



CSA NEWSLETTER

Summer 08: Week 15: 9/17/08

*This week is: **GROUP A**
(next group A is week is 10/1/08)*

Well the wedding excitement has come and gone and it's back to work in the fields this week. (By the way, we had the most amazing time! There was even a rainbow on our big day. If that isn't good luck for farmers, I don't know what is!). We wanted to start off this week's newsletter with a big thank you to Eva, Ben, and Andy. All three of these amazing individuals work at Primrose, and they basically took over the farm for us last Thursday, Friday, and Saturday. They harvested food, did the records, went to farmer's markets, and basically kept everything going smoothly so we could enjoy some very special time with friends and family. THANK YOU!

In your boxes this week, you will really see the evidence of the changing seasons. Just as in late June/early July we transitioned from spring crops to warmer seasons items, the reverse is happening right now. Just as the boxes got larger when we transitioned before, they will now start to get smaller again. The tomatoes are still hanging on (and will generally until the first frost); cool-loving tatsoi has reappeared; and the zucchini and cucumbers are no more. Yesterday we harvested some delicata squash and acorn squash. Another sure sign of fall. Next week you should expect winter squash of some sort in your box.

A fun, new item in your box this week is rosemary. This is the first year we've grown it. After taking quite a long time to establish, the plants look nice and healthy. This rosemary should be a perfect complement to any roasted potato dish you might want to try this week.

Over the weekend we had several mornings of roasted potatoes, and they were just delicious. One note on these potatoes: yukon gold are often susceptible to something called 'hollow heart'. What happens is the potato starts to grow really fast,

and an air pocket sometimes gets trapped inside the potato. So as the potato grows, this air pocket becomes a hollow spot or heart in the potato. It's no big deal at all to eat it. However, sometimes this hollow heart becomes a perfect spot for rot to begin. So what is a cook to do? The key advice here is that yukon gold potatoes aren't the best to bake whole. If you prepare the potatoes in such a way that cutting is part of the preparation, you can easily deal with cutting out the bad hollow heart if necessary. (We aren't expecting this on too many, but we always like to warn our cooks!)

Finally a note on beets: This week we will set them out as extras. We know some of you can't get enough of these, and some of you would be happy if beets never came into the world. So we'll have them as extras at the dropsites... if you like them, well this is your week to go crazy for beets!!

*Sincerely,
Cassie and Mike Noltnerwyss*

In the Box:

Basil
Beans (Green or Yellow)
Beets (set out as extras... not packed in box)
Cauliflower (EO only)
Garlic
Hot Peppers (Hot Wax) packed in bag with beans
Potatoes (Yukon Gold)
Rosemary
Sweet Onion
Sweet Red Pepper Long, skinny, red
Tatsoi
Tomatoes-Slicing
Tomatoes- in pints - either green zebra, garden peach, or red cherry

ANNOUNCEMENTS

We still have winter shares available. We have a new eastside dropsite as well, so make sure to tell any of your eastside friends about us!

Also, just a reminder that the final round of payment plan checks will be deposited this week.

The Joy of Cooking Vegetables

Tomato and Egg Salad with Basil

From The Good Egg

4 slicing tomatoes, cut into 6ths
½ c chopped fresh basil
1 garlic clove, minced
6 eggs, hard cooked, peeled and quartered
¼ c olive oil
salt and fresh pepper

Combine the ingredients and toss gently to blend. Spoon over hot rice, couscous, or hearty toast like the focaccia below.

Potato, Onion and Rosemary Focaccia

2 c water
1 t yeast
4 c flour
1 T salt
1T sugar
2 boiled or baked medium potatoes, diced with skin on
1 T butter
1 large sweet onion
2 T chopped fresh rosemary, or more salt and pepper

Combine the water and yeast in a medium bowl and let it set until the yeast is dissolved. Add the sugar, salt, flour and potato. Stir to combine thoroughly. Cover with plastic wrap and let rest in the fridge at least 24 hours. Remove and let the dough come to room temp. Turn it out onto the counter very liberally coated with flour. Press the dough into a rough rectangle and slide onto a cookie sheet. Saute the butter and onion in a skillet until the onion is tender. Stir in the rosemary and a bit of salt and pepper. Spread on the focaccia bread. Bake at 400 for 20 minutes or until golden brown.

"Sun Dried" Romas with herbs

Drying your smaller, meatier tomatoes is a wonderful way to enjoy them in the winter. Your whole bag of romas will dry down into about a one-cup pile. Easy to store and delicious.

Wash your roma tomatoes and cut out the stem scar. Slice each of them in half. Using your thumb, flick out the seedy-jelly centers. Lay your seeded tomatoes cut side up in a food dryer or on a cookie sheet. They dry in the oven at 170 in 4-5 hours. When they are soft and pliable, with no visible juice, they're done!

I like to pack my dry tomato halves into a pint jar and add 2 T balsamic vinegar, ¼ c olive oil, 10 peppercorns and sprigs of thyme or rosemary. I keep this jar in the fridge and they keep indefinitely. I'm still eating last years! The oil and vinegar keep the tomatoes moist and very flavorful. They are delicious in salad or on bread. You can use the olive oil as a seasoning as well.

Pita Salad

Strange idea, but really tasty!

2 pitas, split and toasted
1 red pepper, diced
¼ c diced sweet onion
1/3 c chopped fresh parsley or basil
4 slicing tomatoes, diced or 1 c halved cherry tomatoes
1 handful of green beans, sliced thin
1/3 c olive oil
1 large lemon, juiced
1 clove garlic, chopped fine
¼ t salt and plenty of pepper

Tear the pita into bite-sized pieces. Toss together with the pepper, onion, herbs, tomatoes and beans. Wisk together the oil, lemon juice, garlic, salt and pepper. Dress the salad and serve immediately.