



The Weekly Weeder

A weekly publication for CSA members

JULY 21, 2010—BOX #07

WWW.RIDGELANDHARVEST.COM CSA@RIDGELANDHARVEST.COM

Box Contents and Tips

Beans, Royalty Purple Pod: Best to use beans within a few days for optimal freshness. Store in warmer part of your refrigerator within the plastic bag, as they don't like it too cold. Snap off the top of bean and lightly steam or boil. Remember that beans cook quickly and can get mushy, so don't overcook them.

Chard, Red: Store in plastic bag.

Cucumber: Our field production has started and is very productive! Try making some quick refrigerator pickles (see recipes). Stores best in plastic bag in crisper to prevent them from getting soft and dehydrated.

Basil: Purple Opal. Use immediately for optimal freshness. Stores best above 50-degrees, so keep in bag on refrigerator door. Very good paired with tomatoes, suggested Derek, chef at Madison's Harvest Restaurant.

Garlic: One last giving of fresh dug garlic!

Potatoes, "Carola" - A beautiful golden potato. These are freshly dug, so skins are tender. Best used up within the week, storing them in the refrigerator until cooked.

Scallions: Also called green onions. These beautiful mild onions can be used raw or quickly cooked. The entire plant can be eaten (white stalk and greens). Store in plastic bag to keep them from drying out in the refrigerator.

Zucchini & Patty Pan Summer Squash: With the warmer weather, fruits are growing fast, fast, fast! Fruits really sized up over the weekend, but the larger ones are great for baking, and the smaller ones for sautéing and grilling. Store in a plastic bag. Make some quick breads for a healthy snack or freeze up some of the loaves.

News from the Farm

We traveled to Cains's Orchard near Hixton/Black River Falls this weekend and picked BLUEBERRIES! It was a wonderful experience to see hundreds of families, couples, and friends together in a picking frenzy. It is serious business to get yourself a good spot to pick. By 6:30 am the line of cars was steady as people drove the windy back roads to the orchard. At the farm, good traffic directors and ample space allowed for efficient control of all the cars. Veteran blueberry pickers Jack and Marie (Mat's parents) lead our sleepy family to a line of bushes heavy with fruit. We stood by bushes with empty buckets in hand, waiting for the bell to ring, announcing the start of picking. At the sound of the bell, everyone went to work, and a glorious sound of 'kerplunk, kerplink, kerplop' of the berries hitting the empty bottoms of plastic buckets far and wide. What a sound! Within an hour, four adults and two children picked 6 gallons of berries (and probably ate about the same!). It was a great experience, and you can find out more about this fun and delicious way to stock up your freezer (just 4 more weeks of picking!)

www.cainsorchard.com/.

We were filled with the richness of our berries, and then we discovered fresh South Carolina peaches being sold by the pest from a neighbor! Twenty-four hours later, Mat and I had canned 24-quarts of peaches and froze 5 gallons of berries. Putting things into jars and the freezer is so deeply rewarding and satisfying. A peace of mind.

Have a good week!

CROP REPORT

Missing those lettuces and salad greens? We are now feeling the affects of the wet month of June when we couldn't get into the fields to plant. The affects are now seen in the boxes—no lettuces or salad greens, radishes or another crop of snap beans coming on. Typically late July is the “between spring and summer” time, when boxes may wane until the flood of summer crops comes in: peppers, eggplant, sweet corn, onions, beans, garlic and tomatoes. But, we can't be too unhappy with more potatoes, zucchini and delicious scallions to go with it all!

Garlic: We will start to harvest some of our garlic this week. Depending on how far along the bulbs are, we may continue to dig garlic and quickly get it out of the ground. With wet conditions in June, we're concerned about the quality of our seed stock. There may not be very much (or any) garlic to harvest during our farm event, but we will still host the event and highlight our garlic crop.



Coming Soon...

More zucchini/summer squash, onions, fresh herbs and scallions. Broccoli, raspberries and cherry tomatoes!

Bulletin Board

Garlic Harvest Party

Saturday, July 31 at the farm!

10 am—3 pm

Come help us bring in the garlic crop! Join us for a day of harvesting with a farm tour and potluck lunch. Kids and adults can help pull, clean off the dirt, bundle, and load this fabulous crop. Members are welcome to bring a friend. Please RSVP with an email so we can estimate the number of attendees: csa@ridgelandharvest.com

August 1 Payments: Just a reminder that second installment payments will be deposited on Monday, August 2.

Raspberry U-Picking: Many of you are interested in picking and we are glad you'll help us keep them picked! We will start U-Picks as soon as we can't keep up with the patch. We expect by early August to start opening days. More details to come in the next newsletter.

Need more recipes for seasonal cooking ideas?

The Madison Area CSA Coalition (MACSAC) [From Asparagus to Zucchini: A Guide to Farm-Fresh Produce](#) is now for sale through the farm. Place your order and we'll pack your copy in your weekly CSA box. Mail your check to the farm for \$17.00

Bulk Purchase Opportunity: Place your order by email or phone by Sunday 4 pm for delivery to your CSA drop site.

BASIL: 12 leafy bunches with 6-8 nice stems per bunch. Perfect for freezing batches of pesto! Choose from Genovese, Thai or Purple Opal. \$15

Now taking reservations for Bulk Garlic:

Purchase bulk quantities of our garlic, delivered to your drop site, once fully cured.

5 lbs \$35

10 lbs \$70

20 lbs \$120

Send check to the farm:

Ridgeland Harvest

E5538 Nelson Road,

Viroqua, WI 54665

Recipes! Recipes! Recipes!

Zucchini bread

By Mayo Clinic staff

Original Article: <http://www.mayoclinic.com/health/zucchini-bread/NU00457>

Dietitian's tip: Zucchini — a popular type of summer squash — has a mild flavor and cucumber-like appearance. Summer squash contains lutein, a photochemical thought to protect vision. Shredded zucchini creates moist breads and cakes and is an ideal addition to soups, sauces and casseroles.

By Mayo Clinic staff

MAKES 18 SLICES

Ingredients

- 6 egg whites
- 1/4 cup canola oil
- 1/2 cup unsweetened applesauce
- 1/2 cup sugar
- 2 teaspoons vanilla extract
- 1 1/4 cups all-purpose (plain) flour
- 1 1/4 cups whole-wheat (whole-meal) flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 3 teaspoons ground cinnamon
- 2 cups shredded zucchini
- 1/2 cup chopped walnuts
- 1 1/2 cups crushed, unsweetened pineapple
- 1/2 cup raisins

Directions

Preheat the oven to 350 F. Lightly coat two 9-by-5-inch loaf pans with cooking spray.

In a large bowl, add the egg whites, canola oil, applesauce, sugar and vanilla. Using an electric mixer, beat the mixture on low speed until thick and foamy.

In a small bowl, stir together the flours. Set 1/2 cup aside. Add the baking powder, baking soda and cinnamon to the small bowl of flour.

Add the flour mixture to the egg white mixture and using the electric mixer on medium speed, beat until well blended. Add the zucchini, walnuts, pineapple and raisins and stir until combined. Adjust consistency of the batter with the remaining 1/2 cup flour, adding 1 tablespoon at a time. The batter should be thick and not runny.

Pour 1/2 of the batter into each prepared pan. Bake until a toothpick inserted into the center of the loaves comes out clean, about 50 minutes. Let the bread cool in the pans on a wire rack for 10 minutes. Turn the loaves out of the pans onto the rack and let cool completely. Cut each loaf into 9 1-inch slices and serve.

Nutritional Analysis visit: <http://www.mayoclinic.com/health/zucchini-bread/NU00457>

Potato Swiss Chard Soup

Featured in: from [Asparagus to Zucchini](#)

- 1 tablespoon oil
- 1 medium onion, chopped
- 2 ribs celery, chopped
- 2 cloves garlic, chopped
- 4 cups cubed potatoes
- 1 medium carrot, chunked
- 1 bay leaf
- 5 cups vegetable stock or water
- 4 cups chopped Swiss Chard
- 1/4 cup chopped parsley
- 2 teaspoons dried thyme crushed
- 1/2 teaspoon dried dill
- 1/2 teaspoon black pepper
- 2 tablespoons sour cream

Heat oil in soup pot, add onion, celery, garlic, sauté until softened, about 5 minutes. Add potatoes, carrots, bay leaf, and stock. Bring to boil, reduce heat simmer about 30 minutes. Add chard, parsley, thyme, and dill and cook an additional 10 minutes. Add black pepper. Remove from heat and puree in batches in a food processor or blender. If serving hot, return soup to pot and reheat for 5 minutes. If serving cold, cover and refrigerate several hours or overnight. Serve with a dollop of sour cream. Four servings.

Refrigerator Pickles

Makes 4 quarts

3 onions, sliced (I like to use sweet onions)
1 gallon pickles, thinly sliced

First, combine:

- 3 cups sugar
- 3 cups vinegar
- 2 tablespoons salt
- 1 tsp turmeric powder
- 1 tsp celery seed

Then, heat and pour over the onions/pickles.
Store in refrigerator

Sweet Zucchini Biscuits

Featured in: from [Asparagus to Zucchini](#)

- 1/2 cup butter softened
- 1 cup packed light brown sugar
- 2 eggs
- 1 tablespoon orange or lemon juice
- 2 1/2 cups all purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground mace
- 1/4 teaspoon salt
- 1 1/1 cups shredded drained zucchini
- 1/2 cup chopped pecans
- 1 tablespoon grated orange zest
- Powdered sugar

Heat oven to 350 degrees, grease 2 baking sheets. In medium bowl, beat butter until fluffy. Beat in sugar, eggs, and orange juice. In another bowl, combine flour, baking powder, spices, and salt; stir into wet mixture. Stir in zucchini, pecans and orange zest. Drop dough by teaspoonfuls onto cookie sheets. Bake until biscuits begin to brown at edges, about 10 minutes. Cool on wire racks. Sprinkle with powdered sugar before serving.



While we take great care to provide the cleanest and safest food possible, all produce should be washed prior to eating.