



# The Weekly Weeder

A weekly publication for CSA members

JULY 22, 2009—BOX #6

WWW.RIDGELANDHARVEST.COM CSA@RIDGELANDHARVEST.COM

## Box Contents & Storage Tips

### Beets, Red

**Broccoli:** Our pest management practices are to first prevent, then minimally use organically approved products. However, there is a certain amount of “living with insects” that organic eating necessitates. The beautiful heads of broccoli WILL HAVE a few cabbage worms disguised amongst the florets (yep, the same color as the broccoli, those little devils!) Skim them out of your boiling pot, OR, pre-soak your small pieces of prepared broccoli in salt water (3 Tbsp salt to 1 quart of water ) Soak for 10 minutes, then rinse broccoli and cook/steam as desired.

**Carrots:** The first digging! Sweet and delicious. Just rinse and scrub, but put away that peeler! Carrots are peels contain high amounts of nutrients including

### Cucumber (Full Shares Only)

**Fennel:** Try grilling or oven roasting with olive oil.

**Fresh Garlic:** Store in the refrigerator. Mild in flavor.

### Green Romaine Lettuce

### Onion, Sweet

**Kohlrabi:** Not very nice looking leaves, but the kohlrabi's taste great still! The end of this crop is in sight. Try shredding for a coleslaw.

**Sage (Full Shares Only):** Hang to dry or put onto a dehydrator. Or to keep it for fresh use rinse with water, shaking excess water then wrap in a damp towel or store in plastic bag in the refrigerator. Excellent addition to pork and chicken dishes.

**Summer Squash - Gold, Green or Patty Pan:** Ugly and little...what's up? We've found our problem has been the dry weather which results in a calcium deficiency in the plants, causing its fruits to be oddly shaped and for the plant to abort fruits. We prioritized this crop for irrigation last week and again this week. Mat's main work task, both day and night, has been carrying/moving hoses and keeping our irrigation tank running.

**Summer Savory:** A substitute for thyme (but much more flavorful!) Hang to dry or put onto a dehydrator. Or to keep it for fresh use rinse with water, shaking excess water then wrap in a damp towel or store in plastic bag in the refrigerator.

## Announcements:

- **CSA EVENT: Garlic Harvest Party! Sunday August 2 from 10 am—3 pm**  
Come help bring in the harvest and get a tour of the farm! We'll dig, clean and bundle the garlic, then transport it back to the tobacco barn where it will be hung to cure. This is a great activity for all ages! Bring a dish to share for the potluck lunch (along with your own plate/cups/utensils). Please leave dogs at home as we have 2 dogs that will greet you. Get directions from our website. We hope to see many of you as we have lots of garlic to harvest.
- **August 1 payments:** Reminder that your August 1st payments will be deposited soon. If an updated statement is desired, please send us a request.
- **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
- **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: Hummus Sandwiches with Cucumbers & Romaine

You can purchase hummus (chick peas and tahini) or make your own very easily! We use the Moosewood Cookbook's version.

2-3 cloves cured garlic (use 3-4 when garlic is fresh)  
Handful of parsley  
2 -3 scallions  
3 cups cooked chick peas (or two 15 oz cans, rinsed & drained)  
6 tablespoons tahini  
6 tablespoons fresh lemon juice  
3/4-1 tsp salt  
Cayenne and a little Cumin to taste

1. Place garlic, parsley and scallions in a food processor or blender, and mince.
2. Add chick peas, tahini, lemon juice, salt and puree to a thick paste.
3. Season to taste with cayenne and cumin. Then transfer to a sealed container and refrigerate for a few hours to let the flavors come out and combine.
4. Serve on bread or pita's. Top with slices of cucumber and Romaine leaves.

## Waldorf Salad with Fennel

[www.recipetips.com](http://www.recipetips.com)

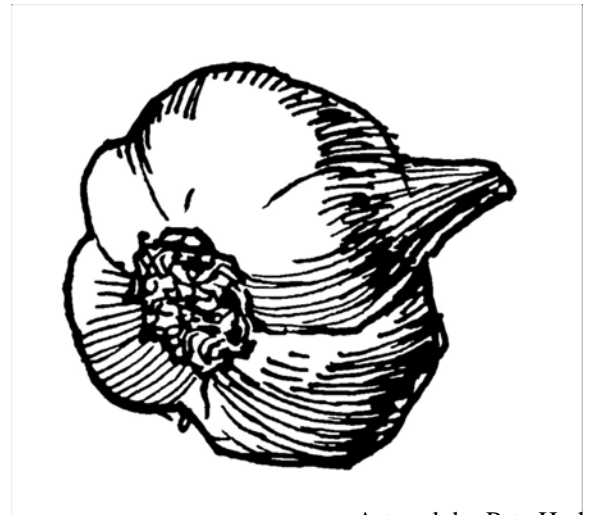
1 fennel bulb  
2 tart, red-skinned apples, such as Haralson  
1/4 cup mayonnaise  
1/4 cup plain yogurt (or omit yogurt and use all mayonnaise)  
1 pinch salt  
few grinds of black pepper  
1/3 cup coarsely chopped walnuts

1. Trim the fennel: remove stems, if any, then trim off any soft or discolored parts of the bulb. Slice it in half lengthwise (if bulb is quite round, make two or three lengthwise cuts) then slice crosswise into narrow (1/8") strips.
2. Quarter and core the apples (don't peel); cut into 1/4" dice.
3. Mix together mayonnaise, yogurt if using, salt and pepper.
4. Toss fennel, apples and walnuts with mayonnaise mixture. Serve room temperature or chilled

## Snack of the week: Beet Chips

1 bunch beets  
Olive oil  
Salt & Pepper

1. Peel the skin and cut off top/tails from beets. Slice into thin 1/8" slices (use of a food processor for this is quick and gives evenly sliced pieces).
2. Coat a cookie sheet with a generous amount of olive oil. Then spread the beets onto the coated sheet in a single layer. Sprinkle with salt and pepper.
3. Bake at 425-degrees for about 20 minutes, checking periodically to make sure they aren't burning (which we've done easily by not checking!)
4. Once crispy, take out of the oven and place onto a towel to absorb some of the oil. A great snack!



Artwork by Pete Hodap

## Our Favorite Summertime Pizza!

Fennel bulb (discard leaves) - cut in half  
Sweet onions—cut in half  
Basil leaves—coarsely chopped  
Zucchini—cut in half the long way  
Fresh Garlic—coarsely chopped  
Olive Oil  
Pizza crust

1. Oven roasted the fennel and sweet onion and zucchini at 475-degrees. Prior to roasting, generously brush with olive oil.
2. As veggies are roasting (or grilling), put 1/3 cup olive oil in a small bowl, then place basil and garlic (chopped) into the oil to marinate.

## Coming Soon

**More basil & carrots, cabbage, broccoli,  
and fresh garlic .... Lots more!**

**While we take great care to provide the  
cleanest and safest food possible, yet  
all produce should be washed  
prior to eating.**