



Food Explosion

The theme this week is food, food, delicious food everywhere!

Let's start with the potluck. It was so wonderful to meet the CSA members who came out to the farm this Sunday. We love nothing more than getting to meet the people we feed, and then getting to eat what they create with our food!! And wow, were the dishes delicious! We swear, every single dish was just awesome. The food was so good, in fact, that over the course of the next few weeks Rachel will be show-casing member recipes that showed up at the potluck. (send them in!)

In other news, we've had a virtual food explosion at the farm.

ANNOUNCEMENTS

On Sunday, August 10th, from 2-5 pm, come celebrate the peak of the season with us! It's a potluck, so please bring a dish to pass. We will have a fire going for corn and we'll do a tour of the farm. Bring the whole family our for an afternoon at the farm. We'd love to see you!

You probably noticed last week that your box had a lot of items and that it was a lot heavier! Lighter greens have been replaced by the bounty of late summer. We're literally up to our ears in green beans, peppers, eggplant, tomatoes, and potatoes. Yahoo!

We're having some of the best yields we've ever experienced this year. We attribute this mainly to the power of water. The last two summers have been very dry, as has this one. But now we have the ability to provide water even when the skies don't and what a difference it makes. For example, last year our total potato yield was about 1600 pounds out of 7 beds of potatoes. This year, we've only harvested 2 beds so far and we've already hauled in 1400 pounds!

You'll get to taste these potatoes this week. Each member will get a 2.5# bag of red potatoes.

Some of you will receive your first heirloom tomato this week. About 25 of the 40 varieties of tomatoes on our farm our heirlooms. This is a name given to older varieties that you can't generally buy in a grocery store because their skin is too soft and their flesh too juicy to be transported thousands of miles on a truck.

This week is: GROUP B
(next group B is week is 8/27/08)

What does that mean for you? It means heirlooms have everything you want in a tomato... all juice and sweetness - no tough skins.

Heirlooms come in a variety of colors and have fun names like Box Car Willy; Purple Cherokee; and Green Zebra. A good rule of thumb about ripeness is that the tomato is ripe when soft to the touch. If it feels really firm, then it's not quite ready. Many of you will receive heirlooms this week that will need to ripen further (they'll transport to you better if we pick them a tiny bit under). Just sit them on a counter and wait for the color to deepen and for the fruit to be soft to the touch. And then enjoy!

We'll also be giving sweet corn again this week. The bug pressure seems lighter on this planting, but no doubt, there will be corn ear worms and other unwanted pests in some of the ears. If you get one of those ears, just trim off the buggy area and the rest is good to boil.

Enjoy the food explosion!

Cassie and Mike

In the Box:

Basil (REG only)
Broccoli
Celery (EO only)
Cilantro
Cucumbers
Eggplant (EO only)
Garlic
Green Beans
Green Peppers
Hot Pepper
Joe Parker variety. Long, skinny.
Purple Basil (EO only)
Red Potatoes
Tomatoes-Slicing
Tomatoes-Heirloom
Tomatoes... Either Sungold OR Cherry OR
Sungella
Sweet Corn
Sweet Onions
These are cured, so they can be kept on the counter.
Yellow Watermelon OR Cantaloupe (EO only)
Zucchini (Gold or Green)

The Joy of Cooking Vegetables

Basic Grilled Vegetables

Just about anything can be grilled. Both the vegetables we commonly think of like eggplant and peppers, but also carrots, onions, beet slices, potatoes, and even tomatoes. Items that are quite soft to begin with grill whole or cut in half. Harder items like beets or potatoes and carrots are cut into thinner slices and steam well in a foil packet.

Toss all your ingredients with oil, salt and pepper before placing them on the grill. Many additional flavorings can be added- herbs, chipotle peppers, citrus zest, or whatever appeals to you. For grilling more awkward items like onion rings, cherry tomatoes, or green beans use a grill basket or fold a simple aluminum foil packet around them.

Grilled Veggies and Cornmeal Crepes

This dish seems pretty fancy- it has a sauce and it's assembled. But it's quite easy and a lot of fun to make. And really delicious!

3 peppers, 1 onion, 1 eggplant, and 1 zucchini or several patty pan squash. If you happen to come by fresh okra, it's a truly wonderful addition here.

Toss the veggies in olive oil and pepper before grilling over medium heat. When the veggies are soft and charred, peel the peppers and eggplant and scrape any excessive blackness away. Chop veggies into smaller pieces and toss with more salt and pepper.

Combine $1\frac{3}{4}$ c milk, 2 eggs and 4 T melted butter. Sift together in a separate bowl $\frac{1}{2}$ c cornmeal, $1\frac{1}{4}$ c white flour, $1\frac{1}{2}$ t baking powder and $\frac{1}{4}$ t salt. Whisk the wet and dry ingredients together just until blended. Cook them on a griddle or in a skillet as you would thin pancakes.

Roll the grilled veggies up in the pancakes and top with the herb cream sauce below. Salsa may make a good topping also.

Herbed Cream Sauce

Good on the crepes above, but also on pasta or just as a dressing for vegetables.

Melt 1 T butter in a skillet, sauté $\frac{1}{2}$ a chopped onion,. When it's tender, add $\frac{1}{4}$ c chopped mixed herbs, 1 c cream, $\frac{1}{4}$ c sour cream and 1 T white wine. Season to taste with salt, pepper and mustard.

Somen salad

This recipe is from farm member Miye Kanazawa. If you were lucky enough to try it at the farm party this weekend you know it's good. She included proportions for the dressing ingredients and the salad dressing. Although Miye didn't include specific directions it's safe to assume you simply prepare the noodles according to the package, chop the veggies and blend the dressing ingredients. Thanks Miye!

1 roll somen noodles
1-2 cukes
1-2 stalk celery
1-2 green onion
2 napa greens

Dressing:

$\frac{1}{4}$ c sugar
1 tsp. shayu
1 tsp salt
 $\frac{1}{4}$ c salad oil
1 tsp pepper
 $\frac{1}{4}$ c lemon jice
 $\frac{1}{4}$ c rice vinegar
2 tsp chopped giner
2 tsp toasted sesame seed (optional)

Everything Grilled

Grilling is so super-easy and fun you can experiment with all your veggies! Here are some options for using them up.

Omelets or quiche: Fold grilled veggies and a complimentary cheese into your favorite egg dish.

Freeze them! I've had great success just tossing leftover grilled veggies into a ziplock and putting them in the freezer. Thawed, they work great in casseroles like lasagne, or pureed into soup. The texture is softer than fresh-grilled but the flavor is still excellent.