



The Weekly Weeder

A weekly publication for CSA members

AUGUST 19, 2009—BOX #10

WWW.RIDGELANDHARVEST.COM CSA@RIDGELANDHARVEST.COM

Box Contents & Storage Tips

Beans: The last week?

Broccoli: Holy Moly...more?! Yup, our plantings just keep on coming, but we're over the peak of it now (until fall!). Use sooner this week to avoid seeing the tiny florets turning brown (thanks to the hungry pests Tarnish Plant Bugs). Freeze up what you can't eat!

Cucumbers

Eggplant

Onion—sweet: Now cured, keep out of the refrigerator.

Peppers—green bell: Agh, at last we find ourselves in the pepper patch. Loads of fruits adorn our plants and we're excited for the coming weeks as they mature. Peppers keep well in a cool but not too cold of a place in your refrigerator, in a plastic bag.

Raspberries (selected sites): If you didn't get them this week, you'll have them this week or next week.

Sweet Corn: This bi-color sweet corn is so tender and sweet that you can eat it raw. Enjoy—more to come!

Tomatoes!!

Heirloom slicers of Cherokee Purple or Black Krim (they look just about the same!).

Cherry Tomatoes are a mix of Yellow Mini, Isis Candy (the tie-dye colored ones) and Sungold (orange).

Tomatillos: A tart flavor used for a host of Mexican green sauces. Salsa Verde is among the most popular. To prepare, peel the husk portion of the tomatillo off, then rinse and dry. See back page for recipe. Stores well in the refrigerator when kept in a paper bag.

Zucchini: Our patch is slowing down now, with the peak of the season over.

Announcements:

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

**** TOMATOES ****

10 pounds of heirloom slicers for \$15
Will include some cat-facing on tops.

**** 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



Our Amish neighbors allow 2 of their sons to help us once a week, and their help is greatly appreciated! Hundreds of pounds of onions are being harvested above, with lots more yet to harvest! Clover grows between the plastic mulch to keep weeds down.

Coming Soon

**More tomatoes, sweet corn, peppers...
and garlic, cipollini onions, and yes those
yummy carrots too!**

Recipes! Recipes! Recipes!

Roasted Eggplant Hummus

Submitted by CSA member Joy

INGREDIENTS

- * 1 eggplant, cut into 1/2-inch slices
- * 2 tablespoons olive oil
- * 2-3 cloves garlic, peeled and thinly sliced
- * 1 (15 ounce) can garbanzo beans, drained
- * 1/2 teaspoon salt

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C). Grease a baking sheet.
2. Place the eggplant slices on the prepared baking sheet, and brush them generously with olive oil. Place garlic slices on top of the eggplant.
3. Bake the eggplant in the preheated oven until soft and golden brown, 15 to 20 minutes.
4. Place the roasted eggplant slices and garlic into the work bowl of a food processor with the garbanzo beans and salt, and process until smooth.

Broccoli Salad

From the church cookbook and grandma!

This is a broccoli salad with raisins and sunflower seeds, and a dressing made with Miracle Whip Salad Dressing and sugar and vinegar.

Ingredients:

- * 1 bunch broccoli, cut up
- * 1/2 cup finely chopped onions
- * 1/2 lb. bacon cooked, crumbled
- * 1 cup raisins
- * 1/2 cup diced celery
- * 1/2 cup sunflower or pumpkin seeds

Dressing:

- * 1 cup Miracle Whip salad dressing
- * 2 teaspoons sugar
- * 1 teaspoon vinegar

Preparation:

In a large serving bowl, combine broccoli and other salad ingredients. Mix dressing ingredients together, pour over salad ingredients and toss gently. * We also like to add shredded carrots.

Salsa Verde

www.gourmetsleuth.com

If using a food processor or blender, adjust the texture to your liking. It's good chunky, but I've also come to enjoy it puréed very smooth.

- 2 garlic cloves, cut in chunks
- 1 1/2 teaspoons salt, or to taste
- 1 small white onion, coarsely chopped
- 2 - 3 (or to taste) serrano chiles, stems removed, cut into chunks
- 1/2 pound tomatillos (6 - 8 average-sized tomatillos), cut into quarters
- 4 - 6 cilantro sprigs
- 1 ripe Mexican-type avocado (Hass or Fuerte)

In a food processor or blender, process the garlic and salt to a paste. Scrape down the sides if necessary with a rubber spatula; add the onion, chiles, tomatillos, and cilantro. Process with an on-off motion to make a slight chunky puree. Scoop out the avocado flesh into the machine and process to the desired smoothness. Serve within 1 hour (or preferably at once).

Yield: About 2 1/4 cups

Tomatillo Salsa

Chef Rick Bayless

Ingredients

- 1/2 avocado
- 3 tablespoons sour cream
- 1 4 oz. can tomatillos, crushed

Preparation

Remove the pit from the avocado and scoop the fruit out with a soup spoon. Place the avocado, the sour cream, and the tomatillos in a food processor or blender and puree until smooth.

Store in a sealed plastic container in the refrigerator. Best used the same day as prepared, but will last for up to 4 days without changing color.

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