

PRIMROSE COMMUNITY FARM



CSA NEWSLETTER

Summer 08: Week 20:

10/22/08

FINAL WEEK of SUMMER CSA

Group B

It's hard to believe that the 2008 summer CSA season is coming to a close! We have had such an excellent season, and we're so happy we could share it with you! Except for the hail damage in the onions, the loss of our first three plantings of sweet corn, and being just shy of raspberries for everyone, everything else this year has been fantastic. We really feel very fortunate. We were spared from the worst effects of the wet spring, and thanks to our new well, made it through the drier part of the summer just fine. Along with new equipment and a fantastic group of worker shares and employees, we have had great yields and quality on almost every-

thing we grow!

Of course the final ingredient in having a great CSA season is having dedicated members. Without people like you who care about eating healthy, sustainable, locally produced foods, a little family farm like ours wouldn't have a place in the world. We love what we do and we thank you for making it possible to do this work. Just tonight, as I was clipping garlic and Mike was tilling out in the field with the tractor lights on, we both listened to Terri Gross interview Michael Pollen regarding his open letter to the president-elect regarding food policy. He talked about how America is soon going to have to figure out how to feed its people in the age of expensive fossil fuels. Each one of you is part of a local food system by being a member of our farm. You are part of the change that is needed now and in the future.

Be proud of yourselves for supporting a new system to feed your belly - as well as being so adventurous and brave to take the

challenge of learning how to cook so many new foods!

We thank you for being part of our farm. We hope you return again next season! In that same vein, we would love to get your feedback on how to make the membership experience even better. If you haven't already, we encourage you to go to our anonymous survey site and take a short 10 question survey.

http://www.surveymonkey.com/s.aspx?sm=Ob6S2rUFnrFxMPVvQZj6A_3d_3d

In final news, just what will we be doing for the rest of the season? Right now we're in the middle of planting next season's garlic. Then it's basically getting root crops out of the ground before our hands get too numb to do so, packing shares for our winter members, and cleaning up. After that we start ordering seeds for next season and rest, rest, rest.

Farmers have a special love for deep winter, we rest a lot before it all starts again in late February.

Thanks so much!!!

Cassie and Mike

In the Box:

Acorn Squash
Beauty Heart Radish

REG

These are whiteish-green bulbs, that are bright pink on the inside. Great on salads!

Carrots

Celeriac *EO*

Chinese Cabbage

Green Kale *EO*

Head Lettuce

Kohlrabi *EO*

Parsley

Red & Green Peppers

Red Potatoes

Rosemary *EO*

Salad Turnips *EO*

Spinach *REG*

Scallions

Tatsoi

Bunch green. Excellent stir-fried.

ANNOUNCEMENTS

Attached to your email is a registration form for the 2009 CSA season!

There are still 15 spots left for the winter share. If you interested, let us know!

The Joy of Cooking Vegetables

It's been a pleasure writing recipes for you each week! I hope you've enjoyed cooking from your box and experiencing the flavors of seasonal eating. There's so much to learn about local foods and cooking seasonally- I hope you enjoyed the challenge and acquired a few new favorite vegetables. Come back next year for another great CSA season!

End of the Season Stir fry.

Prepare 6 cups of sliced tatsoi, kohlrabi sticks, carrot coins, diced onion, and pepper slices. Blend together $\frac{1}{4}$ c soy sauce, $\frac{1}{4}$ c peanut or cashew butter, 2 T rice vinegar, 2 T brown sugar and $\frac{1}{3}$ c water. Heat 2 T oil in a pan. Add the veggies and toss together. After a few minutes add the sauce, blending with the veggies. Serve over hot rice.

Chinese Chicken Noodle Soup

It's soup season again! Add mushrooms if you like.

2 chicken thighs, bone in
6 cups water
3 T soy sauce
2 T dry Sherry
2 T oriental sesame oil
3 garlic cloves, minced
3 T tahini (sesame seed paste) or 2 T miso paste
2 T minced peeled fresh ginger
1 T sugar
1 T seasoned rice vinegar
1 1/2 t chili sauce, optional
4 cups chopped Chinese cabbage (from 1 head)
6 green onions, thinly sliced
3-4 ounces dried soba or udon noodles
1/2 cup chopped fresh parsley

Combine the chicken thighs and water in a soup pot. Bring to a simmer and poach for 20 minutes or until cooked through. Remove the chicken to cool. Add the soy sauce, sherry, sesame oil, garlic, ginger, sugar, vinegar, cabbage and green onions to the pot and bring to a boil. Add the noodles and boil. Meanwhile, remove the chicken from the bone and add to the soup. When noodles are tender, add the parsley and serve.

Roasted Fries and Kale

The kale gets crispy around the edges when roasted

1 each: potato, kohlrabi, turnip, celeriac and sweet potato. Cut each veggie into matchstick size pieces. Place in a large bowl and toss with 1 T olive oil, lots of salt and pepper, parsley and red pepper flakes. Coarsely chop 5 kale leaves, spines removed, toss with root veggies. Roast at 400 for 20 minutes or until veggies are tender and greens are crispy. If the greens start to char too soon, cover the pan with foil.

Autumn Minestrone

From the Moosewood Collective folks

2 T canola or other vegetable oil
1 c chopped onions
2 garlic cloves, minced or pressed
2 1/2 c peeled and cubed winter squash
2 celery stalks, diced
1/2 c peeled and diced carrots
2 1/2 c cubed potatoes
1 t dried oregano
2 t salt
1/2 t ground black pepper
6 c water
4 c chopped kale
1 1/2 c cooked or canned white beans

Warm the oil in a large soup pot on medium heat. Add the onions and garlic, and sauté for 5 minutes. Add the squash, celery, carrots, potatoes, oregano, salt, pepper, and water and cook until the potatoes are almost done. Add the kale and beans and simmer for another 5 to 7 minutes, until the kale is tender and the beans are hot