



CSA NEWSLETTER

Summer 08: Week 13: 9/3/08

This week is: GROUP A

(next group A is week is 9/17/08)

It's about 8:30 pm and we just got in from the fields. September days are the longest of the whole season, but the beautiful harvest makes it all worth it.

Having a little vacation helped too. For the first time the whole season, we actually took a little time off. We went up north where the Noltners have a family cabin. We went fishing (with worms from the corn no less... more on that later), rode bikes, and basically were just lazy for two whole days. Marvelous. We kept calling it a vacation, but really we took what most people call a weekend: we didn't work on Saturday or Sunday. What a concept! Thanks to the Johnsons (family friends

and CSA members) who watered the plants in the greenhouse, as well as Eva (one of our awesome employees) and Tate Sandrock (a friend and CSA member) for helping cover the farmer's market for us so that we could take a break!

We really did go fishing with worms from the corn. We tell you this to warn you: sweet corn in September tastes delicious, but it WILL have worms in the ears. Many of the tops of the ears will also be undeveloped too, as the western corn rootworm beetle likes to chew off the silks, which hinders the corns' ability to pollinate, and thus develop kernels.

Here's some ideas for dealing with the bugs in your corn: Option 1: Usually they are right at the top of the ear. One way to avoid seeing them at all is to do a preemptive cut. If you squeeze the ear and it feels skinny and/or soft towards the top, there are probably bugs in it. Just cut it off before you shuck it. Option 2: Shuck the ear and admire the bugs in all their glory. Heck, use them to go fishing... we did! Option 3: If the idea of bugs in your corn makes you squeamish, leave the ears in the swap box at your dropsite.

Someone else will definitely make good use of them.

In other farm news, the new item this week is edamame! This is just a fancy name for a special variety of soy beans meant for fresh eating (unlike the dried version that cows eat). These are a yummy treat. Steam them and salt them right in the pod and you have a great snack. Just use your teeth to squeeze the beans out of the pod.

We've been hearing good reports about the melons, and we're really glad you are enjoying them! This week will probably be the last week for melons, so savor them! Meanwhile, tomatoes are still coming on strong, but we expect them to wane soon. Don't forget freezing as an excellent option for using your tomatoes. (Everyothers, see last week's newsletter for ideas and tips on putting up tomatoes for the winter.)

Have a great week!

Cassie and Mike

In the Box:

- Basil (EOs only)
- Beets
- Broccoli (EOs only)
- Cauliflower (REGs only)
- Cucumbers
- Edamame
- Garlic
Store in dry place.
- Green Peppers
- Head Lettuce (EOs only)
- Jalapeno Peppers
- Japanese Eggplant (EO only)
- Oregano (REGs only)
- Sweet Corn
- Sweet Onion
Store on counter
- Thyme (EOs only)
- Tomatoes-Slicing
Store on counter
- Tomatoes-Heirloom
Store on counter
- Watermelon
- Zucchini (Gold or Green)

ANNOUNCEMENTS

TOMATOES, TOMATOES!!!

We still have extra tomatoes for sale. They are seconds, so they have minor blemishes. These are perfect tomatoes for canning or freezing. 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

Edamame

If you don't frequent Japanese restaurants you probably haven't had edamame before. It's one vegetable that's good hot, good cold, and good fun to eat.

Bring a pot of salted water to a boil. It doesn't make a tremendous difference how salty you make it. While that's coming to a boil, rinse the edamame. Drop the edamame in the boiling water. After 3 minutes pull out a pod and run it under cold water to cool. Check to see if the beans are tender. If so, drain them. Otherwise it may take a minute or two longer. Place the drained pods in a bowl and sprinkle with coarse (or regular) salt.

To eat them: Place the pod in your mouth, holding on to the stem end. Using your teeth, pop the beans out of the pod. Don't worry- the fuzzy-ness won't get in your mouth if you scrape the beans out with your teeth. YUM! Drop the empty pod and eat another! It's just like popcorn

I think edamame is best just as is. But if you'd like to shell the cooked beans you can toss them in salads, make succotash, or throw them in a stir-fry. They also make a tasty hummus-like spread when mashed with garlic, olive oil and lemon juice.

Ratatouille Salad

I admit this is just a lazy, cool version of ratatouille. There's a lot of oil in the dressing but it's very tasty.

1-2 japanese eggplants, sliced into rounds
1-2 summer squash, sliced into rounds
1 green pepper, sliced into sticks
2 slicing tomatoes, halved and seeds squeezed out
2 t olive oil

Dressing:

$\frac{1}{4}$ c olive oil, 2 T red wine or balsamic vinegar, 2 chopped cloves of garlic, salt, pepper, and fresh thyme, oregano or basil

Toss the vegetables with the olive oil. Grill or broil them until just starting to blacken. Toss with the dressing. Let it marinate for an hour or two before serving.

Norwegian Gyros

Indeed, I had this in Oslo and they were called gyros! Even if you don't recognize them as gyros, you'll recognize them as delicious.

1 large heirloom tomato, diced
1 raw ear of corn, kernels sliced off the cob
1 small cucumber, diced
1 pickle, chopped
 $\frac{1}{2}$ c chopped green pepper
 $\frac{1}{2}$ lb bulk pork breakfast sausage (optional)
4 pitas

Cook the breakfast sausage, breaking it into small chunks. Drain and cool. Toss the sausage with the veggies. Stuff into a pita and top with the feta dressing below

$\frac{1}{4}$ c crumbled feta cheese
 $\frac{1}{2}$ c plain yogurt
1 T chopped fresh oregano
1 garlic clove, smashed or chopped fine
dash each: salt, pepper, cumin, and paprika
Blend together. Adjust seasonings to taste.
Keeps in the fridge very well. It also tastes great as a sandwich spread instead of mayo, or as a dressing for potato salad.

The veggie combo is just as good as a salad on top of prepared couscous with the feta dressing.

Vegetable Fritters

Saute 4 slices of bacon, diced, $\frac{1}{2}$ a sweet onion, diced and 2 cups of chopped vegetables such as zucchini, corn, eggplant, or cauliflower over medium heat. When the veggies are tender and the bacon is crisp, remove and drain. Whisk 1 c cornmeal, 1 t salt, 1 t sugar, 1 c yogurt or buttermilk, and 1 egg in a small bowl. Stir in the vegetable mixture. In a skillet, heat enough oil to cover the bottom by $\frac{1}{2}$ inch. When it reaches 350 degrees or will sizzle a piece of bread, drop in spoonfuls of the fritter batter. Turn the fritters to cook both sides until golden brown.