



The Weekly Weeder

A weekly publication for CSA members

AUGUST 27, 2008—BOX #12

WWW.RIDGELANDHARVEST.COM CSA@RIDGELANDHARVEST.COM

Box Contents & Tips

Beets

Broccoli: Do the salt water soak to get out any lingering cabbage worms (little green buggers!)

Cilantro

Cucumber: The last sad cucumbers are presented this week. A poor year for cucumber's on our farm and other's in our area.

Eggplant— see recipes on the back

Lettuce

Onion, Sweet

Pepper, Green Bell: Freezes really well and easily— simply remove seed core, place in freezer bag and freeze.

Pepper, Red Bell: Not so pretty, but cut away the bad spot and you've got a very sweet bell pepper. See News from the Farm for more.

Hot Pepper, Jalapeno - small green; mid-heat 2 of 5 hotness
Hungarian Hot Wax - yellow; mild 1 of 5 hotness
Cherry Bomb—small red; 4 of 5 hotness
Georgia Flame—red chile shape; 4 of 5 hotness

Sweet Corn! Fresh picked on Tuesday Afternoon. You may find a corn bore (quite ugly worm) in the tip of the corn— simply cut off the tip with a sharp knife.

Tomatoes, Heirloom Slicers

Tomatoes, Farmhouse Mix Cherry's: a combination of cherry roma, yellow pear, and sungold. The ripeness of these may vary between varieties. When ripe, the cherry roma will be a deep yet bright red, the pear will be a dark yellow with no green, and the sungold is dark orange.

Zucchini & Patty Pan: zucchini bread freezes well, but so does blanched slices of this vegetable.

Feeling like your refrigerator is packed? Start putting things into the freezer for later this winter. Freezing pre-made meals is one way to easily stock-up, but also blanching plain vegetables works too (broccoli and zucchini). Peppers and tomatoes can be frozen without any blanching, whole or cut up.

Bulletin Board:

Bulk Canning Tomatoes: We have extra heirloom slicing tomatoes for CSA members to purchase. Great for canning, salsa making, freezing, chile, and more!

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

News from the Farm

Can you believe it—half way through with the season already!? It seems like just yesterday that we were fretting over *what* would be in the box, and now we're fretting about *fitting* all the items into your box! But we're also fretting about this dry, dry weather. We were able to get the rest of our first carrot planting out of the ground, but it sure is dry. That's about all we say these days..."sure is dry"....Paul's new saying is "need rain". We all miss the sound of thunder.

In addition to the dry weather, we feel the seasonal change, as Mat mentioned last week. One needs a wool shirt to start the morning, and preferably a task that doesn't involve getting wet. Despite cool morning temperatures, we still have wonderfully warm days to continue the summer crop harvest. While we expect our first frost towards the end of September, we don't typically have a hard killing frost until October. Last year, we continued to have basil and chard until mid-October! This week's box doesn't reflect a real change in seasons, with all the salsa making supplies and sweet corn, but we'll soon start to harvest more fall type crops of spinach, kales and large leeks.

The end of last week and beginning of this week, Mat has been working steadily on electricity in the new packing shed. His long nights and early mornings will be rewarded soon as the new cooler should be up and running by the end of the week!! We hope the interior space will be quickly finished so we can officially move into the new building. At this point, it doesn't feel like it's our building yet, but I'm very eager for a warm building to work in at night and in the chilly mornings!

Crop Report: Vegetables are now being affected by this long dry period. The peppers aren't producing like they normally would at this time of the season. Many of the fruits have blemishes and it's been a difficult season to pick a perfect red bell pepper. Your box contains a red pepper this week that we'd normally consider a "cull" or home use pepper, but not this season! Despite a few dark spots, these peppers are completely edible, just not perfect.

Other crops are also being affected: new seedlings are in desperate need of a turn at irrigation to germinate; cover crop seedlings are coming up but with very poor germination which will invite weeds to invade the blank areas. Crops like zucchini and patty pans are also starting to be affected as little to no new fruits and blossoms are showing on the plants. But, we can't do much more than talk about the dry weather and hope for wet weather patterns to head our way. Here's to good eating! -- Cate

Coming Soon...

More sweet corn, melons, carrots, broccoli and more.

Recipes!

Fresh Salsa

3 tablespoons finely chopped onion
2 small cloves garlic, minced
3 large ripe tomatoes, peeled and seeds removed, chopped
1-2 hot peppers– depending on individual taste
2 to 3 tablespoons minced cilantro
1 1/2 to 2 tablespoons lime juice
salt and pepper

Combine onions and garlic with chopped tomatoes, peppers, cilantro, lime juice, salt, and pepper. Refrigerate for 2 to 4 hours to blend flavors.

Indian Eggplant Spread from Ashbury's Abergines

1 large eggplant
salt to taste
cayenne pepper
1 large garlic clove
2 teaspoons olive oil
3 shallots
1 teaspoon Garam Masala
lemon slices (optional)
3 tablespoons Tahini (sesame paste)
fresh parsley sprig (optional)
1 lemon peel, finely grated
pita bread, cut in strips
3 tablespoons lemon juice
Preheat oven to 350 degrees F. Prick eggplant several times with a fork.

Bake eggplant in preheated oven 30-40 minutes or until softened and skin has turned dark brown. Cool, trim ends and peel eggplant. Process flesh in a blender or food processor with garlic, shallots, Garam Masala, tahini, lemon peel and juice until smooth and evenly combined.

Season with salt. Spoon mixture into a serving bowl, drizzle with olive oil and sprinkle with cayenne pepper. Garnish with lemon slices and parsley sprig, if desired, and serve with pita bread.

Yield: 6 servings

East Indian-Style Eggplant from Ashbury's Abergines

(10 votes)
2 tablespoons oil
1 eggplant, chopped
1/2 onion, chopped
2 tomatoes, chopped
1/2 cup water
1 teaspoon salt
1 teaspoon cumin
1 teaspoon coriander
1 pinch cayenne pepper
1/2 teaspoon turmeric
1 pinch cinnamon
1 handful cilantro, chopped
Heat a frypan over high heat, add the oil.

Add the eggplant, onion and tomato and cook for 2 minutes, stirring.

Add the water and spices, cover and cook for 10-12 minutes, until the eggplant starts to collapse.

Stir, see if more water needs to be added and cook 5 minutes more. Serve with cilantro sprinkled over top and a dollop of yoghurt on the side. Great with pappadums.

Cate's Skillet Summer Squash

4-6 summer squash sliced
1 medium onion chopped
1 tablespoon butter
salt and pepper to taste

Slice squash in medium slices. In large iron skillet melt bacon grease or olive oil; when melted add the squash and onions in layers, sprinkling salt and pepper between layers. Cover and cook over low heat. When squash starts to become tender, mix gently and chop the squash a bit as you mix, but not a lot. Cook until squash is tender, about 20 minutes or so.



Preparing to dig garlic– photo Courtesy of CSA Member Adam Weaver