



The Weekly Weeder

A weekly publication for CSA members Box 16

SEPTEMBER 24, 2008—BOX #16

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Box Contents & Tips

Green Top Carrots: This is the mark of true freshness, a green topped carrot.

Swiss Chard: See recipe on the back

Eggplant, Globe (full share):

Garlic:

Onion, Red:

Parsley, Italian Flat Leaf:

Pepper, Red Bell: We're swimming in red peppers! Friday we brought in 12 harvest totes (about 35 pounds each) with red bells, Monday another 7 came in and the plants still have fruits that are turning red! See recipes on the back.

Pepper, Hot: An assortment of mild & hot peppers

Raspberries: Selected sites for Half Shares only. We hope to give to everyone eventually if the weather stays warm.

Squash, Delicata: We are sorting through these to move the ones that won't store as well. These are smaller, but are just as sweet and tender as the larger ones,

Tomatoes—Heirloom Slicers & Cherry's: Quite possibly the last giving. What a treat to still have fresh tomatoes at the end of September!

Coming Soon...

More fennel, winter squash, kale, onions, leeks and broccoli

Bulletin Board:

Pumpkin Pickup: October 19 1:00-4:00 pm. Come visit the farm pickup a pumpkin, tour the new packing shed. More details to come.

Attention Pork Bundle Buyers: the butcher date for the hogs is Oct 7. It will take a couple of weeks to cure the bacon and arrange delivery. We will be in contact soon concerning the details of delivery and final payment.

The butcher date for beef has not been set but we will let people know.

News from the Farm

Despite the warm weather we are definitely in a time of transition. Fall has officially started, but the summer crops are still hanging on and trying to ripen the last of their fruits. This week will probably be the last of the tomatoes, summer squash and perhaps eggplant. Our fall and storage crops are looking good, so never fear there are still a lot of yummy veggies for us to eat, and many new crops that we have not yet put into the boxes.

As I mentioned in one of our first newsletters, we are always planning for the future to help us manage today. As you may have read, we have been talking about the fall/winter share option. We have not had much response yet. Perhaps many people are not ready to think about signing up for another share, or perhaps people think that there won't be much to eat in late November and December. Well let me tell you—there are many tasty treats that store well and many crops that can tolerate the cold. Some of the crops we have planned for the winter share are winter radishes, turnips, rutabagas, beets, carrots, winter squashes, onions, garlic as well brussels sprouts, and kales. You can have a delicious and varied diet and still eat seasonably.

So with that being said, we are taking a close look at how many people we need to sign up for the winter share to make it financially practical to drive to Madison. **We have set a deadline of Oct 17 to sign up for the winter share.** You don't need to have signed up for the summer box to get the winter share, so if you know of a friend, neighbor, or relative who might be interested you should encourage them to sign up. Also remember that for every person who you get to sign up you get a 10 dollar coupon which can be applied to the winter share. (All they need to do is write your name in the space provide as having referred them to our CSA) It would be extremely sad to not be able to offer the winter share to people because of lack of interest, so if this is something you have considered you really do need to get signed up ASAP.

We are also beginning to think about the 2009 CSA, and hope to put together a brochure for the last box. There will be a generous discount to CSA members who renew their membership before the end of the year. We are also looking to add additional drop sites. We offer 200 dollars off a share to our site coordinators. Here are some requirements: need a clean, shady place for the boxes, must be willing to store the box for 24 hours, We prefer that you own the house (so that we can keep you as a pickup site for several years to come). Also you must be willing to communicate with the people who pickup at your home— i.e. resolve any problems that usually occur on the first deliveries. Anyway, if this is of interest for you next year send us an email or give us a call to see if your location will work for us.

Recipes! Recipes! Recipes!

Lentil and Sweet Red Pepper Soup with Cumin and Black Pepper

CDKitchen <http://www.cdkitchen.com>

1 cup lentils (preferably small)
1 fresh flat-leaf parsley sprig, finely chopped (including stem)
1 Turkish bay leaf
OR
1/2 California bay leaf
2 cups chicken broth
2 cups water
24 whole black peppercorns
1/4 teaspoon cumin seeds
4 tablespoons extra-virgin olive oil
1/2 cup finely diced red bell pepper
1/4 cup finely diced carrot
1/4 cup finely diced celery
1/4 cup finely chopped onion
2 cloves garlic, chopped

Simmer lentils with parsley, bay leaf, broth, and water in a 4-quart saucepan, uncovered, until tender, 30 to 40 minutes.

While lentils are cooking, coarsely grind peppercorns with cumin using a mortar and pestle or an electric coffee/spice grinder. Heat 1 tablespoon oil in a 4-quart heavy saucepan over moderate heat until hot but not smoking, then cook bell pepper, stirring, until golden, about 5 minutes. Add spices and cook, stirring, 1 minute. Add carrot, celery, onion, garlic, and remaining 3 tablespoons oil and cook, stirring, until carrot is tender, about 8 minutes. Stir in lentil mixture and discard bay leaf.

Puree 1 cup soup in a blender until smooth (use caution when blending hot liquids). Stir puree into remaining soup and reheat over moderate heat, stirring. Season soup with salt and pepper. If soup seems too thick, thin with water to desired consistency.

Simple Oven Roasted Tomato and Fennel Sauce

****Important use a Non-Reactive Pan such as glass****

2lbs tomatoes, sliced in half
4 cloves garlic, chopped
1 tsp dried Italian herb seasoning
1/2 tsp sugar
Salt and Pepper to Taste
2 Tablespoons Olive Oil
Handful of fresh basil, chopped
Handful of fresh parsley, chopped
1 or 2 red peppers, sliced
1 fennel bulb

Place fennel, peppers, herbs, and seasonings in pan and mix. Place tomato halves face down on top. Roast 30-40 minutes at 400 degrees until tomato skins loosen. Cool and remove skins. Mix tomatoes with the ingredients. Use fresh with pasta, or freeze in freezer containers for a taste of summer this winter.

Fennel Red Pepper and Country Ham Soup

CDKitchen <http://www.cdkitchen.com>

1 tablespoon Vegetable Oil
1 tablespoon Water
2 Stalks Celery, Sliced Thin
1 medium Onion, Sliced Thin
1 Small Fennel Bulb, Cored and Cut into Long, Thin Strips
Salt and Pepper To Season
1 large Red Bell Pepper, Seeded and Cut into Long, Thin Strips
6 cups Chicken Stock
7 tablespoons Unsalted Butter
3/4 cup All-Purpose Flour
3/4 pound Monterey Jack Cheese, Grated
1/4 pound Country Ham, Cut into Long, Thin Strips

Heat the vegetable oil and water in a 5-quart sauce pan over medium heat. When hot, add the celery, onion, and fennel. Season the vegetables very lightly with salt and pepper and saute for 5 minutes. Add the red pepper and saute for an additional 3 minutes. Remove from the heat and hold at room temperature.

Heat the chicken stock to a boil in a 2 1/2 quart sauce pan. In a separate 2 1/2 quart sauce pan, melt the butter over low heat. Add the flour to make a roux. Cook until the roux bubbles, 6 to 8 minutes. Stir constantly to prevent browning and scorching. Add the boiling stock and whisk vigorously until smooth. Simmer for 15 minutes.

Remove from the heat and whisk in the grated cheese, 1 cup at a time. Add the sauteed vegetables and country ham. Adjust the seasoning with salt and pepper. Serve immediately. (If desired, you may hold the soup in a double boiler for up one hour before serving.)

Swiss Chard Pie

4-6 slices bacon
1 onion, chopped
1 clove garlic, minced
1 bunch Swiss chard
4 eggs
1 cup shredded cheese
1 teaspoon salt
1 pie crust

Heat oven to 400 degrees. Brown bacon, onion and garlic. Trim and chop chard, add to pan and cook until wilted. Beat eggs in a bowl; add cheese, salt and chard and mix. Pour into pie shell and bake 40-50 minutes.

How to freeze peppers

Wash. Cut out stems and cut peppers in half. Remove seeds. Cut peppers into strips, dice or slice, depending on how you plan to use them. Freeze peppers in a single layer on a cookie sheet with sides, about an hour or longer until frozen. Transfer to a "freezer" bag when frozen, excluding as much air as possible from the bag. Pour out the amount of frozen peppers needed, reseal the bag and return to the freezer.