



# The Weekly Weeder

A weekly publication for CSA members

JULY 15, 2009—BOX #5

WWW.RIDGELANDHARVEST.COM CSA@RIDGELANDHARVEST.COM

## Box Contents & Storage Tips

Since conditions are still dry some things like the fennel are not as large as we would like and the first flush of cabbage, broccoli, and cukes are not as even as we would like (that's why some things are only for certain shares this week).

**Basil:** Our basil patch had a growth spurt after last weeks rains, some producing flowers. Pick off the basil leaves from the stem to use fresh or put out to dry. Lots more coming!

### Cabbage— full shares only

**Cucumber— half shares only** Made up of over 95% water, they are also high in Vitamin E. This slicing variety need not be peeled, just rinse with water and eat! A wonderful salad and taco topper, or put into a salad of its own. Store in crisper drawer to keep hydrated. Use leftover cucumber pieces quickly as they deteriorate.

**Fennel:** Bulb and leaves are edible.

**Garlic Scapes:** We're about done picking scapes off the garlic plants this week. And like you, we're longing for the real garlic taste...we keep using up scapes knowing soon enough we'll be treated with the bulb!

**Green Romaine Lettuce:**

**Onion, Sweet:**

**Kohlrabi:**

**Summer Squash - Gold, Green or Patty Pan:** What's up with the funny shapes? We're not sure yet, we're researching the cause, but suspect of dry conditions or pollination. Still very usable.

**Swiss Chard - Red or Rainbow:**

## Coming Soon

More basil, beets, cucumbers, summer savory, cabbage, and broccoli, carrots and fresh garlic .... Lots more!

## Announcements:

- **Bulk Purchase Opportunity:** Place your order by email or phone by Sunday 4 pm for delivery to your CSA drop site

BASIL (perfect for a batch of pesto):  
12 leafy bunches with 6-8 nice stems per bunch. \$15.00

Send check to the farm:  
Ridgeland Harvest  
E5538 Nelson Road,  
Viroqua, WI 54665

- **Garlic Harvest Party:** the garlic is drying down nicely and will soon be ready to harvest for fresh eating. It will be a couple more weeks until it will be ready to harvest for storage. Details will be announced sometime next week.
- **Beef Bundles Available:** we have a few 15 and 25 lb bundles ready for delivery. See our website for prices or contact the farm.



# Recipes! Recipes! Recipes!

## Cate & Mat's Meal of the Week: Pasta and Vegetables

One of our summer staples is here at last! We love the fresh taste that these vegetables give, and change it up as other vegetables start arriving off the fields.

- \*Fennel: cut bulb into small pieces, chop one stalk
- \*Basil: roughly chopped leaves
- \*Garlic Scapes finely chopped
- \*1-3 Zucchini's- depending on size
- \*Sweet Onion thinly sliced
- \*8 stems Swiss Chard- (if leaves are larger remove and slice the stem add those at the same time as the onions)
- \*Olive Oil
- \*A good hard cheese of your choice (Parmesan or Romano)
- \*Pasta of your choice

1. Chop fennel bulb by removing the leaves (save one to use later), cutting in half, then using the faint lines (similar to the onion) to guide the cuts. We like our fennel cut small to blend its flavor into the meal better.
2. Heat a generous amount of olive oil and begin cooking fennel pieces over medium heat. Cook until they begin to soften
3. Add sweet onion, zucchini. Cook over high heat until the caramelize and are tender.
4. Add scapes cook 1 minute.
5. Add basil and remove from heat.
6. Stir in grated cheese
7. Serve over pasta.

## Swiss chard- Mediterranean style

- \* 1 1/2 cup white rice - washed
- \* 1 bunch Swiss chard - chopped into 1 inch stripes
- \* 2 tablespoons olive oil
- \* 1 medium-sized onion - chopped
- \* 2 medium size ripe tomatoes - peeled and chopped
- \* 3 1/4 cups water hot water
- \* Salt

For the picada

- \* garlic
- \* 2 almonds - toasted
- \* 1/2 white bread slice - toasted
- \* 1 small handful Italian parsley leaves
- \* 2 tablespoons white wine

1. Chop the bottom stalks of the Swiss chard leaves and discard them. According to your personal preferences, you can also chop the thicker parts of the middle stalk. Wash the Swiss chard thoroughly.
2. Toast both sides of the unpeeled garlic and the slice bread in a frying pan or similar cookware. Toast the unpeeled almonds too if you bought them raw. Peel the garlic.-high heat.

## New Potato Salad with Fennel

- \* 2 fennel bulbs
- \* 3 pounds whole tiny new potatoes, quartered
- \* 3 small yellow summer squash, sliced 1/4-inch thick
- \* 1/3 cup olive oil or salad oil
- \* 1/3 cup lemon juice
- \* 1 teaspoon sugar
- \* 2 cloves garlic, minced
- \* 1/2 teaspoon salt
- \* 1/8 teaspoon pepper
- \* 1/4 cup thinly sliced green onions
- \* Watercress, curly endive, or other greens (optional)
- \* 2 tablespoons coarse-grain brown mustard

### Directions

1. Cut off and discard upper stalks from fennel bulbs. Remove tough outer layer of bulbs; cut off a thin slice from base. Cut fennel bulbs into thin wedges.
2. In a covered large pot cook new potatoes in boiling, lightly salted water for 7 minutes; add fennel wedges and squash slices. Cook for 1 to 2 minutes more or until potatoes are just tender and fennel is crisp-tender; drain vegetables well. Let cool about 1 hour.
3. In a screw-top jar combine oil, lemon juice, mustard, sugar, garlic, salt, and pepper. Cover and shake well. Add to potato mixture along with green onion; gently toss to combine. Cover and chill in refrigerator for at least 3 hours.
4. Serve potato salad on a bed of fresh watercress, curly endive, or other greens, if desired. Makes 12 side-dish servings.

**While we take great care to provide the cleanest and safest food possible,**

**all produce should be washed prior to eating.**

3. Prepare a sofregit of onion and tomato as follows: Heat the olive oil in a casserole. When the olive oil is hot, add the onion. When the onion is caramelized, add the tomato and cook for 8 minutes. Click here for a detailed explanation of this basic tomato sauce.
4. While the sofregit is cooking, prepare a picada as follows: Drop the garlic in a mortar and pound it with the pestle. Add the parsley leaves and pound them thoroughly. Add the almonds and pound it. Add the bread and pound the picada mixture thoroughly. Add the white wine and stir the picada with the pestle. Click here for a detailed explanation of the basic picada sauce.
5. When the sofregit is done, add the hot water. Bring it to a boil and add the rice. When the water resumes boiling add the picada. Stir the top of the rice briefly and softly. Add the Swiss chard on top of the rice. DO NOT STIR IT. Cook uncovered for 7 minutes over medium-high heat.
6. Cover the pot, and turn heat to low. Cook for 7 more minutes. Turn off heat, and leave it to rest for 5 minutes. Serves 2 as a main dish, and 4 as a side dish or accompaniment.