



The Weekly Weeder

A weekly publication for CSA members

AUGUST 12, 2009—BOX #9

WWW.RIDGELANDHARVEST.COM CSA@RIDGELANDHARVEST.COM

Box Contents & Storage Tips

Beans: There's a whole lot of beans out there, we just hope to keep up with them!

Broccoli: 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.

Cucumbers: Picklers (the blocky and lighter green colored cuke) and Slicers (the long, dark green cucumber).

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: (half shares only)

Garlic: These bulbs are "The Grounders" meaning that they fell from the tobacco barn rafters and are significantly damaged. Just inspect your bulb right away and take out the damage clove or two so the others don't spoil.

Cherry Tomatoes: The first! Keep tomatoes out on your counter and NOT in the refrigerator.

Raspberries (selected sites): Our patch is just starting to ripen, with loads of berries on the plants. Berries will make their rounds by pick-up site, so if you didn't get any this week, you soon will!

Zucchini & Summer Squash - Gold, Green, Patty Pan:

Coming Soon

Tomatoes, sweet corn, peppers, more carrots, garlic, beans, eggplant, broccoli!

Announcements:

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

**** GREEN BEANS ****

10 pounds for \$22 OR 25 pounds for \$44

**** BASIL ****

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.



Sweet corn is protected by electric wire (solar charger to the left). Lots of good eating is coming our way!

Recipes! Recipes! Recipes!

Quinoa and Grilled Zucchini Recipe

101 Cookbooks <http://www.101cookbooks.com/>

Recommended by a CSA member Brooke

1 large avocado, ripe
juice of 1 lime
1/4 cup lightly packed cilantro, or chives.
1 clove garlic
1/4 cup plain yogurt
3/4 cup water
1/2 teaspoon fine grain sea salt
3 large eggs
1 large zucchini, cut into 3/4-inch thick coins
1/4 cup extra-virgin olive oil
couple pinches of fine grain sea salt
2 cups quinoa, cooked, room temperature
1/4 cup pine nuts, toasted
1/4 cup goat cheese, crumbled
a bit of chopped cilantro for garnish
Jalapeno (optional)

Prepare the cilantro-avocado dressing by blending the avocado, lime juice, cilantro, garlic, yogurt, water, and salt in a blender (or us a hand blender). Set aside. {CSA member used a purchased dressing of pesto instead}

Hard boil the three eggs. (Place the eggs in a pot and cover with cold water by a 1/2-inch or so. Bring to a gentle boil. Now turn off the heat, cover, and let sit for exactly seven minutes. Have a big bowl of ice water ready and when the eggs are done cooking place them in the ice bath for three minutes or so - long enough to stop the cooking. Set aside.)

While the eggs are cooling start preparing the zucchini by tossing it with olive oil and salt in a medium-sized bowl. Prepare your grill (medium-high heat). If you are worried about the zucchini coins falling through the grill you can thread them onto kabob skewers (stab through the green skin). Grill until zucchini are tender and cooked through, roughly 5 minutes on each side. Remove from the grill and cut each zucchini coin into quarters.

Crack and peel each egg, cut each egg into quarters lengthwise. Assemble the salad by tossing the quinoa with about 2/3 cups of the avocado vinaigrette. Top with the grilled zucchini, pine nuts, eggs, goat cheese, and a bit of chopped cilantro for garnish. I serve this family-style, but you could do individual plating's.

Serves 4 to 6.

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

DILLY BEANS

Printed from COOKS.COM

2 lbs green beans
1/4-1/2 teaspoon cayenne pepper or Tabasco sauce (according to your heat preference)
2 cloves garlic, whole and peeled
1/2 teaspoon mustard seeds (optional)
1 head dill (or 1/2 tsp. dill weed)
5 cups distilled vinegar
1/2 cup pickling salt
5 cups water

Prepare jars for canning. Wash and trim beans at ends. Do not snap beans.

Bring vinegar, salt and water to a boil.

In the bottom each hot sterilized jar, put the garlic cloves, mustard seed, and dill.

Pack jars with fresh green beans, packed lengthwise.

Do not snap beans.

Process for 20 minutes at 1000' altitude, or adjust time according to your altitude.

6 Pints.

Shredded Green Beans

Submitted by CSA member Brooke

3/4 lb green and/or yellow beans, tops and tails trimmed
2 T extra virgin olive oil
2 T water
Grated zest of one lemon
Grated zest of one lime
1/4 c. chopped fresh chives
Salt and Pepper

Slice the beans on a diagonal into roughly 1/8 pieces. Heat the olive oil in a large skillet over medium high heat. Add the beans and stir until coated with oil, then add the water. Cover and cook 2 or 3 minutes, until the beans are brightly colored and tender; give the pan a good shake midway through to ensure even cooking. Remove from the heat and stir in the zests and half of the chives. Season to taste with salt and pepper and serve garnished with the remaining chives. Serves 4.