



# The Weekly Weeder

A weekly publication for CSA members

**AUGUST 13, 2008—BOX #10**

WWW.RIDGELANDHARVEST.COM CSA@RIDGELANDHARVEST.COM

## Box Contents & Tips

**Beans, Green:** The bean harvest is slowing and the plants are no longer blooming. This will be the last large giving. See recipe on the back.

**Beets, red & chioggia—half shares only**

**Broccoli—full shares only**

**Carrots:** Diversify your dishes by grating a carrot or two into your next vegetable sauté or spaghetti sauce. It adds color, texture and sweetness. To help keep more nutrients in the carrot, don't use a peeler but rather scrap off the tender skin with a sharp knife, or best yet just scrub them with a brush.

**Cucumbers:** As funny as they appear, taste hasn't been compromised. The smooth skinned Diva variety has such a tender skin that it can be eaten without peeling. The bumpy Marketmore variety is typically 6-8" long and should be peeled.

**Fresh Cipollini Onion:** This flat Italian onion has a higher sugar content than the average onion, so sautéing will bring out its natural sweetness. Cut in half, then turn on flattened end and cut moon-shaped slices. See recipe on back.

**Garlic:** Now cured, your bulb should be stored on the counter and not in the refrigerator.

**Lettuce, red leaf:** A nice sweet tasting little head this week.

**Pepper, green:** The first of the season! We are impressed by this new variety we purchased from Seed Savers Exchange. Blocky and thick walled. Great for fresh eating or cooking with. Store peppers in a plastic bag (they'll keep for a few weeks) to prevent them from getting soft.

**Pepper, hot:** Jalapeno - small green pepper; spicier than the Hungarian Hot Wax - yellow tapered pepper. Cherry Bomb (full shares only) is quite hot, though a smoky aftertaste rather than a burning.

**Tomatoes, Slicer or Cherry:** Sungold Cherry's (half shares) and Roma/Yellow Pear Cherry (full shares). Store at room temperature not in the refrigerator.

**Zucchini & Patty Pan:** See back recipe on back.

## Coming Soon...

More eggplant, basil, carrots, fennel, tomatoes, more!

## Bulletin Board:

Do you have a topic or question you'd like us to talk about in the newsletter? Email your question or topic idea to: [csa@ridgelandharvest.com](mailto:csa@ridgelandharvest.com)

## News from the Farm

While the harvest of summer crops continues in a steady fashion, larger harvests of crops for longer term storage is also beginning.

Onion harvest started last week and continues into this week. The fresh cipollini onion in your box this week was pulled from the ground on Monday. We fill up harvest trays with onions and haul them back to the greenhouse for curing. Once they're dried down then they'll be brought into the packing shed for storage. This year's onion crop is excellent and we're very pleased with the nice size of both the onions and shallots. We attribute this success to the weed barrier that we experimented with this year, black plastic mulch with drip tape laid underneath for irrigation. Onions are only difficult to grow because of the weed pressure that can quickly develop. Unlike broccoli and lettuce that have large leaf canopy's, onions don't have much to help them to compete with the weeds. Therefore, we select an area for planting that had very good weed control the year before, and now additionally will utilize the black plastic mulch.

Carrot harvest is also underway. In addition to the green-top carrot bunches that we harvested for your boxes this week, beds of carrots are being dug and their tops taken off (we call this being made into bulk carrots). The bulk carrots are then stored in crates lined with perforated plastic bags. Soon we'll be packing your boxes with bags of carrots instead of in bunches. This first carrot planting is filled with nicely sized carrots, not too many tiny ones. Our second crop is also very strong, though the third crop is weaker than we had hoped, but we also planted more than we planned for. So, it looks like a delicious and steady supply of carrots for many, many more boxes to come! Yummy!!

So what's happening with the new packing shed construction? Well, insulation is in process and once that is completed, Mat will be able to run wire for electricity. We're hopeful that the new cooler will be operational by next week, but we're not going to hold our breath!

And how's the weather been treating us this week? Despite a little rain last week, it hasn't been enough to size up the eggplant (hence not in the box this week) or fill out the cucumbers (hence their funny bulbs and tapered ends). It becomes a difficult choice of where to run irrigation. Not only do the fruiting crops need it to keep producing and sizing up fruit, but the new seedlings and transplants need them to grow and stay alive. So, the overhead sprinklers run at night when it's calm, and the drip irrigation and soaker hoses run all day which deliver water right to the root zone of the plant without evaporating into the air. Rain chances are in the forecast though, so we're hoping to turn off the water soon!

Happy cooking! Cate

# Recipes!

## Cipollini Dip

1 tbsp chopped & roasted garlic  
1/4 cup extra virgin olive oil  
1 medium cipollini onion, chopped  
2 tbsp red wine vinegar  
1/2 teaspoon Worcestershire sauce  
1 tbsp finely chopped fresh rosemary  
1/2 pound blue cheese, crumbled  
1/2 cup sour cream  
salt & freshly ground pepper, to taste

In a large heavy bottomed skillet, heat oil and sauté onions over medium high heat for about 5 minutes. Stir in rosemary, vinegar and Worcester sauce and continue sautéing until onions are tender and translucent, about 10 minutes. Remove from heat and stir in roasted garlic, sour cream, blue cheese, salt and pepper. Serve warm with sliced baguette or Rustic gourmet crackers.

## Chocolate Zucchini Cake From Simply Recipe

2 1/2 cups regular all-purpose flour, unsifted  
1/2 cup cocoa  
2 1/2 teaspoons baking powder  
1 1/2 teaspoons baking soda  
1 teaspoon salt  
1 teaspoon cinnamon  
3/4 cup soft butter  
2 cups sugar  
3 eggs  
2 teaspoons vanilla  
2 teaspoons grated orange peel  
2 cups coarsely shredded zucchini  
1/2 cup milk  
1 cup chopped walnuts or pecans  
Glaze (directions follow)

Preheat the oven to 350°F.

**1** Combine the flour, cocoa, baking powder, soda, salt, and cinnamon; set aside.

**2** With a mixer, beat together the butter and the sugar until they are smoothly blended. Add the eggs to the butter and sugar mixture one at a time, beating well after each addition. With a spoon, stir in the vanilla, orange peel, and zucchini.

**3** Alternately stir the dry ingredients and the milk into the zucchini mixture, including the nuts with the last addition.

**4** Pour the batter into a greased and flour-dusted 10-inch tube pan or Bundt pan. Bake in the oven for about 50 minutes (test at 45 minutes!) or until a wooden pick inserted in the center comes out clean. Cool in pan 15 minutes; turn out on wire rack to cool thoroughly.

**5** Drizzle glaze over cake.

*Glaze:* Mix together 2 cups powdered sugar, 3 Tablespoons milk, and 1 teaspoon vanilla. Beat until smooth.

## Mexican Green Bean Salad From Simply Recipe

1 pound fresh green beans, strings removed, ends snapped off, cut in half into about 1 1/2 inch length pieces  
1/4 cup onion, finely chopped  
2 Tbsp lime juice or white vinegar  
1 tbsp olive oil  
1/2 teaspoon sea salt  
1/2 teaspoon dried oregano (Mexican oregano if you can get it)  
3/4 cup packed, chopped cilantro  
1/3 cup canned, pickled jalapeño chili peppers, sliced  
1/3 cup chopped red onion  
1/2 cup crumbled [cotija cheese](#) (salty Mexican cheese that resembles feta)  
1/2 avocado, sliced or cut into inch long pieces  
1 medium tomato, cut into 8 wedges, or a cup of halved cherry tomatoes

1. Bring a large saucepan of salted water to a boil. Add the beans and simmer until just crisp tender, about 5 minutes. Drain the beans and run cold water over them to cool them quickly. Drain completely.

2. Place beans in a large bowl. Gently mix in the the lime juice or vinegar, olive oil, 1/4 cup onion, sliced pickled jalapeños, sea salt, oregano and cilantro. Let sit for half an hour.

3. When ready to serve, gently mix in the chopped red onion and cotija cheese. Serve the avocado slices and tomato wedges on the side or mixed into the salad.