



In Your Box* 08.14.08

Napa Cabbage
Hot Peppers
Sweet Corn
Summer Squash
Tomatoes (sungolds or an heirloom and roma mix)
Red Onion
Potatoes

Halves and Quarters only:
Radicchio
Carrots

Madison Media and Capital pickup only:
Cucumbers

Feel extra good about eating your lettuce, spinach, sweet peppers, and potatoes off the farm! The Environmental Working Group (www.ewg.org) just posted that lettuce, spinach, sweet peppers, and potatoes are among the top ten of highest pesticide holding veggies if produced conventionally, making them among the most important items to buy organic.

* Depending on your share size, you may not have every item listed. Don't worry, we do our best to make sure everyone gets some of everything before it runs out. Questions? Let us know.

Garlic Party coming up, Saturday after this one! And we're challenging you to bring us the best garlic-inspired food yet. Here's an update to last week's details:

I've decided to change it a little bit this year. (It's no joke that having a child changes everything—including stuff like this!) We will have all the garlic varieties for you to taste, roasted, raw, and in butters as promised, so we'll have lots of bread, and I will make the now famous Garlic Cole Slaw and probably pesto. BUT, we're hoping to turn the event into more of a potluck this year. So, if you want, please bring your favorite garlic-inspired recipe, or whatever else you might want to eat and/or drink. (FYI, if you're not usually a big garlic cook, dessert does not often involve garlic, and each year, I've learned everyone finds desserts are most welcome after a few hours of garlic tasting!)

I feel bad at this late notice—we don't usually give garlic in the boxes until after the party, but since we're asking for garlicky foods, I wish we could have put them in this week at least! Sorry—just know there's lots coming. In any case, I'm looking forward to some great new ideas!

Vegetable Notes

If it's not listed here, see last week's newsletter.

Napa Cabbage—These are, sadly, a great example of the tradeoff between spraying your vegetables more regularly than we like, or letting nature have it's way. All those little holes in the leaves? It's those flea beetles again. They shouldn't affect the flavor or freshness, but they sure affect size and beauty. But you can be confident we didn't spray them too much! Anyhow, Napa Cabbage is also known as Chinese cabbage, and it has a mild, sweet flavor. Great in stir fries, but lots of other things too. Check the recipe archive! Store in a plastic bag in the crisper.

Potatoes are the variety Superior this week. They are white potatoes. Russets coming next week.

Hot Peppers—these are serranos or jalapenos. Do be careful about using and rubbing your eyes! Neither of these hot peppers are very hot, but they can still catch you off guard.

Sweet Peppers—These are Gypsy peppers. These weren't listed in your box contents list email because even Kari thought they were hot peppers! They're not. They look like banana peppers, but they're an odd variety of sweet peppers I like to grow because they never seem to fail, and they have especially meaty flesh. There's more to them than it appears. Enjoy.

Tomatoes—here's at least a list of the varieties—I think I have to face that I'm not going to get to my nice picture chart of these anytime soon. You've got Cherokee Purples, Mortgage Lifters (wouldn't that be nice?), Nebraska Weddings, Red and Yellow Brandywines, and some good old Burpee Delicious. We also started Tomatillos, which returning members have been asking about, and Husk Tomatoes (or Ground Cherries), but they were both lost to water.

Farmer Kari's Column

Hello! What a beautiful week it has been. The weather has been perfect, though we still need more rain. This week has been more picking, with Charlie doing a lot of weeding.

I know in an earlier newsletter I mentioned how I liked picking squash. Well, I have to say it is getting old! I can't believe how long it goes for! I hope all of you who love squash have been enjoying it. I can say that for the first time this week I noticed it is slowing down, but I think we will still have it for a few more weeks. Tomatoes are finally going strong. This is the first week we have been able to give them to everyone, which is really exciting. Everything we recently planted seems to be doing nicely, though needing a lot of drip tape irrigation.

The fun things in your box this week are Napa Cabbage and corn, two very delicious veggies! Make sure to look up in the archives from last year Camela's recipe for Napa Cabbage coleslaw, it is so good. I have been lucky enough to try the corn, and believe me, all it needs is to be boiled and eaten with butter and salt. Don't bother with any recipes, just eat it the old-fashioned way! As far as the tomatoes, please go buy some fresh mozzarella and basil and eat it with those items and good olive oil. This is the only time of year you can do it.

Hope everyone is enjoying August, summer is going too fast. Kari

Recipes

Roasted Veggie Dinner

Got a crisper drawer full of leftovers? I still had beets and some collard greens in my drawer, along with lots of tomatoes and squash and onions on my counter. So here's what I made for dinner the other day—and it's the first time I've ever eaten beets and liked them! I've tried every beet recipe in our archives, plus some, and I've never enjoyed them like this . . .

Get some wild rice cooking. Slice tomatoes, onions, squash, beets, and I happened to have mushrooms too, and toss with olive oil and sea salt (or regular salt). Spread on a roasting pan and put in the oven at 400 for about 20-30 minutes, or until just starting to brown and look, well, roasted. While roasting, roll up and slice the collard greens. Steam with some garlic in water until just limp. Mix all the vegetables together and then stir in the wild rice. Top with parmesan.



The colors were gorgeous!

Recommended: Corn and Basil Tart

Found and tested by CSA member Theresa in Better Homes and Gardens

- * 1/3 cup butter, softened
- * 2 Tbsp. sugar
- * 1/2 tsp. salt
- * 3 eggs
- * 2/3 cup yellow cornmeal
- * 2/3 cup all-purpose flour
- * 1 cup half-and-half or light cream
- * 1-1/2 cups fresh corn kernels (about 3 ears)
- * 1/2 cup coarsely snipped fresh basil
- * 1/2 tsp. salt
- * 1/4 tsp. ground black pepper
- * Chopped tomato and basil (optional)

Directions

1. For cornmeal crust, in medium bowl, beat butter with electric mixer on medium to high speed for 30 seconds. Add sugar and 1/2 teaspoon salt. Beat until combined. Beat in 1 egg until combined. Add in cornmeal and as much of the flour as you can with the mixer; stir in any remaining flour. Form dough into a disc and wrap in plastic. Chill 30 to 60 minutes or until easy to handle.
2. Preheat oven to 350 degrees F. Pat dough onto bottom and sides of 9-inch tart pan with removable bottom. Press evenly onto bottom and sides with a small glass. Line pastry with double thickness of foil and bake 10 minutes; remove foil. Bake 4 to 6 minutes more.
3. Meanwhile, in medium bowl whisk together 2 eggs and half-and-half. Stir in corn, basil, 1/2 teaspoon salt and the pepper. Pour into pastry shell. Bake 35 to 40 minutes or until set. Let stand 10 minutes. Remove sides of pan to serve. Sprinkle with tomato and additional basil. Makes 8 servings.

Annual Garlic Party

August 23

We'll have at least five different varieties for tasting! Roasted, raw, or in garlic butter for the pure flavors. Come and see the farm, bring friends and family, and play with two dogs, three cats, and a baby! Bring anything you might want particularly to drink or eat yourself, your best Garlic recipe, and some bread. If you can bring your own utensils and plates/glasses to use, that's great too. We're trying to use a little less disposable stuff, but we'll have plenty on hand. Festivities begin at 4—hope we'll see you then.