



The Weekly Weeder

A weekly publication for CSA members

AUGUST 5, 2009—BOX #8

WWW.RIDGELANDHARVEST.COM CSA@RIDGELANDHARVEST.COM

Box Contents & Storage Tips

Beans: Stores best in a warmer part of the refrigerator.

Broccoli: Our second planting is going strong now! More to come each week for a while now. If you can't keep up, it's easy to freeze. Just cut into bit-sized pieces and put into boiling water for 3 minutes (this process is blanching). Submerge in cold water to stop the cooking process. Drain well then place into freezer bags/containers.

Celery: A wonder flavor and beautiful. The whole plant can be eaten (stalks and leaves). While this celery won't compare to the watery California version, we also joke that since it's more fibrous too that one may burn more calories in the digestion process and perhaps be the next new diet food ("loose weight by eating local celery!")

Chard - Rainbow (Full Shares Only):

Cucumbers: Any cucumber can be made into a batch of pickles.

Picklers (Full Shares Only): A blocky and lighter green color than the dark green slicing cucumbers. We like to peel this skin and eat the juicy inside raw too.

Slicers

Dill: Use all parts (flowers, leaves and even the stem). Can be eaten raw in salads, used for seasoning pickles, dilly beans or other.

Eggplant (Full Shares Only): The very first picking resulted in only enough for full shares this week. Lots more to harvest for everyone next week.

Onions: These Alisa Craig sweet onions are at an awkward stage—not fully cured but yet not fully green either. You may have a few brown leaves on your onions—this is the start of their outer skins drying down. Keep them in the refrigerator.

Parsley—Italian Flat Leaf: A more flavorful parsley than the curly type. Excellent chopped fresh and incorporated into salads or for garnish. Store in a plastic bag in the refrigerator. Can also freeze excess by chopping, placing into ice cube trays, drizzling water on top to fill each cube. Once frozen put into freezer bags for easy use in soups and stews this fall and winter! More to come this season.

Zucchini & Summer Squash - Gold, Green, Patty Pan: That's right...it's time to really incorporate zucchini into everything! Chocolate zucchini cake, Zucchini pancakes, Fried onions and zucchini, Stuffed zucchini boats...

Coming Soon

**More beans, eggplant, carrots, fennel, ,
broccoli, garlic and much much 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

- **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!

ZUCCHINI CHOCOLATE CAKE

from COOKS.COM

1/2 c. butter
1/2 c. oil
1 3/4 c. sugar
1 tsp. vanilla
1/2 c. sour milk
2 c. ground zucchini
2 1/2 c. flour
4 tbsp. cocoa
1 tsp. soda
1/2 tsp. baking powder
1/2 tsp. cinnamon
1/2 tsp. salt

Mix all together. Put into a greased and floured 9 x 13 inch cake pan. Bake at 325 degrees for 30 to 35 minutes. Sprinkle this topping on: 1/2 cup chocolate chips, 1/2 cup brown sugar, and 1/2 cup nuts.

Refrigerator Pickles from MarthaStewart.com

Ingredients: Makes 3 quarts.

- 2 pounds cucumbers, sliced 1/2 inch thick on the diagonal (about 8 cups)
- 1 medium Vidalia or other sweet onion, sliced 1 inch thick
- 2 celery stalks, sliced 1/2 inch thick on the diagonal
- Coarse salt
- 2 cups sugar
- 1 cup cider vinegar
- 1 teaspoon celery seed
- 1 teaspoon mustard seed

Directions

1. In a colander set over a medium bowl, toss cucumbers, onion, and celery stalks with 1 1/2 teaspoons salt. Set aside to drain, 30 minutes, tossing occasionally. In a small bowl, combine sugar, vinegar, celery seed, and mustard seed; stir until sugar is dissolved.
2. Divide cucumber mixture among clean jars or airtight containers, and pour vinegar mixture over. Refrigerate at least 8 hours (or up to 2 weeks).

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

STUFFED ZUCCHINI

from COOKS.COM

4-5 small zucchini
1/2 cup bread or cracker crumbs
1 tablespoon melted butter

Stuffing:

1/4 stick butter
1 tablespoon flour or cornstarch
1/4 cup sour cream
1/2 teaspoon dill
parsley and paprika (for top)
salt and pepper, to taste
zucchini pulp

Drop whole zucchini into boiling salted (about 2 tps salt per 5-6 quart pot) water. Reduce heat and simmer for 15 minutes or until tender. Drain; cover zucchini with cold water to stop the cooking. When cool, slice in half lengthwise; scoop out meat from centers leaving a hollow shell. Reserve zucchini pulp and set aside. Mash zucchini pulp using a potato masher or a fork.

Stuffing:

In a small saucepan, melt 1/4 stick butter. Blend in the cornstarch until no lumps remain; add sour cream. Combine with dill and salt and zucchini pulp, mixing ingredients until well blended.

Fill the zucchini shells evenly with the stuffing. Melt 1 tablespoon butter in microwave. Stir in 1/2 cup crushed cracker crumbs or bread crumbs, mixing until all are coated. Sprinkle a layer of buttered bread crumbs on top. Top with parsley and a sprinkling of paprika for color.

Bake in a preheated 350F oven for 30 minutes.

SUMMER CUCUMBER SALAD FROM ALLRECIPES.COM

INGREDIENTS:

2 tablespoons chopped fresh dill
2 tablespoons chopped fresh chives
1 (8 ounce) container reduced-fat sour cream
1 tablespoon fresh lemon juice
1 large English cucumber, sliced

DIRECTIONS:

1. Mix the dill, chives, and sour cream together in a small bowl. Stir the lemon juice into the sour cream mixture; allow to sit at room temperature for 30 minutes.
2. Place the cucumber slices in a large bowl. Add the sour cream mixture to the cucumbers and stir gently until evenly coated. Serve immediately.