic, minced

1/2 t ground cumin

1/2 t table salt

1/4 T ground black pepper

Salad

8 ears fresh corn, husks and silks removed

1 pint grape tomatoes or cherry tomatoes, halved

1 (15.5-ounce) can black beans, rinsed

6 scallions, sliced thin

2 tablespoons minced fresh cilantro

1. For the dressing: Shake all of the dressing ingredients together in a jar with a tightfitting lid.

2. Cook the corn in 6 quarts boiling water until tender, 5 to 7 minutes. Drain and rinse under cold water. Cut the kernels from each cob into a large mixing bowl using a paring knife. Add the tomatoes, beans, scallions, cilantro, and dressing and toss. Season with salt and pepper to taste and serve.

Buttered Savoy Cabbage

1 savoy cabbage (2 pounds), halved, cored, and cut crosswise into 1-inch strips, thick ribs removed

1 T butter, cut into small pieces

Coarse salt and freshly ground

1. Place cabbage in a large skillet with 1 cup water (skillet will be very full). Bring to a boil, and reduce heat to medium-low. Cover skillet; simmer until cabbage is very tender, tossing occasionally, 12 to 15 minutes.

2. Pour out any water remaining in skillet. Add butter; season with salt and pepper. Toss gently to combine.