



The Weekly Weeder

A weekly publication for CSA members

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Box Contents & Tips

Celery

Delicata Squash— Sweet, sweet, sweet! One of our favorite varieties. See News from the Farm & back.

Edamame— After cooking the beans (see back) add them to a stir-fry, top a pasta dish, or mix into your stuff pepper mix.

Eggplant, Globe— Half shares only.

Garlic— This porcelain hard neck variety, German Extra Hardy, is our main variety we grow.

Kale— Red Russian (pink stems), White Russian (white stems) or Lacinato (also called dinosaur kale). See back

Onion, Cipollini— Prized by chefs for their sweet tender flavor when slowly sautéed (they become caramelized). We covered a cipollini, red peppers, fennel bulb and a few tomatoes in olive oil, roasted at 500-degrees until golden brown, and used these to top our weekly pizza.

Pepper, Green Bell

Pepper, Red Bell

Pepper, Hot— A mixture of assorted hot peppers

Raspberries— Full shares only. More to come!

Sweet Corn— Half shares only. The very, very last.

Tomatoes, Heirloom Slicers

Tomatoes, Cherry's— Full shares only

Turnips, Purple Top— This planting has chew marks on the outer layer of the roots, making them not so pretty. But despite their outward appearance, their taste is just as it should be—earthy. Turnips are said to be one of the most important vegetables because of their ability to be used as both feed for people and animals, and since they can be left in the ground until its next harvest they prevent the affects of famine on humankind.

Zucchini/Patty Pan— Nearing the end, so make that favorite recipe one more time before these farm favorites are gone!

Coming Soon...

The last of the summer crops are coming, as are the fall ones. More turnips, winter squash, and kale, raspberries, fennel and carrots!

News from the Farm

Last week's newsletter prompted some good feedback that we feel needs further clarification. While the intent of the article was about the difficulty of being a small farm and wholesaling our best product at the lowest price, the comments about food coops wasn't meant to slander or downplay the very important role they serve in our communities. Local coop's were the first and are often the only places where locally produced food can be purchased. Our own local food coop (Viroqua Food Coop) sources from 20+ produce growers to fill their produce isle for as many months out of the season as possible. We appreciate the many efforts these produce buyers go to in order to bring many local products to the marketplace.

If you've been to the farmer's market or your local food coop, you've likely seen the start of the fall produce. This week's box contains some of those changing seasonal items of turnips, kale and winter squash. So here's a little history and background about the modern day squash, developed from the wild squash that originated in an area between Guatemala and Mexico.

While squash has been consumed for over 10,000 years, they were first cultivated specifically for their seeds since earlier squash did not contain much flesh, and what they did contain was very bitter and unpalatable. It's understandable then that our word "squash" comes from the Massachusetts Indian word *askutasquash*, meaning "eaten raw or uncooked." As time progressed, squash cultivation spread throughout the Americas, and varieties with a greater quantity of sweeter-tasting flesh were developed. Christopher Columbus brought squash back to Europe from the New World, and like other Native American foods, their cultivation was introduced throughout the world by Portuguese and Spanish explorers.

We are just beginning to discover the wealth of nourishment supplied by the mildly sweet flavored and finely textured winter squash, a vegetable that was once such an important part of the diet of the Native Americans that they buried it along with the dead to provide them nourishment on their final journey.

Today, the largest commercial producers of squash include China, Japan, Romania, Turkey, Italy, Egypt, and Argentina. California and Florida are the primary U.S. producers.

Winter squash, members of the Cucurbitaceae family and relatives of both the melon and the cucumber, come in many different varieties. While each type varies in shape, color, size and flavor, they all have hard protective skins that are difficult to pierce that gives them a long storage life of up to six months and a hollow inner seed containing cavity.

This week's box contains the Delicata squash. Because of it's wonderful tender skin, which too can be eaten along with the sweet flesh, it doesn't have a long storage life. Thus, the wonderful journey of eating seasonally starts to turn, like the leaves on the trees, toward Fall. Still plenty of adventure left!

Have a good week everyone, Cate & Mat

Some information sourced from The George Mateljan Foundation: www.whfoods.com

Recipes! Recipes! Recipes!

Edamame (reprinted from last newsletter)

1. Strip all of the pods off of your soybean bunch and boil them whole in salted water for 5 minutes. Start timing once the water returns to a boil.
2. Drain the pods, liberally salt them, and then slip the seeds out of the pods directly into your mouth, or shell pods and add them to your meal.

Maple Roasted Delicata Squash

By Mat & Cate (our favorite way to fix—quick & easy!)

1. Wash & scrub squash.
2. Cut squash length-wise then remove the seeds. Then slice each half into half-moon pieces about 1/2-inch thick
3. Scatter pieces into a pan. Top with 2-4 Tbsp butter and drizzle with maple syrup
4. Roast at 375-degrees, covered, for 10 minutes. Remove cover and continue to roast until tender and golden brown.
5. Skin is edible and tender enough to eat.

Miso Soup with Tofu & Kale

Sourced from: www.marthastewart.com

Serves 4

5 cups water or unsalted vegetable broth
2 scallions, white and light-green parts only, thinly sliced
2 teaspoons grated fresh ginger
1 garlic clove, thinly sliced
3 tablespoons light-colored miso
2 teaspoons low-sodium soy sauce
3 ounces kale, trimmed and shredded
6 ounces firm tofu, drained, cut into 1/2-inch cubes

1. Bring the water to a boil in a medium saucepan over medium-high heat. Add scallions, ginger, and garlic. Reduce heat; cover, and simmer 10 minutes.
2. Add miso, and stir to dissolve. Add soy sauce, kale, and tofu; return to a simmer, and continue cooking until kale is tender, about 5 minutes. Serve immediately.

Just a few months ago the crew (and member-in-training) were transplanting the kale.

Now, you're finding it's luscious leaves in your boxes for the first time this season!



Kale-

Quick Serving Ideas:

1. Sauté kale with fresh garlic and sprinkle with lemon juice and olive oil before serving.
2. Braise chopped kale and apples. Before serving, sprinkle with balsamic vinegar and chopped walnuts.
3. Combine chopped kale, pine nuts and feta cheese with whole grain pasta drizzled with olive oil.
4. The taste and texture of steamed kale makes it a wonderful topping for homemade pizzas.

Whole Wheat Pasta with Kale

Sourced from: www.marthastewart.com

Serves 4 to 6—make adaptations as necessary.

4 slices bacon (2 ounces), cut into 1/2-inch strips
3 garlic cloves
1 bunch kale (1 pound), thick stems trimmed, leaves coarsely chopped
Coarse salt and freshly ground pepper
2 cups reduced-sodium canned chicken broth
1 pound whole-wheat spaghetti
1/2 cup coarsely grated fontina cheese, plus more for serving

1. Cook bacon in a large skillet over medium-low heat, turning occasionally, until browned and crisp, 8 to 10 minutes. Transfer with a slotted spoon to a paper towel-lined plate to drain, reserving fat in skillet.
2. Cook garlic in same skillet over medium heat until golden, stirring frequently, 2 minutes. Add half the kale; cook, tossing until just wilted, 2 minutes. Add remaining kale, and season with salt and pepper; cook, tossing until all the kale has wilted, 2 minutes. Add chicken broth, and simmer until kale is tender, about 10 minutes.
3. Meanwhile, cook pasta in a large pot of boiling salted water until al dente, according to package instructions. Drain, reserving 1 cup cooking water. Return pasta to pot. Add kale and fontina; toss to combine. Season with salt and pepper. Add reserved cooking water as desired. Divide pasta among plates; top with more cheese and reserved bacon.

Bulletin Board:

** Reminder: Post-dated checks for the Winter Share will be deposited on October 1.

** **It's not too late to sign-up for the Winter Share!**

Space is limited so don't miss the opportunity to extend your CSA experience from December 3 - December 22. Download the sign-up form from our website: www.ridgelandharvest.com. Call 608-675-3855 or email csa@ridgelandharvest.com with any questions.