



The Weekly Weeder

A weekly publication for CSA members

AUGUST 6, 2008—BOX #9

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Box Contents & Tips

Beans, Green: The first of a few giving's, however the only planting of beans for this season due to wet weather delay.

Beets, Red or Chioggia: Steamed, boiled, roasted...yum! Chioggia beets are bright red with beautiful colors inside.

Broccoli:

Cabbage:

Carrots: Cut off the tops, then store roots in a plastic bag.

Cilantro:

Cucumbers: Odd shaped due to dry weather. Yea for this week's rain!

Eggplant, Oriental:

Fennel:

Fresh Sweet Onions: Onions are now falling, a sign that harvest is nearing. The last of fresh onions, with cured onions on their way.

Kohlrabi: The last of the season.

Peppers, Hungarian Hot Wax: Slightly spicy but not hot.

Scallions:

Swiss Chard: A great addition to a mixed vegetable sauté of sweet onion, fennel, eggplant and zucchini, add a few pine nuts, chopped basil & tomato and serve over pasta. Our lunchtime favorite!

Tomatoes, Slicer or Cherry: Just a sampling this week, but many more to come! Crimson Sprinter red slicers are the earliest heirloom variety we grow and the tastiest. Cherry's may be Sun Gold (round orange), Yellow Pear (yellow & pear shaped) or Cherry Roma (red ovals)

Zucchini/Patty Pan Summer Squash:

Coming Soon...

Green peppers and more beans, tomatoes & carrots!

Bulletin Board:

Attention Pesto Makers! We have extra basil you can purchase in case quantities. 12 bunches for \$15.00 Available on a first come first serve basis. Simply email your order no later than Sunday August 10 and we will deliver an extra box to your pick-up site. Mail your check, made payable to Ridgeland Harvest, to E5538 Nelson Road Viroqua, WI 54665.

News from the Farm

It's been a while since you've heard from me...the harvest has been keeping me bustling about, trying to keep up! Some crops must be harvested early in the morning before the sun and wind can quickly wilt them. Others must wait to be harvested until the morning dew has dried off the plant (beans, tomatoes, eggplants f& basil). So harvest days are well planned to coordinate the many variables in day conditions. And certainly, the proper harvest conditions are important for the long term quality of your vegetables. Before anything wilts, I haul them back to the packing shed where they may be immediately submerged in cold water or put into the cooler for washing later. The unloading of the truck and then stacking in the cooler was a big job on Monday, as every space (up to the ceiling!) is now filled. Tuesday's harvest will have to be put temporarily into the refrigerated delivery truck (we sure can't wait for that new cooler to be operational!!! More on that next week from Mat.)

So, I've been thinking a lot about this time of great bounty and body conditioning. The harvest totes and buckets are heavy with carrots, cucumbers, zucchini, onions and cabbage, but we too are more fit for carrying these heavier loads as the spring gradually made way into summer. Nature has a wonderful way of conditioning our bodies throughout the course of the season, gently building so our core muscles are strong for the heaviest of harvest times - the fall roots. The summer crops are interesting however, in that they come with great bounty per plant, so we must pause by each zucchini plant in search of the many fruits it bares. As I paused Monday during harvest to stretch my back, I saw Aquillino, Brett and Craig with heads bowed over the green beans. Seeing them was such a revelation to me during this great time of bounty and wealth of food. We have so much to be thankful for after a meager spring. We crouch, we stoop, we bend, we hunch, we crawl, we kneel, we bow...all a swift movement of hands, tool, bucket and body, mindfully sorting size and quality of fruits before our eyes. In this time of great bounty, we labor and our bodies display our thanks in it's ever stooping, kneeling, crawling, hovering over the land...eyes and hands to the plant, given from the seed of life, nurtured by the soil, the land, the earth. May you too find a moment to give thanks in your own way. Cate

Recipes

Chicken-Beet Salad with Scallions and Goat Cheese and Onion Toasted—The Food Network

Flour tortillas	3 tablespoons cider vinegar
1 to 2 teaspoons onion powder	2 tablespoons olive oil
Salt and freshly ground black pepper	2 teaspoons Dijon mustard
4 cooked chicken breast halves, cut into 2-inch pieces	4 lettuce leaves
2 cups sliced beets (cooked)	1/3 cup crumbled goat cheese
1/4 cup freshly chopped scallions	

Preheat oven to 400 degrees F. Coat with oil a large baking sheet.

Cut tortillas into fun shapes (if you'd like). Arrange tortillas on prepared baking sheet and coat with oil. Season the tops with onion powder, salt and black pepper. Bake for 6 minutes, until crisp. Meanwhile, in a large bowl, combine chicken, beets and scallions. Toss to combine, allowing beets to color chicken. In a small bowl, whisk together vinegar, oil and mustard. Pour mixture over chicken mixture and toss to combine. Season, to taste, with salt and black pepper. Serve salad in lettuce leaves and top with goat cheese. Serve tortilla chips on the side.

Oven-Roasted Salmon with Potatoes, Beets and Fennel—Courtesy of Kathleen Daelemann's from Cooking Thin

1 pound Yukon gold potatoes, peeled, cut into wedges, about 3 large potatoes
3 teaspoons extra-virgin olive oil
Coarse salt and cracked black pepper
1 pound beets, tops removed, peeled, cut into wedges, about 3 large beets
1 large head fennel, sliced into 1/4-inch thick slices
1 pound salmon fillet
2 oranges, peeled and sliced horizontally
4 tablespoons tapenade vinaigrette, recipe follows
Tapenade, recipe follows
2 slices toast spread with 2 tablespoons tapenade, cut in 1/2

Preheat the oven to 450 degrees F.

Place potatoes in a plastic bag with 1 teaspoon of olive oil, salt and pepper. Toss and shake to coat. Pour onto 1 side of a cookie sheet. Place beets in same bag, add 1 teaspoon of olive oil, salt and pepper. Toss and shake to coat. Pour onto same cookie sheet as potatoes, but keep divided. Place fennel in same bag with remaining teaspoon of olive oil, salt and pepper. Toss and shake to coat. Place in a single layer on a cookie sheet. Cook all vegetables, turning once until golden and cooked through, about 20 to 25 minutes. Set aside.

Place salmon, skin side down, in a non-stick pan with an oven-proof handle and season with salt and pepper. Place in oven and cook until fork tender and cooked through, about 15 to 17 minutes.

Distribute orange slices among serving plates. Distribute potatoes, beets and fennel. Divide salmon into four pieces. Place one piece on each plate. Drizzle one tablespoon tapenade vinaigrette per plate over salmon and veggies.

Tapenade Vinaigrette:

1/4 cup tapenade, recipe follows
1/4 cup freshly squeezed orange juice
1 teaspoon sherry vinegar
1 tablespoon extra-virgin olive oil

Whisk together all ingredients in a small non-reactive bowl. Taste and adjust seasonings.

Tapenade:

2 cups pitted nicoise olives
2 anchovies
4 cloves garlic
1 tablespoon orange zest
1 tablespoon capers, rinsed

Place all ingredients in a food processor and pulse until finely chopped and combined. Taste and adjust seasonings with salt and pepper.