

# Primrose Community Farm CSA newsletter

Every other week shares

Group a this week,

Last group a pickup is

Wednesday 9/19/07

## Mosquitoes are out ):

This evening we experienced the worst mosquitoes we have ever seen at the farm. The hot muggy weather and the past rains have allowed them to breed in prolific amounts. Just another thing to add to one of the toughest couple of weeks we will have at the farm this season. I will be going back to school tomorrow at the UW trying to finish my last year.

Cassie and Isaiah will be stepping up their roles a little bit as I have less time on the farm so the shift will take us a bit to get everything on track.

We tried to get the potato digger that we purchased this year out in the field to dig some potatoes. After an hours worth of fooling around to get the hydraulic cylinders to work once we got it in the field one of the belts

broke setting us back even more in the potato harvest. Luckily my brother is quite handy with that type of equipment we hope to get in usable shape by tomorrow, but the long term looks of the situation is that the new belt will cost more than we paid for the entire digger (which we got used for a really good price). Such is farming.

To top that we returned from our week-end vacation (which was wonderful and much needed) to find out that our pickup truck has a faulty starting and won't be going anywhere until we get that fixed up.

Basically it looks like we are starting out this crazy time period on the wrong foot, but hopefully the mosquitoes will die down soon and



we will have the equipment figured out in soon enough time.

This box will look a bit different then the past couple. We have head lettuce this week! Its pretty nice stuff, though some of it is starting to bolt, so you will find some leaves that are starting to twist and curl but the flavor should be pretty good. With the wet weather we haven't been able to get any other plantings in after this one until the past week, so this will most likely be the last lettuce of the summer csa season. More will come in the fall boxes though. We hope to get potatoes dug one way or another so you can enjoy them with your leeks perhaps in a nice soup. Broccoli will also make its way back into the box this week as the fall crops really start to come on again this time of year. We actually feel that it is quite early for these fall crops to be producing already, but with the

**Newsletter Date:  
9/5/07 Week 13**

Leeks  
Cucumbers  
Tomatoes (keep on counter, do not refrigerate)  
Carrots  
Head Lettuce  
Garlic  
Broccoli  
Edamame  
Curly Parsley  
Tomatillos \*  
Hot pepper (in bag with tomatillos)  
Red and or Green Pepper  
Cucumber  
Potatoes  
\* Every other week only

Rains that we have received they are really sizing up nicely. I think that we have had a couple of broccoli heads that have near the diameter of a basketball! We are planning on having a very large storage cabbage crop which should last us through the winter! Edamame is a new item, pictured above, read more about these soybeans on the back page.

## Announcements

- **Shares are still available for the fall, send in registration to claim your spot before they fillup! We have plenty available right now, but we do anticipate filling up.**

## Edamame Soybeans

These beans may look a little strange to you when you pull them out of the box. Most people have never seen fresh edamame beans before and if they have they usually don't see them still on the stalk which is how you will get them from us. Fresh soybeans (edamame) are a real treat to snack on. The Japanese really eat a lot of these beans. They are often consumed with beer such as one might eat peanuts in a bar here in the u.s. These beans are very similar to most other soybeans, but the variety has been bred to be a bit sweeter and to prevent the pod from coming apart when you eat them.



### Preparation

To prepare the beans pull off each pod from the stalks and place in water to remove and soil that is still on the outside. Start some boiling water and add some salt and the whole edamame pods. Boil from 7-12 minutes until tender enough to your desire. Then eat the beans right out of the pods, but don't eat the pods. They are a nice tender little snack. I often salt the outside of the pod so that when I bite the bean out of the pod that I get a little salt on my tongue with each bite.

## Leek and Potato Soup

### Serves 4

- 2-1/2 pounds potatoes, quartered (We will probably give around this amount this week)
  - 3 cups chicken broth or veggie stock
  - 1 2 leeks, white part only
  - 1/4 cup butter
  - 2 tablespoons white wine
  - salt to taste
  - 1/8 teaspoon freshly ground white pepper
1. Cook potatoes in chicken stock until soft. Set aside, do not drain.
  2. Put potatoes in the work bowl of a food processor in batches. Add 5 cups of chicken stock from the potato cooking pot. Puree until smooth.
  3. Half the leeks lengthwise, and soak in water to clean. Finely slice. Saute in butter until transparent. Add white wine, and cook for 3 minutes.
  4. In a soup pot, combine remaining cup of chicken stock from the potato cooking pot and sauteed leeks. Stir in pureed potatoes, and bring to a simmer. Season with salt and white pepper. Cook to desired consistency, adding more stock if necessary. Garnish with parsley.

## Jalapeno Cheese Squares

- 1/2 cup milk or cream
- 1/4 cup and 2 tablespoons water
- 1-1/2 eggs, beaten
- 1 cup shredded Cheddar cheese
- 1/2 cup all-purpose flour
- 1/2 teaspoon baking powder
- 2 tablespoons butter, melted
- 2 tablespoons chopped green onions or leeks
- 2 jalapeno peppers, seeded and diced or the equivalent of other hot peppers

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
2. In a medium bowl, mix the milk, water, eggs, Cheddar cheese, flour, baking powder, butter, green onions and jalapeno peppers.
3. Spread mixture evenly into the baking dish. Bake in the preheated oven 30 to 35 minutes, or until lightly browned. Cool, cut into 1 inch squares and serve.