



The Weekly Weeder

A weekly publication for CSA members

AUGUST 26, 2009—BOX #11

WWW.RIDGELANDHARVEST.COM CSA@RIDGELANDHARVEST.COM

Box Contents & Storage Tips

Chard, Rainbow or Red

Cucumbers: slicers

Eggplant:

Oriental (Full shares); Globe (Half shares only)

Peppers:

Green Bell; Poblano: horn shaped, 4-6 inches, deep green color, the mildest of the chilies that ranks just above a green bell pepper, traditionally stuffed with meat or cheese; Jalapeno: 2-3 inches long, medium spice for many Midwesterners. Remove seeds/inner white ribs to tone down the heat.

Raspberries (half shares & selected sites): Some are very, very ripe

Salad Mix: With the cooler temperatures, cut greens and lettuce will be reappearing in boxes. Delicious!

Shallots: Store on countertop or in dry/cool space as these are fully cured.

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

Tomatoes!! A mix of ripeness has been packed in your boxes. How can I tell when they're ripe? Feel and look at your tomatoes, eating those that are deep/rich color, good tomato smell, and soft to the touch.

Heirloom slicers: Cherokee Purple or Black Krim (they look just about the same!) are the smoky red colored beauties; Hillbilly Potato are the stunning yellow/orange ones

Cherry Tomatoes: Either Yellow Mini's or a mixture of Isis Candy and Yellow Mini's.

Zucchini: Try grating a small zuke into your scrambled eggs! Our little one just loved the combination of these mild flavors.

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.

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

Coming Soon

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

**The above list looks the same as last week...
Indeed, we're trying hard to keep ahead of the
ripening crops! We'll soon be posting an
updated crop report in our
"News from the Farm"
on the web site—look for this soon.**



**Tomato
Patch!**

Recipes! Recipes! Recipes!

GARLIC PARMESAN EGGPLANT SLICES

Printed from COOKS.COM

These crispy eggplant slices are pan-fried and topped with garden-fresh tomato.

- 1 med. (1 lb.) sliced 1/4 inch eggplant
- 1 tsp. salt
- 1/2 c. all-purpose flour
- 1/2 c. seasoned bread crumbs
- 1/4 c. freshly grated Parmesan cheese
- 1 tbsp. basil leaves
- 1/3 c. olive or vegetable oil
- 1/2 tsp. pepper
- 1 tsp. or more of minced garlic
- 2 eggs, slightly beaten
- 1 c. (1 med.) chopped ripe tomatoes

* Place eggplant on 15 x 10 x 1 inch jelly roll pan; sprinkle with salt.

* In 9 inch pie pan stir together flour, bread crumbs, Parmesan cheese and basil. In 10 inch skillet cook olive oil, pepper and garlic over medium heat until sizzling.

* Meanwhile, dip eggplant slices into eggs; coat with flour mixture. Fry 1/2 of eggplant slices in olive oil until golden brown (2 to 3 minutes on each side). Remove to serving platter; keep warm. Repeat with remaining eggplant slices.

* Remove to serving platter; sprinkle with tomato. Cover with aluminum foil; let stand 2 minutes or until tomato is heated through. 4 servings. 30 minutes.

Roasted Shallot Dressing - Martha Stewart

- * 6 to 8 cloves garlic
- * 1 shallot, peeled and halved
- * 1/4 cup extra-virgin olive oil, plus more for drizzling
- * Coarse salt and freshly ground pepper
- * 2 tablespoons balsamic vinegar
- * 2 teaspoon Dijon mustard
- * 1/2 teaspoon freshly squeezed lemon juice

1. Preheat oven to 400 degrees. Place garlic and shallot on foil, drizzle with oil, and season with salt and pepper. Wrap package to enclose, and roast until garlic and shallot are very soft, about 45 minutes. Set aside to cool. Remove garlic from each clove, and peel shallot.

2. In the bowl of a food processor, combine roasted garlic and shallot, balsamic vinegar, mustard, and lemon juice. With machine running, drizzle in oil; process until incorporated. Season with salt and pepper.

Stuffed Poblano Peppers With Chicken, Beans, and Cheese Recipe

These are delicious, healthy, and surprisingly easy to make. They are not spicy at all, so feel free to kick it up a notch if you like by adding jalapeno, etc.

- * 4 poblano peppers, halved and seeded
- * 2 cups cooked chopped chicken breasts
- * 4 ounces queso blanco, quesadilla cheese, shredded
- * 1 cup corn
- * 1/2 cup diced red bell pepper
- * 1/2 cup chopped onion
- * 1/2 cup pinto beans or black beans, drained and rinsed
- * 1 tablespoon chopped fresh cilantro
- * 1 teaspoon salt
- * 1 teaspoon cumin
- * 1 teaspoon and chili powder
- * 1 garlic clove, chopped
- * 8 corn tortillas, chopped
- * 1/2 cup red enchilada sauce

1. Preheat broiler. Place peppers (skin side up) on a baking sheet coated with cooking spray. Broil 15 minutes or until blackened. Place peppers in a large zip-lock bag for 15 minutes. Peel and discard skins. Place pepper halves in a 13x9 inch baking dish coated with cooking spray.

2. In a large bowl, mix the chicken through the tortillas. Fold in enchilada sauce.

3. Spoon chicken mixture evenly among the 8 pepper halves.

4. Top with cheese.

5. Bake 20 minutes or until cheese is melted.

Salad Dressing with Shallots

www.recipezaar.com

- * 1/3 cup vinegar
- * 2/3 cup oil
- * 1 tablespoon Dijon mustard
- * 2 shallots, finely chopped
- * 1/3 cup water

Directions

Mix all ingredients together, shake well before serving. Store in the refrigerator.