



Fall is on its Way!

The last couple of mornings we can feel that fall is coming. We were pretty lucky in that in never got too hot for long this summer, but we're happy to feel those cooler temperatures coming through.

Along with this fall feeling, some of the fall brassicas are starting to come in: cauliflower, broccoli, brussel sprouts. They are actually a little early this year... We planted them early because in the past they haven't been ready in time. A little late, a little early - I suppose next year we'll get the them just on time. Either way, we hope you enjoy these new items as they come. We will begin to circulate cauliflower through the dropsites, and soon you'll

get your first brussel sprouts.

Another sure sign of fall coming is the fields going into cover crop. It's a neat pattern to observe on the farm. In the spring, it's fun to be part of the slow progression of planting into covercrop. Then as the season tips towards fall, we feel a great sense of satisfaction as we till in fields and plant them with cover crops once again. The cycle just keeps moving forward and repeating.

In the greenhouse, we just planted spinach for the winter share. We are trying our hand at transplanting spinach into the hoophouse this fall. As it gets too cold outside for some of our leafy friends to ward off frost, the spinach will have the luxury of being in the hoophouse - protected a bit from the cold temperatures outside.

As we plan for cooler temperatures, the crops that are in the field are producing really well. We've been harvesting more potatoes, and we are really happy with the yield. Just yesterday we pulled just over a ton of potatoes out of the field - 2500 pounds.

Our tomatoes are peaking right now.

The saying 'coming out of our ears' seems about right for our tomatoes. We have lots! Each time we harvest, we take about 600 pounds out of the field - and we harvest tomatoes twice a week on average. Whew! (Though expect that they will slow down soon.) So when you get that big bag of tomatoes, have fun with them!

Fresh sauces are a great way to use a lot of tomatoes. Fresh basil and thyme help with this. You could also think about freezing some. Here's what we do: we wash and core each tomato. Then, using a paring knife, we cut a little X in the bottom of the tomato. We stuff them into large ziploc bags and freeze them. Then when you want local tomatoes in the winter, all you have to do is drop the frozen tomatoes into a pot of hot/boiling water and the skins will come right off, thanks to the little X you made. We eat spaghetti and lasagna all winter long using tomatoes we froze and put up in the summer.

Have a great week!

Cassie and Mike

In the Box:

Basil
Broccoli
Cauliflower (some EOs)
Cucumbers
Eggplant (EO only)
Green Beans
Green Peppers
Head Lettuce
Hot Pepper
Joe Parker variety. Long, skinny. Some may receive Hungarian Wax pepper: a skinny, yellow pepper.
Parsley (EO only)
Savoy Cabbage (REG only)
Thyme
Tomatoes-Slicing
Tomatoes-Heirloom
Tomatoes... Either Cherry OR Sungella
Watermelon
Zucchini (Gold or Green)

ANNOUNCEMENTS

We have extra tomatoes for sale. They are seconds, so they have minor blemishes. These are perfect tomatoes for canning or freezing. Market price for tomatoes is \$2.50/lb. We sell these in 20 pound boxes for \$25 (that's \$1.25/lb.). Email us if you interested in purchasing a box!

The Joy of Cooking Vegetables

Summer Pasta

What more is there to say? This recipe has all the joy of summer wrapped around some noodles. The idea comes from the terrific restaurant where I wait tables- The Greenbush Bar

1 pkg RP's fresh angel hair pasta (regular pasta works fine too)
3 medium tomatoes- yellow and red are nice
1 handful kalamata or green olives, roughly chopped
2 garlic cloves, smashed
 $\frac{1}{4}$ red or white sweet onion, chopped
1 handful fresh basil, chopped
2 T olive oil
1 t red wine vinegar
salt, pepper
feta cheese

Prepare the pasta. Combine remaining ingredients except the cheese. Toss with the warm, drained pasta and sprinkle with feta before serving.

Tasty Eggplant Sandwiches

1 eggplant, sliced into $\frac{1}{2}$ inch slices
 $\frac{1}{2}$ c yogurt
 $\frac{1}{2}$ c cornmeal
salt, pepper and 2 T chopped fresh oregano
3 T olive oil
bread, tomatoes, mayo, and fresh corn sliced off the cob

Dip the eggplant slices first in the yogurt (shake off the excess) and then coat with cornmeal. Heat the oil in a large skillet over medium until it's quite hot but not smoking. Slide in the eggplant slices. While they are frying, cut the raw corn off the cob by slicing with a large, flat chef's knife down the cob. Flip the eggplant slices and brown the other side. Prepare your bread by spreading with mayo, sprinkling with corn kernels, and topping with fried eggplant and fresh tomato slices. Press together and try to not make a mess while eating it!

Preserving Tomatoes

Since Mike and Cassie have extra tomatoes maybe you are thinking about getting some to put away this year? I recommend it! It's really quite simple to prepare your own tomato products. You'll be surprised how fun it is, and how delicious it tastes in the winter. People often think it's much more work than it is- and I've found a few hints to make it even easier.

Peeling: It's true that the peel forms strange looking spears in your tomato sauce if you don't remove them beforehand. Most recipe books will tell you to blanch the tomatoes first and then peel them by hand. I find this to be much too laborious for my taste. Here's a much simpler solution- remove only the stem scar from the tomato before putting them right in the freezer. You can just place them in there whole right on the rack. After they are frozen solid- be it 1 day or 5 months later- place them in a large pot to thaw. As they thaw the tomato will collapse completely like a deflated balloon. Just pluck the whole skins right out of the pot. OR... simmer down the whole tomatoes into sauce and run through the blender. Personally, I don't notice the tomato skins or seeds when they've been blended.

OR... if you happen to have a "Folly's Food Mill" or other food mill, run your sauce through it to extract the seeds and skin. It's a little awkward at first but a food mill does a top notch job. With the freezer method you can get your tomatoes now and take care of them when you have a chance. I leave some frozen whole for chili and other dishes where the skin will go unnoticed.

What to do with your peeled tomatoes? Cook them down to a sauce with basil, oregano, garlic, and onion. You can then freeze your sauce.

Ketchup: I've made my own ketchup for a few years now and it's really tasty. It takes a long time on the stove but it's easy. I suspect the process would be a cinch in a crock pot. Try it! Just like normal ketchup it will keep in your fridge for months (up to a year!)

Combine 4 quarts chopped tomatoes, 1 c chopped onion, 1 c chopped red or green pepper, 2 cloves garlic, $1\frac{1}{2}$ t salt, 2 t celery seed, 2 t allspice, 2 t cloves, 2 t mustard seed, 3 bay leaves, $\frac{1}{3}$ c brown sugar. Simmer, simmer, simmer until it's cooked down by half. Add the vinegar. Blend or run through a food mill. Continue to simmer until it's as thick as ketchup! Either stir frequently or put it in a crock pot as it thickens. When it's done just put it in jars and into the fridge.