



CSA NEWSLETTER

Summer 08: Week 14: 9/10/08

This week is: GROUP B

(next group B is week is 9/24/08)

A word we haven't heard in a long time is circulating at the farm today: chilly!

It feels very fall-like this Monday. Even though it is getting colder, we are still planting new things.

This morning in the rain we transplanted lettuce, bok choy, and mustard greens. The fall greens are welcoming this cooler weather; meanwhile the hotter season crops like melons and tomatoes are starting to die down. As the tomatoes and zucchini slow down, cool weather greens like kale are coming back. It won't be too long until we have spinach again!

You'll still be receiving quite a few tomatoes this week. The plants are starting to become diseased,

however, so it won't be too much longer that you'll be receiving the big bags of tomato goodness. Savor their freshness! With this cooler weather and this week's romas, it's a great time to try making a sauce.

As we always try to have something new each week, we are happy to say that it's red pepper time! A red pepper is simply a green pepper left on the vine much longer. They are hard to grow because at least half of them start to rot before they turn red all the way. (That's why they are always more expensive). So we hope you enjoy this treat!

For identification's sake, remember that any red pepper you receive this week is SWEET, while any green pepper is HOT.

The hot peppers in the box this week are Joe Parker hot peppers. These are basically the same as poblanos (or anchos) and can be used the same way. Rachel will be including a chili rellenos recipe this week to give you some idea on how to use these.

If you are looking for additional inspiration for your hot peppers, maybe try supporting the Dardanelle's restaurant this week for local night out. Barbara, the owner, has ordered a case of these peppers and we're sure she'll make something delicious with them.

If you've never heard of local night out, it's a wonderful event where local restaurants create dishes from local farms. The Dardanelles, L'Etoile, Ian's Pizza, and Lombardinos are regular buyers of our produce. Bluephies also bought food from us this week for the special event. We encourage you to go out to eat this week and show local chefs your support for local agriculture! Details: <http://www.reapfoodgroup.org/BFBL-LNO.htm>

In other news, we're getting hitched this Saturday! We're excited for many parts of the week, especially the meal at our reception made from Primrose veggies. The menu includes celeriac salad with butter milk; tomato salad; roasted beets and carrots with shallots; lasagna with italian sausage, basil and carrots and eggplant. Yummy!

Signing off for the last time as two single folks....

Sincerely,

Cassie and Mike

In the Box:

Cucumbers
Edamame
Garlic
Golden Beets (EOs only)
Green Beans (EOs only)
Head Lettuce (REGs only)
Joe Parker Peppers
Long, skinny, green
Melon (EOs only)
Either water or cantalope
Parsely
Red Pepper
Long, skinny, red
Red Russian Kale
Sweet Corn
Sweet Onion
Tomatoes-Slicing
Tomatoes-Heirloom
Tomatoes - Roma

ANNOUNCEMENTS

Getting hitched & And taking an email honeymoon... !!!!

Mike and Cassie are getting married on Saturday. We will not be checking email from Wednesday afternoon until Monday morning. We this causes you no inconvenience. We'll be answering our phones and responding to emails again starting next Monday.

The Joy of Cooking Vegetables

Roasted Tomato Soup

This soup freezes well, as do plain roasted tomatoes.

$\frac{1}{2}$ onion, chopped
3 cloves garlic, chopped
2 T butter
5 roma tomatoes
1 red pepper, diced
4 ears of corn
4 cups veggie or chicken broth
basil or oregano
 $\frac{1}{4}$ c cream

Slice the tomatoes in half and place in a large, shallow baking pan. Roast at 400 degrees for 45 minutes or until very soft and browned. Then, heat the butter and sauté the onion and garlic in a pot until tender. Add the pepper, the roasted tomatoes and the broth. Heat to boiling. Meanwhile, cut the corn off the cob with the sharp side of a wide knife. Then flip the knife around and scrape the remaining corn bits and juice out with the dull side of the blade. Add the corn to the soup and simmer for a couple minutes. Puree half or all of the soup with a blender. Add cream and herbs just before

Overnight Tabbouleh

1 c bulgur (about 1 pound)
1/3 cup chopped green onions, optional
1 bunch fresh parsley, chopped
1 cucumber, diced
1 large red bell pepper, diced
1 cup chopped fresh tomato
3/4 cups water
1/4 cup extra-virgin olive oil
1/4 cup fresh lemon juice
1/2 teaspoon salt
1/2 teaspoon ground black pepper
3 tablespoons chopped fresh thyme

Toss everything together and let it marinate overnight. Adjust the seasonings and add more fresh tomato or herbs to taste.

Chiles Rellenos

There are a couple great ways to prepare chiles rellenos. But first you need to roast your peppers. It's an exciting process, and while you might need to temporarily disable your kitchen smoke detector, it's well worth the work

Roasting Peppers: Lay the poblanos or red peppers over a gas flame, turning until blistered and slightly charred all over. Put them in a plastic bag and set aside to steam for 10 to 20 minutes. Scrape off the charred skin. Carefully make a lengthwise slit in each of the peppers and remove the seeds and membranes.

Chiles Rellenos

4 roasted poblanos (or Joe Parkers!)
1 lb grated cheddar cheese (or 1 lb of ground beef, browned and drained)
 $\frac{1}{2}$ onion, diced
1 c fresh tomato, diced
 $\frac{1}{2}$ t salt, pepper to taste
 $\frac{1}{4}$ t cumin
4 eggs
1 c flour
3 c cooking oil

Saute the onions in butter until tender. Combine with the cheese or beef, tomato, and seasonings. Divide the mixture into quarters and stuff into each poblano. Don't worry about being too neat about it. Whisk the eggs together. Dip each pepper in the egg and then toss with the flour. Repeat once more. Heat the oil to 350 degrees and carefully lower in the oil. Fry on both sides until golden brown. These are tasty eaten as is, or rolled into a tortilla and topped with fresh salsa.

Alternatively, you can avoid frying and turn the whole thing into a quiche by laying the peppers in a pie crust and pouring the 4 beaten eggs, plus one cup of milk, over the top. Bake at 350 until just set.