



# The Weekly Weeder

A weekly publication for CSA members

SEPTEMBER 9, 2009—BOX #13

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## Box Contents & Storage Tips

**Cilantro**

**Eggplant Oriental (half shares only)** Again we weren't planning to give you one this week, but the plants are producing so steadily with no where else to go!

**Garlic -**

**Lettuce— green leaf**

**Peppers - Green Bell, Cayenne, Jalapeno.**

**White Cipollini Onion or Shallot:** Store on countertop or in dry/cool space as these are fully cured.

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

**Tomatoes- Cherry and Slicers** There is still some green fruit out there but this is probably the last large giving of tomatoes.

**Tomatillos:** Keep these in the refrigerator to keep the husks from drying out.

**Baby Turnips:** Roots are sweet and so tasty by themselves or on top a salad. The green tops are also delicious in a stir-fry.

**Zucchini (full shares only):** The last.

## Coming Soon

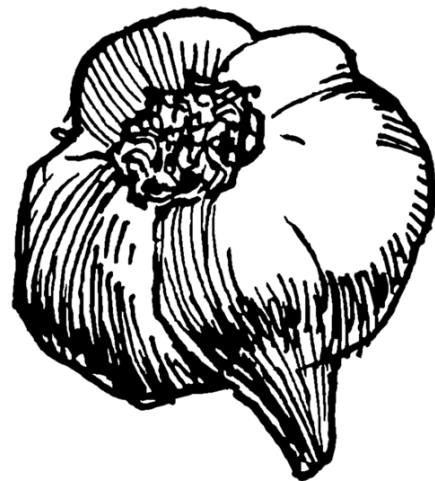
More tomatoes, red peppers, eggplant, chard,  
lettuce, spinach, cilantro,  
hot & mild peppers; Green top celery root,  
Leeks.....

## Announcements:

**Pork Butcher Date has been set for September 29, 2009.** It will take a few weeks for smoking the bacon and to arrange delivery. People who have reserved a bundle will receive details in early October. If you did not reserve a bundle and you are still interested contact the farm to be placed on the waiting list. After the final weights are in there may be some additional pork for sale.

**Fall Beef butcher date has been set for October 15, 2009.** There are still beef bundles available. Contact the farm if your are interested.

**Pumpkin Pick Party** Date soon to be Announced!



# Recipes! Recipes! Recipes!

## **TOMATILLO SALSA** Printed from **COOKS.COM**

1/2 lb. (about 4) tomatillos  
2 tbsp. chopped onion  
1 Serrano chile pepper, seeded, chopped  
1 garlic clove, crushed  
1 tbsp. lime juice  
1 tbsp. chopped fresh cilantro  
1/4 tsp. salt

Peel brown husk from tomatillos; rinse. In medium saucepan, cook tomatillos in small amount of boiling water. Reduce heat to medium; cook 8 to 10 minutes or until soft. Drain. Place cooked tomatillos in blender container or food processor bowl with metal blade; process with on-off pulses just until smooth. Just before serving, in medium bowl combine tomatillos with remaining ingredients. Serve with tacos, grilled chicken or tortilla chips. 3/4 cup.

**TIPS:** A 16 ounce can tomatillos, drained, can be substituted for fresh tomatillos. After tomatillos are processed in blender, they can be refrigerated up to 1 day or frozen up to 3 months

## **FILLETS TOMATILLO** Printed from **COOKS.COM**

2 lb. skinless fish fillets  
2 tbsp. olive oil  
2 c. chopped tomatilloes or tomatoes  
1/2 c. each chopped onion & celery  
1/4 c. chopped bell pepper  
2 cloves chopped garlic  
1 can (4 oz.) green chilies  
1/2 tsp. oregano  
1/2 c. clam juice or fish stock  
1 tsp. chopped fresh cilantro or parsley  
Juice from 1 lime  
1/4 tsp. white pepper  
1/4 tsp. cayenne pepper  
1 tsp. cumin  
Salt to taste

In a saucepan, saute tomatilloes, onion, celery, bell pepper and garlic in olive oil for 5 minutes. Cool mixture slightly and coarsely chop in blender or food processor. Return to saucepan and add all other ingredients except fish. Simmer for 15 minutes to reduce liquid. Bake fillets at 350 degrees for 10 minutes per inch of fish thickness.

Place fish on heated platter and spoon sauce over top. Garnish with a tomato skin rose or as desired. This sauce is also delicious with broiled, grilled or pan fried fish and shrimp. Makes 4 servings.

## **Stuffed Peppers with Tomatillo Sauce**

from [www.cooklocal.com](http://www.cooklocal.com)

4 bell peppers  
2 medium to large onions, chopped and divided  
2 cloves of garlic, minced  
2 Tbsp Balsamic vinegar, divided  
1 green pepper, diced  
2-3 large tomatoes, pureed  
1 cup emmer or brown rice, cooked  
1/2 tsp ground cumin  
Salt and pepper  
1 tsp dried red pepper flakes  
1.25 lbs tomatillos, peeled and chopped  
2-3 cloves of garlic, minced  
1 tomato, chopped  
1 Tbsp fresh cilantro, chopped  
Cheese (see notes)

### **The Peppers**

Cut the tops off of the bell peppers and remove the seeds and the ribs.

Broil the peppers (or roast them on the grill) until the skins are starting to blister. Remove them and place them in a paper bag and let them cool.

Remove the blistered skin and then cut down the side of each pepper lengthwise. These peppers are going to be sort of open-faced.

### **The Stuffing**

Meanwhile, cook the rice or emmer and set aside.

In a large pan, cook the 1 cup of the onions, garlic, and 1 Tbsp of the Balsamic vinegar for about 5 minutes.

Next add the peppers, cumin, red pepper flakes, and the pureed tomatoes and cook for another 5 minutes.

Mix in with the rice or emmer and some cheese (maybe 1/4 cup) and remove from heat.

Stuff the peppers with the rice mixture and place them in a pan greased with a little bit of oil or lard.

### **The Sauce**

Peel the papery skins off the tomatillos and rinse well.

Cut the tomatillos into chunks and process in a food processor or blender until mostly smooth.

In a pan, cook the remaining onions until soft.

Add the tomatillo puree, the cilantro, and the chopped tomatoes and cook over low heat for 20 minutes.

### **The Assembly**

Spread some of the tomatillo sauce around and over the peppers. Top with more cheese and bake for 10 minutes to warm everything.

Optional: Turn on the broiler for 2-5 minutes to brown

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