



The Weekly Weeder

A weekly publication for CSA members

SEPTEMBER 2, 2009—BOX #12

WWW.RIDGELANDHARVEST.COM CSA@RIDGELANDHARVEST.COM

Box Contents & Storage Tips

Carrots

Beets - Chioggia or Red with green tops. Cut off leaves from roots, storing in separate bags. Use greens for cooking rather than fresh eating as they're not tender at this stage.

Eggplant - Oriental or Globe: We weren't planning to give you one this week, but the plants are producing so steadily with no where else to go!

Garlic - Asian Tempest: You'll find the outer papery layers with some dirt this week. We didn't have a chance to polish it up for you...

Oregano

Peppers - Green Bell

Raspberries (full shares & selected sites): Eat them soon as berries are very perishable.

Gold Coin Cipollini Onion: Store on countertop or in dry/cool space as these are fully cured. Cipollini's are well known in gourmet cooking. Said to be, "Characteristically more complex and mellow than other mini onions, usually rich, sweet and firm-tender." [Schneider, Elizabeth: Vegetables from Amaranth to Zucchini.]

Sweet Corn: This is our second planting of corn with more to come again next week.

Tomatoes!! Holy smokes folks, the tomatoes just keep piling in...something that we can only be thankful for on our farm, since others in Wisconsin (and across the Northeast) are suffering from Late Blight, killing acres. Shares are receiving 4 pounds and 8 pounds of mixed slicers, and a mix of cherries.

Zucchini: Make those last loaves of zucchini bread, stir fry, or whatever your heart desires...this could be the last!

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, tomatillos, hot & mild peppers; Green top celery root, leeks, lettuce & cilantro.



Tomatillos hanging from their tomato-like vines. Their shape is festive, hundreds of dangling lanterns!

Recipes! Recipes! Recipes!

Black Bean & Fresh Corn Summer Salad -

The Shoshoni Cookbook

1 cup black beans, uncooked (2 cups cooked)
1 Tbsp olive oil
1 Tbsp fresh lime juice
1/4 cup pinnate sauce
1/2 tsp salt
1/2 tsp cumin, ground
1/2 tsp coriander, ground' 1/4 cup red onion, finely chopped
1/2 cup red pepper, finely chopped
2 scallions
1/2 cup celery, finely chopped
1/2 cup carrots, finely chopped
1/2 cup fresh or frozen corn kernals, cooked
1/2 avocado, chopped (optional)
2 Tbsp fresh cilantro, finely chopped

1. Sort and wash beans well. Soak overnight. Drain off soaking water before cooking. Cook about 2 hours until tender.
2. In a small mixing bowl whisk together olive oil, lime juice, picante, salt, cumin and coriander.
3. In a larger serving bowlk place chopped vegetables and beans, then toss with dressing.
4. Add avocado just before serving, if desired, and garnish with cilantro.

Ratatouille

www.southernfood.about.com

Ingredients:

- * 2 tablespoons olive oil
- * 2 cloves garlic, crushed and minced
- * 1 large onion, quartered and thinly sliced
- * 1 small eggplant, cubed
- * 2 green bell peppers, coarsely chopped
- * 4 large tomatoes, coarsely chopped, or 2 cans (14.5 ounces each) diced tomatoes
- * 3 to 4 small zucchini, cut into 1/4-inch slices
- * 1 teaspoon dried leaf basil
- * 1/2 teaspoon dried leaf oregano
- * 1/4 teaspoon dried leaf thyme
- * 2 tablespoons chopped fresh parsley

Preparation:

In a 4-quart Dutch oven or saucepan, heat olive oil over medium heat. Add garlic and onions and cook, stirring often, until softened, about 6 to 7 minutes. Add eggplant; stir until coated with oil. Add peppers; stir to combine. Cover and cook for 10 minutes, stirring occasionally to keep vegetables from sticking.

Add tomatoes, zucchini, and herbs; mix well. Cover and cook over low heat about 15 minutes, or until eggplant is tender but not too soft.

Serves 4.

Fresh Tomato Sauce

www.allrecipes.com

INGREDIENTS:

1/4 cup olive oil
6 tomatoes, chopped
3 onions, minced
2 green bell peppers, minced
4 cloves garlic, minced
3 tablespoons white wine
salt and pepper to taste

DIRECTIONS:

1. In a large saucepan, heat oil over medium heat; add tomatoes, onions, green bell peppers, garlic, white wine and salt and pepper to taste.
2. Mix ingredients well; cover and simmer for 30 minutes. Serve.

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