



The Weekly Weeder

A weekly publication for CSA members

AUGUST 27, 2008—BOX #12

WWW.RIDGELANDHARVEST.COM CSA@RIDGELANDHARVEST.COM

Box Contents & Tips

Broccoli: Salt water soak needed to remove remaining cabbage worms. Soak for 10 minutes before cooking.

Carrots: We're sure thankful to have a tractor mounted under cutter that cuts the soil beneath the carrots. We follow behind, picking up the loosened carrots, breaking off the green tops and putting them into buckets. Despite the help, the hard ground prevented us from getting deep enough in some places, resulting in many broken carrots. Luckily, this didn't happen to all our carrots in this planting.

Cilantro

Eggplant: Globe (half share) & Oriental

Lettuce: The last head lettuce for the season! Other greens for the fall will appear in boxes in a few weeks.

Melon, Cantaloupe: Selected drop sites only. The first picking! See News from the Farm for more.

Onion, Sweet

Pepper, Green Bell

Pepper, Red Bell: Coming nicely now, though some are not very pretty they are still edible.

Pepper, Hot: Not using the hot peppers in your cuisine now? Toss them whole into a freezer bag for use this winter in your chili, soups and stews!

Hungarian Hot Wax - yellow; mild 1 of 5 hotness

Cherry Bomb—small red; 4 of 5 hotness

Georgia Flame or Red Paper Lantern—red chile shape; 5 of 5 hotness

Radish Pods: Funky edible pods are sweet and taste like radish without the heat. Pick pods off the stalk and top your salads or rice dish something unique, beautiful and tasty!

Sweet Corn: As we warned last week, the tip of your ears may have a worm (corn bore) so cutting off the tip may be necessary. Bi-color and yellow super sweet varieties are at their peak now. Enjoy!!

Tomatoes, Heirloom Slicers

Tomatoes, Cherry's: We've been tossing any extra cherry's onto a cookie sheet, then putting into the freezer (once frozen place into freezer bag). I'm excited to add these to chili for extra sweetness this winter.

Zucchini & Patty Pan: Starting to decrease in production, but they'll continue to trickle in for a few more weeks.

Coming Soon...

More sweet corn, melons, carrots, celery, kale and more!

News from the Farm

Dry, dry, dry! We received less than a 1/4" of rain last week, making everything sigh from the bit of relief, but it's not been enough with this hot weather. So the sprinklers and drip tape continue to run. This long, dry period is starting to weigh on our minds. But it's not only us who would love water, the wildlife that lives on our farm would too! The sweet ripening melons, dangling tomatoes, and red peppers are being eaten by the field mice, voles and others who are thirsty and looking for moisture. I haven't walked the beds of winter squash to assess the damage being done to them, but I suspect they're nibbling into some of those fruits too.

While I'm disappointed that the ripening melons are being eaten (some of you may even receive a melon with a few nibble marks) we've got lots of melons in the field. Melons are being distributed by drop site, so if you didn't receive one this week, you'll have one soon. We try our hardest to grow enough at once so that everyone receives the same items, but it doesn't always work out like we'd like! Thanks for being patient.

Work on the farm will turn to our first root crop harvest later this week. Turnips and fall radishes will be harvested and put into vented plastic bags to retain moisture while in our cooler. Crops like these will be washed for use later this fall and into the winter months. When stored properly, root vegetables can keep for 9-12 months, sometimes longer!

Talking about root crops, it's not too late to start thinking of signing up for the Winter Share CSA. The **Winter Share** consists of four vegetable boxes delivered on Wednesday's during the month of December (last box delivered December 22). Contents may include Brussels sprouts, fall radishes, leeks, cabbage, celery root, turnips, carrots, rutabaga, beets, garlic, many varieties of winter squash and onions, and more. The Winter Share option is a wonderful addition to the summer share, as you're able to receive many root vegetables that store well in a refrigerator or the floor of a closet. You'll be stocking up for the winter months! You'll continue to hear about what is happening on the farm, proper storage information, and recipe ideas through our weekly newsletter. If you're interested in signing up, please visit our website to download a copy of the CSA Sign-up Form, or contact us to receive one by mail. Mail your sign-up form and payment to the farm: E5538 Nelson Road, Viroqua, WI 54665. Pick-up sites for winter delivery should remain the same, though you may be asked to select another site if no other members are signed up. Call us with any questions!

From all of us at Ridgeland Harvest—HAPPY FEASTING!

Recipes! Recipes! Recipes!

Black Bean & Fresh Corn Summer Salad:

The Shoshoni Cookbook by Anne Saks & Faith Stone

1 cup black beans, uncooked (2 cups, cooked)
1 Tbsp olive oil
1 Tbsp fresh lime juice
1/4 cup picante sauce
1/2 tsp salt
1/2 tsp cumin, ground
1/2 tsp coriander, ground
1/4 cup sweet onion, finely chopped
1/2 cup red pepper, finely chopped
2 scallions, finely chopped
1/2 cup celery, finely chopped
1/2 cup carrot, finely chopped or grated
1/2 cup fresh or frozen corn kernels, cooked
1/2 avocado, chopped (optional)
1-2 tomatoes, chopped (optional)
2 Tbsp fresh cilantro, finely chopped

1. Sort and wash beans well. Soak in cold water overnight. Drain off soaking water.
2. Add beans to 6 cups fresh water, and bring to boil. Turn heat to medium-low and cover. Cook beans approximately 2 hours until tender. Do not overcook. Drain and rinse beans with cold water. Set aside.
3. In a small mixing bowl whisk together olive oil, lime juice, picante, salt, cumin and coriander.
4. In a larger serving bowl, place chopped vegetables and beans, and toss with dressing.
5. Add avocado or tomato juice before serving. Garnish with cilantro.

Bulletin Board:

Bulk Canning Tomatoes: We have extra heirloom slicing tomatoes for CSA members to purchase. Great for canning, salsa making, freezing, chili, 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@ridglandharvest.com

CALLING ALL WAX BOXES!!!

Help, we're starting to run low on our CSA boxes. If you've forgotten to bring your own bag a few times, chances are you have a few boxes. Please look through your car, house, office space and anywhere else a lingering box may be. Return them to your pick-up site next week. Thanks for your help!

Broccoli Pepper Salad:

The Shoshoni Cookbook by Anne Saks & Faith Stone

2 red bell peppers, roasted
1 bunch broccoli
1 tomato, chopped
1/4-1/2 cup yellow pear tomatoes, halved (optional)
1 tsp olive oil
1 Tbsp raspberry or balsamic vinegar
1 tsp Dijon-style mustard
1 Tbsp lemon juice
2 dashes Tabasco sauce
1/4 cup fresh basil, chopped
2 Tbsp fresh chives or finely chopped sweet onion
1/4 tsp salt

1. If using fresh peppers, preheat oven to 400-degrees.
2. Roast by placing whole peppers on a cookie sheet and baking for 45 minutes. Turn 2-3 times while roasting until evenly charred. Wrap charred peppers in a damp towel until cool enough to handle. Carefully peel away charred skin, and rinse well to remove black flecks, stems and seeds. Cut peppers lengthwise into thin strips.
3. To prepare broccoli, cut florets in even sizes. Remove hard end of stalk, and trim away tough outer skin of stalks. Slice stalks in thin diagonals. Steam broccoli for 3-5 minutes until bright green and slightly tender. Rinse with cold water.
4. Place tomatoes, broccoli and peppers in a large mixing bowl.
5. Whisk together olive oil, vinegar, chives and salt. Pour dressing over the vegetables, and toss well. Adjust seasonings and serve chilled or at room temperature.



We're longing to wear our rain boots after a nice rainy day!