



# The Weekly Weeder

A weekly publication for CSA members

AUGUST 20, 2008—BOX #11

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## Box Contents & Tips

**Beans, Green:** Last week! Use up first this week as the beans have some rust on them (brown spots).

**Baby Leeks:** See recipe on back

**Basil: Genovese**

**Cabbage: Red or Green**

**Carrots:** Due to lack of cooler space we had to remove the tops. If you're a bit overwhelmed by the carrots you have been receiving—they will store for months if kept in a plastic bag in the crisper drawer.

**Cucumber:** Still funny looking due to lack of moisture, despite irrigation.

**Chard:** See recipe on back

**Eggplant- Asian (all) and Globe (full shares only):** Cut into 1/4 inch thick slices, lightly salt and let stand 20-30 minutes to weep. Press with towel to absorb liquid, brush with olive oil, pepper to taste, grill until golden brown—use on pizza, pasta or sandwiches.

**Fennel:** See recipe on back- try tossing the roasted fennel with pasta or stick it on your next pizza.

**Garlic:**

**Lettuce, Red leaf (all) and Green leaf (full):** .

**Pepper, Green Bell:** Keep in a plastic bag in your crisper drawer. Stuffed peppers!

**Pepper, Hot:** Jalapeno - small green; Hungarian Hot Wax - yellow tapered. Cherry Bomb or Georgia Flame (half shares only) are both spicy, on a scale of 1-5 they are 4's.

**Tomatoes, Slicers** (Valencia —yellow; **Crimson Spinter—red**) **and Cherry's:** Just starting to roll in now. Some may need a day or two on the counter to fully ripen—test by gently squeezing to tell softness (ripeness) of the tomato.

**Turnips (full share):** Grate onto salad or add to your stir-fry.

**Zucchini & Patty Pan:** Make a stir fry or try them on the grill. Patty Pan's hold well on shish-kabob's.

## Coming Soon...

Cured onions, sweet corn and much more!

## Bulletin Board:

**Bulk Canning Tomatoes:** We are entering tomatoes season and will have some extra for CSA members to purchase.

Grade A Canning tomatoes: 20 lbs for \$40.00

Grade B Canning tomatoes: 20 lbs for \$30.00

Place your order by sending an email to [csa@ridgelandharvest.com](mailto:csa@ridgelandharvest.com)

## News from the Farm

We need everyone to do a little rain dance for us as we have a great need for some moisture. We have had irrigation running 24/7 for the last 4 weeks.. Even though we have a good well it is not capable of replacing rain for our 8.5 acres of vegetables. Which is why we did not harvest beets for this box— they just aren't sizing up very fast

We are in the heart of summer as is evident by our tanned faces and necks but also by what we are eating. The peppers, tomatoes and eggplants are crops that conjure images of hot sticky afternoons and warm muggy nights. But if you are paying attention you can see that fall is not too far off—and no I am not talking about all of the back to school advertisements. I am talking about the scent in the air on a dewy morning and how the sunlight appears in the late afternoon— hints to let us know that fall is near and that we should be making our preparations. On Sunday, Cate and I (with Paul in tow) planted that last of our fall root crops,. We also prepared some more beds for spinach and salad mix which will be planted soon. Before too long we will also be planting our over-wintered crops of spinach, scallions, and baby leeks which we'll harvest next spring. Sometimes I feel like farmers are often in two or three time zones 30 days apart- harvesting today but plowing and planting for the future.

In other news, our packing shed is nearly finished. They are cleaning up the last of the mess from spraying the insulation on Tuesday. I plan to have the electricity run and ready for inspection by our electrician by the end of the week. If everything goes well we should be able to move in by the end of next week. We are getting very desperate for the cooler and work space. Our current cooler is 8x8x8 and is packed full (literally packed full— I don't think I can squeeze in one more carrot). We have another 1500 pounds of carrots that need to be harvested. It is a good thing that we have a refrigerated truck that we have been able to use on the big harvest days of Monday, Tuesday, and Friday. It is, however, less than ideal. We are eagerly awaiting our new 12x15x15 which will allow us to store and move things on pallets.

Despite the dry weather and waiting for our new packing shed things are good at Ridgeland Harvest. We are blessed to have electricity and a good well to allow us to irrigate our crops and survive this dry spell, and we are fortunate to be able to wash our veggies in a beautiful old tobacco barn filled with character and memories of past generations of farmers. Most importantly we are privileged to share our harvest with you.

Enjoy!

-Mat

# Recipes!

## Leek and Swiss Chard Tart

Bon Appetite, October 1999

1 sheet frozen puff pastry (half of 17.3-ounce package), thawed (I used a par-baked basic tart dough instead)  
2 tablespoons (1/4 stick) butter  
3 large leeks or 1 bunch baby leeks (white and pale green parts only), coarsely chopped  
1 teaspoon dried thyme  
1/2 bunch Swiss chard, ribs removed, leaves chopped (about 2 1/2 cups)  
1 1/4 cups whipping cream (I used whole milk)  
3 large eggs  
2 large egg yolks  
1 teaspoon salt  
1/4 teaspoon ground black pepper  
Pinch of ground nutmeg

Roll out pastry on floured work surface to 12-inch square. Transfer to 9-inch-diameter glass pie dish. Trim overhang to 1 inch. Fold under; crimp edges. Cover; chill.

Melt butter in large nonstick skillet over medium-low heat. Add leeks and thyme. Sprinkle with salt and pepper. Cover; cook until leeks are very tender but not brown, stirring often, about 10 minutes. Add chard; saut until wilted, about 2 minutes. Remove from heat; cool.

Position rack in bottom third of oven; preheat to 425°F. Whisk cream and next 5 ingredients in large bowl. Mix in cooled leek mixture. Pour filling into crust.

Bake tart 15 minutes. Reduce heat to 350°F and bake until filling is puffed and just set in center, about 15 minutes longer (this took my oven about 10 minutes longer). Transfer to rack; cool 10 minutes.

## Baked Swiss Chard Stems with Olive Oil and Parmesan

From Kalyns Kitchen

(Makes 2 side dish servings, can be doubled. Recipe slightly adapted from Vegetables Every Day by Jack Bishop.)

1 bunch chard stems  
1/4 tsp. salt  
olive oil for spraying pan and chard  
1/4 cup coarsely grated parmesan cheese (I used Grana Padano from Costco, but any type of hard aged cheese would be good here.)  
coarse ground black pepper to taste

Trim any discolored ends from chard stems, then cut stems on an angle into pieces about 3 inches long. If some stems are very thick, you may wish to cut them lengthwise so all pieces are approximately the same thickness.

Preheat oven to 400 F (or 375 F with convection.) Bring a pot of water to a boil, add salt and chard stems and boil about 6 minutes. Let chard drain well.

Spray a non-stick baking dish with olive oil. Place chard in the pan and mist lightly with olive oil, then sprinkle with cheese. (If doubling the recipe, make two layers, misting each layer with oil and sprinkling with cheese.) Bake about 20 minutes, or until chard is softened and cheese is slightly browned on the edges. Season with fresh ground black pepper if desired and serve hot.

## Sweet and Sour Red Cabbage from mom-mom.com

1 small red cabbage, thinly sliced  
1 medium Red Onion, thinly sliced  
1/2 medium Yellow Onion, thinly sliced  
1/2 cup Maple Syrup  
1 teaspoon Sugar  
2 tablespoons Olive Oil  
1/2 cup Red Wine Vinegar  
2 tablespoons Balsamic Vinegar  
1 teaspoon Red Pepper Flakes  
1 tablespoon Fennel Seed, crushed  
1/8 teaspoon ground cloves  
1/2 teaspoon salt  
1 tablespoon Mustard Seed

Steam cabbage and onion with 1/4 cup water in a covered saucepan over medium high heat (or microwave) until cabbage is softened but still crunchy, not more than 5 minutes. Add other ingredients and cook on medium high heat for 5 more minutes, to blend flavors (microwave, 2 minutes). Taste and correct seasoning, then cool to room temperature.

## Roasted Fennel

Simply Recipes <http://simplyrecipes.com>

### Ingredients

2 fennel bulbs (thick base of stalk), stalks cut off, bulbs sliced  
Olive oil  
Balsamic vinegar

1. Preheat oven to 400°F.
2. Rub just enough olive oil over the fennel to coat. Sprinkle on some balsamic vinegar, also to coat.
3. Line baking dish with silpat or aluminum foil. Lay out piece of fennel and roast for 15-20 minutes, until the fennel is cooked through and beginning to caramelize.

Serves 4.