



## In Your Box\* 9.18.08

**Cucumbers**  
**Sweet peppers**  
**Melon**  
 (cantaloupe or watermelon)  
**Head Lettuce or**  
**Spinach**  
**Kohlrabi**  
**Beets with Greens**  
**Heirloom & Roma,**  
**Tomatoes**  
**Red or White onion**  
**Napa Cabbage**  
**Blue Potatoes**



Where did summer go?

\* 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.

### Kari's Column

So far it has been a pretty nice week, not as cold thankfully! We were pretty busy picking and packing this week, with a little time for weeding. The tomatoes are winding down, so enjoy them this week. The exciting thing I did do this week is trim off the tops of the Brussel Sprouts. This stops them from growing up and fills out the Brussel Sprouts that are on the plant. Chris tells me we will be giving these soon, which I am so excited about! I did not like them until I had them from the farm two years ago, and now I look forward to them.

The fun things in your box this week are melon and Napa Cabbage. The Napa Cabbage is so beautiful this time around! If you feel that it is a lot to use, just peel off the leaves you want to use first, then store the rest. It will last for a few weeks in the fridge in your bag. I prefer doing this over slicing it in half.

Have a great weekend! Kari

### Farm notes

While we took a little bit of much-needed time off while it rained this past weekend, things are as busy as ever on this farm.

Frost is threatening, and as Kari mentioned last week, one night in the very upper thirties has already done in our outdoor tomatoes. I haven't asked about the eggplant, but I suspect it went too, before it had a chance to finish ripening and get to you. You've all heard me mention here how different and difficult this year is for me, not being in the fields, but this is one of those cases where ignorance suits me fine! I really dislike losing crops, whether to weather or, worse, to our own problems with space and time. It feels so wasteful, and that really weighs on my mind.

We are keeping up with the basil harvest though, and we spent Friday afternoon making another 150 jars of pesto. We'll be stepping it up to process as much as we can every week now. We've also made tomato juice, tomato sauce, a tomato pistou, or soup base, apple juice, apple sauce, strawberry apple sauce . . . I wish there was more time for canning/freezing. I love to see the jars start lining up!

Looking beyond our small farm, we've been working hard with several other local farmers to get a new CSA organization off the ground. We're proud to announce The FRESH Food Connection! The FRESH Food Connection is a group of farms in southern Wisconsin sustainably producing vegetables, fruit, meat, eggs, cheeses, canned goods, wool, and other farm commodities. We are similar to the Madison Area CSA Coalition, but we have a few key differences. All the member farms will be focusing on working together to offer you CSA options beyond vegetables, more edu-



cation about our growing practices, more health insurance rebates, and more pickup location options. We will be reaching out especially to members not in the Madison area. For more information, you can check out our web site (still under construction, but with lots more information) at [freshfoodwisconsin.org](http://freshfoodwisconsin.org).

## Vegetable Notes

**Blue potatoes**—whatever you do, don't mash these, unless you have a child who might think it's cool. The look like mushy gray/blue paste if you mash them! But they make lovely potato salad—the vinegar keeps them bright—or, my favorite way to have them is cubed, tossed in olive oil and herbs, and roasted. They're beautiful! Why blue? Because it's fun, and because anything blue is supposed to be extra good for you!

Napa Cabbage—Kari tells me people are going to wonder what was wrong with your last napa cabbage because this batch is so much nicer. I call that an object lesson in seeing how the weather and bugs and irrigation can totally change plans around here!

## Recipe

### Honey- Roasted Beet Salad (from the Oakmont Farmers Market)

1 ½ lbs. medium sized beets

Vegetable cooking spray

2 medium red onions, cut into wedges

4 Tablespoons honey, divided

2 Tablespoons red wine vinegar

Extra-virgin olive oil

3 cloves garlic, minced

¼ c. currants or raisins

3-4 Tablespoons chopped toasted walnuts

Salt and pepper, to taste

6 cups of a lettuce and greens mixture (mesclun or other mix)

Simmer the beets in water (to cover) for about 15 minutes. Drain, rinse in cold water and peel beets. Cut into fourths. Preheat oven to 400 degrees.

Line a pan with aluminum foil and spray with cooking spray or wipe with a paper towel dipped in olive oil. Arrange beets and onion on pan. Drizzle with olive oil and 2 tablespoons honey. Roast at 400 degrees until beets are tender, about 40 minutes, and then transfer the beets and onions to serving bowl.

Combine remaining 2 tablespoons honey, 2 tablespoons vinegar, 6 tablespoons olive oil, garlic, and salt and pepper to taste (note: you could also add some mustard to this salad dressing if you wish). Drizzle this mixture over the beets and onions and toss. Add currant/raisins and walnuts; toss again with the greens and serve.

**Van for Sale!**  
We're selling our silver Chevy Astro cargo van now that we have a bona fide delivery truck. If anyone's interested, let us know. It's a great work truck, with built in shelving/drawers, lumber rack, and more.

(Oh, and if anyone wants an old Jeep Grand Wagoneer (it would make a good plow truck—4-wheel drive works) ...

