



Welcome to Week 15 of the CSA. We really have entered one of the best times of the season – the literal cornucopia of foods is available.

Pepper Time

After a very cool summer, the peppers are finally starting to turn colors. You might not realize this, but most peppers start green and ripen to another color, like orange, yellow, or red. That color change is triggered in part by heat. When we don't have high temperatures, they don't really change. Thankfully, we're getting a little of the typical August weather in September. Suddenly, our peppers are turning. This week you'll each receive carmen peppers. These are red, long peppers. Don't worry – they aren't hot. They are actually really, really sweet! Carmens are a type of Italian frying pepper. They are called this because they are thin-walled, aka not great for roasting, but excellent for raw eating and frying. We love to eat these straight out of the field – they are fantastic.

We hope each of you will also receive a colored bell pepper of some sort (we will finish the harvest of these Wednesday morning).

You'll also receive some poblano peppers. These peppers DO have heat. They aren't super hot, but they definitely have a kick. You'll recognize them by their deep, dark green skin. They are traditionally used in Mexican cuisine, especially for roasting. See recipe on page 2 for an example of how to use these. You can stuff and roast, or you can roast and mix in with other Mexican dishes you enjoy making.

Crop Finishes

We have officially finished our potato and sweet corn harvests for the season.

We want to extend a special thanks to our worker shares, who along with our employees, have helped bring in over 15,000 pounds of potatoes! These potatoes are all being stored in the bottom of our barn in big pallet bins. We cover them with blankets to keep their skins from turning green. These potatoes will continue to go home with you, and they will also be going home with the members of our upcoming winter share.

The last of the sweet corn stalks were tilled in over the weekend.



In the picture above, we're standing in what was the corn field just last week. We've already tilled it in and planted it in cover crop to build soil for next year.

Another set of crop finishes can be seen in our hoop house. If you stopped by the farm last week, you would have seen 8.5 foot tall sungold plants and 4 foot tall slicing tomato plants. While Malcolm was off getting married (again congrats to Malcolm!!!), Ben was busy pulling down all of these tomatoes to make way for spinach that we will overwinter in the hoop house.

Fall Crops Coming In

In your box this week, you'll see two items you haven't seen in a long while: radishes and bok choy. These two crops are a sure sign that cool weather is on its way. Even though we haven't had the traditional heat of summer, these are crops we only grow on the bookends of the season. Lettuce will re-enter the scene soon! Enjoy! Mike and Cassie

In the Box:

Basil - EOs
Bell Pepper, Colored
(red, orange or yellow)
Bok Choy
Carmen Pepper
Carrots - EOs
Garlic
Green Beans
Jalapeno Pepper
Leeks - EOs
Onion, Yellow
Parsley - REGs
Poblano Peppers
Potatoes (Red Pontiac)
Radishes
Tomatoes (Heirloom)
Tomatoes (Slicing)
Zucchini
(green and/or gold)
REGs = regular shares only
EOs = everyother shares only

Winter Shares still available. We've had such great yields this year, we're hoping to expand our membership. Please help us spread the word! Registration forms online:

www.primrosecommunityfarm.net

Recipes

Stuffed Poblanos

Serves 4

2 pounds tomatoes, cored
1 jalapeno chile (ribs and seeds removed, for less heat), minced
2 small onions, chopped
3 garlic cloves (2 whole, 1 minced)
coarse salt and ground pepper
1 can (19 ounces) black beans, rinsed and drained
1/2 cup yellow cornmeal
1 cup shredded pepper Jack cheese
1 teaspoon ground cumin
4 large poblano chiles, halved lengthwise (stems left intact), ribs and seeds removed

1. Preheat oven to 425. In a blender, combine tomatoes in puree, jalapeno, half the onions, and 2 whole garlic cloves; puree. Season with salt. Pour sauce into a 9-by-13-inch baking dish; set aside.
2. In a medium bowl, combine beans, cornmeal, 1/2 cup cheese, remaining onions, minced garlic, cumin, and 3/4 cup water; season with salt and pepper.
3. Dividing evenly, stuff poblano halves with bean mixture; place on top of sauce in baking dish. Sprinkle poblanos with remaining 1/2 cup cheese; cover baking dish tightly with aluminum foil.
4. Bake until poblanos are tender, about 45 minutes. Uncover, and continue to cook until sauce is thickened slightly and cheese is browned, 10 to 15 minutes more. Let cool 10 minutes.

Adapted from Martha Stewart's Everyday Food, April 2008

Radish Salad with Parsley and Chopped Eggs

1/2 small onion, minced
1 teaspoons Dijon mustard
1.5 tablespoons rice wine vinegar
Salt and pepper, to taste
1/4 cup extra-virgin olive oil
2 cups thinly sliced radishes
1/2 cup Italian flat-leaf parsley (whole leaves, washed, patted dry, stems discarded), lightly packed
2 large hard-cooked eggs, diced

Whisk onions, mustard and vinegar with a generous sprinkling of salt and pepper in a 2-cup measuring cup. Gradually whisk in oil in a slow, steady stream to form a thick dressing. (Can be covered and held at room temperature several hours.)

Place radishes, parsley and chopped eggs in a medium bowl. (Can be covered and refrigerated for several hours.) When ready, toss with dressing, adjust salt, pepper and vinegar to taste, and serve.

This recipe was originally featured in the USA WEEKEND article Spring Chicken Holiday Meal on March 20, 2005.

Bok Choy Soba Soup

Serves 6

1 pound whole-wheat spaghetti
2 tablespoons vegetable oil, plus some for drizzling
1 large onion, thinly sliced
2 large cloves garlic, chopped
2 carrots shredded
10 shiitake mushrooms, stemmed and thinly sliced
1 large zucchini, halved and sliced 1/2-inch thick
1 large bok choy, cored and chopped
6 cups chicken or vegetable stock
1 cup fresh bean sprouts, optional
1/4 cup toasted sesame seeds
1/2 tablespoon ground coriander
1/2 tablespoon chili powder
Cayenne pepper, a pinch
Tamari (dark soy sauce)

1. Place a large pot of water over high heat and bring up to a boil to cook the spaghetti. Once boiling, add some salt and the spaghetti and cook until al dente. Drain and toss with a little bit of vegetable oil.
2. Meanwhile, place a large soup pot over medium-high heat and add 2 T of olive oil. Add the onion, garlic and shredded carrots and cook until the onions start to get tender, about 4-5 minutes.
3. Add the mushrooms, zucchini and bok choy and cook for another 2-3 minutes. Add stock, bring up to a bubble then simmer for 5 minutes. Add the bean sprouts the last minute.
4. In a small bowl, combine the toasted sesame seeds, ground coriander, chili powder and cayenne pepper and reserve for garnishing the soup.
5. To serve, place some of the spaghetti in a soup bowl and season it with a couple of splashes of tamari.
6. Ladle the veggies and soup over the noodles. Sprinkle the sesame mixture on top and serve.

Adapted from Racheal Ray's Soba Bowl