



CSA NEWSLETTER

Summer 08: Week 16: 9/24/08

This week is: GROUP B
(next group B is week is 10/8/08)

Today we began the agriculture section of the course I teach at MATC. My students were full of questions about our farm, even though today wasn't the day on sustainable agriculture. (Instead we watched the documentary King Corn - which I highly recommend. It's like the book Ominvore's Dilemma in a condensed, visual format). Anyway, one of my students asked how many crops we grow at our farm. I proudly answered ~60. This week is an excellent example of the continuing diversity and variety of crops that we can grow. New this week are: brussel sprouts & spaghetti squash! Returning from earlier in the season: spinach and bok choy.

The best way to store your brussel sprouts is in a plastic bag in the refrigerator. You may notice that some of the sprouts have outer leaves that are starting to brown. Just like you would on a head of lettuce, you can peel or cut these outer leaves away to reveal the pretty little sprout underneath.

Your spaghetti squash gets its name due to the stringy quality of the squash once it has been baked. All winter squash likes to be stored in a cabinet or on a counter - just avoid the top of the refrigerator. The excess heat may cause your squash to go bad.

In other veggie news: the fall raspberries are starting to come on. It's extremely frustrating that we still won't have quite enough for the remaining folks who have yet to receive raspberries. This is the second year these plants have been with us, but it can take 4-5 years for the raspberries to really produce. A bad year for Japanese beetles really hasn't helped. I'm not ruling out berries for our Farm EOs, but just in case they go kaput before the next two weeks go by, we're giving each of you a watermelon (the last ones). That way you are

still getting something sweet and special.

In other farm news, sometimes it's the little things that make farming so exciting. Imagine a slatted, cylindrical, wooden barrel that cash wash an entire bed of carrots in 3 hours - that's about 1000 pounds! We finally set up the barrel washer we bought over the winter, and wow is it ever amazing! It usually takes about about an hour to pressure wash 100 pounds of carrots. What an improvement!

Finally I'd like to conclude this week by reminding you all about the new availability of sauerkraut! Andy has worked all summer long every Monday in exchange for the cabbage he is using to make the kraut. Mike usually eats half the jar before I even get a taste if that's any indication of how much we love Andy's kraut! It will be available starting next week and through the winter share season.

Sincerely,

Cassie and Mike

In the Box:

Beans (Green or Yellow)
Bok Choi
Broccoli
Remember to soak - caterpillars are still with us!
Brussel Sprouts
Carrots
Curly Parsley
Garlic
Jalapenos (*in with green beans*)
Raspberries (Inger EOs only)
Rosemary (EO only)
Red Peppers (Carmen)
Long, skinny, red
Scallions
Spaghetti Squash
Spinach
Tomatoes
Yukon Gold Potatoes
Watermelon (EO Farm)

ANNOUNCEMENTS

To preorder Kindly Kraut: email Andy by the Sunday before your pick-up day @ finfo@riseup.net. Tell him your name, dropsite, share type, and order. Then mail him your payment to:

1218 E. Mifflin St.,
Madison, WI 53703

The Joy of Cooking Vegetables

Danish Broccoli Soup

I recently found a copy of Bert Greene's "Greene on Greens" cookbook. It's a gem if you come across it. Here's adapted recipes from it.

2 T butter
1 onion, minced
1 clove garlic, minced
 $\frac{1}{4}$ t ground cinnamon
1 bunch broccoli, stems and tops chopped fine
4 cups chicken or vegetable broth- canned or bullion cubes will work, cream is also nice.
4 eggs
1 t vinegar - Don't leave this out!
Sliced scallions

Melt the butter in a soup pot. Add the onion and garlic, cooking over low heat. Stir in the cinnamon and kale. Add the stock. Simmer for 20 minutes or until kale is tender. Blend briefly if you wish. Add the vinegar. Crack each of the 4 eggs into a bowl one at a time. Slide gently into the soup. When they are cooked to your liking, remove to bowls and top with the soup and scallions.

Crunchy Rosemary Baked Potatoes

4 medium potatoes
canola oil
salt
chopped rosemary

Heat the oven to 425. Pour about $1\frac{1}{2}$ T oil in your hands and rub each potato. Pour an equal amount of salt into your hands and rub it on each potato. Place them in a baking pan, sprinkle with the rosemary and roast until a fork meets no resistance when you poke the potato.

Bacon-Braised Brussels Sprouts (or Beans)

What can I say? Bacon is the finest seasoning.

3 slices of good bacon (good bacon makes all the difference), sliced thin
1 banana or red pepper, chopped
 $\frac{1}{4}$ c diced onion
 $\frac{1}{2}$ t fennel or mustard seed
3 c green bean pieces, halved brussels sprouts, or chopped kale

Heat the bacon in a saucepot until it begins to fry. Add the onion, pepper and spices. When the onion is translucent, add your veggies. Pour about $\frac{1}{3}$ cup of water (or white wine) in the pan and put the lid on. Simmer on low for about 10 minutes. Remove the lid and simmer for 5-10 more minutes until the veggies are very tender. Even though crisp-fresh veggies are best for your health, this recipe already has bacon in it so go ahead. You will truly be surprised at how tasty tender, slow-cooked veggies can be.

Fresh Salsa with Spaghetti Squash

Preserve some fresh salsa for later with canning or freezing

8-10 roma tomatoes
1 small onion
2 medium red, green, or banana peppers
 $\frac{1}{4}$ c cider vinegar
 $\frac{1}{4}$ c chopped fresh parsley or cilantro
 $\frac{1}{2}$ t salt
1 spaghetti squash

Combine all ingredients. Halve your squash and bake at 400 until it can be pierced with a fork. Run the tines along the flesh to separate and scoop them out. Season the squash with salt and pepper, and top with plenty of salsa.

You can freeze extra salsa. Scoop into plastic containers, or glass pint jars with plenty of space at the top for expansion. Put in your freezer and you're good!