



The Weekly Weeder

A weekly publication for CSA members

JULY 28, 2010—BOX #08

WWW.RIDGELANDHARVEST.COM CSA@RIDGELANDHARVEST.COM

Box Contents and Tips

Broccoli: Some cabbage worms seen inside heads, so either spend a few minutes picking them out, or soak pieces in a heavy salt water soak for 10-minutes. Keep in plastic bag until used.

Chard, Red: Store in plastic bag.

Cucumber: Stores best in plastic bag in crisper to prevent them from getting soft and dehydrated. The nature of CSA is sharing in the bounty—so here's some more cukes!

Basil: Thai. Stores best above 50-degrees, so keep in bag on refrigerator door or some find out on the counter in a vase of water works well too.

Raspberries (Very few sites this week will receive berries.) Trickling in now, and they will make their rounds to your site soon. Fragile—use promptly. Store in refrigerator until used.

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.

Sweet Onion, Alisa Craig: A fresh onion (not cured) so store in the refrigerator. A mild onion, excellent raw or lightly cooked.

Thyme: (Full Shares only) Thyme is widely used in cooking to add flavor to vegetables, meat, poultry, fish dishes, soups and cream sauces. Thyme is a favorite herb in French cuisine and the ancient Romans considered it a remedy for melancholy. Thyme contains an essential oil that is rich in thymol, a powerful antiseptic, antibacterial, and a strong antioxidant.

Zucchini & Patty Pan Summer Squash: Not much this week. Our plants aren't looking very good, suffering from powdery mildew. But, still lots of flowers so we hope to have more for the next few weeks.

News from the Farm

As many of our CSA members already know we have had some difficulty in doing what on the surface would seem rather simple— send an email. Well after some digging we have discovered the problem is that our email usage exceeds what is allowed by our website host, since it is a cloud server. It would seem that we are limited in the number of emails we can send, and that we are not simply allowed to divide the list in half as a work around solution. We were on the verge of having all of our incoming and outgoing emails blocked. They were going to ban us from the cloud man....

So most of you may have noticed the spam friendly email reminders the last two weeks. This is how we are going to have to email our members in mass. If you have not received these new emails please go to our website and sign up for our newsletter on the bottom of the page. We had some difficulty in importing all of the email addresses, so please sign up if you have not been receiving the emails. Frankly, the problems with our email are small but none the less very frustrating as we put a great deal of effort into the Weekly Weeder and want everyone to be able to read it.

In other news the farm has been busy the last week. We started harvesting garlic last Wednesday. The ground was very wet— thanks to all the rain but also the heavy mulch that we apply after planting. There was some sign of increased disease, and deterioration due to the wet weather. So we made the decision to work to get it all harvested as quickly as possible. We also decided that it would not make it another week for the harvest party. We worked Thursday, Friday, and Monday to get it all harvested and hung to dry. It was a good thing as there was noticeably more damage on Monday, than on Wednesday. That being said the garlic party will go on, and garlic will still be the focus of the event. We have all sorts of great activities planned and more in the works. There will be sampling of the different varieties that we grow, garlic, spreads, pesto. We also hope to have a corn and garlic roast. And finally if we can find a large ice cream maker we may try garlic ice cream!

Coming Soon...

More onions, broccoli, sweet corn, tomatoes, eggplant, raspberries

CROP REPORT

It's been a really tough year to kill weeds. With so much rain, we were able to get in to cultivate with the tractor or pull/hoe weeds, but there weren't enough sunny days afterwards to bake the weeds in the sun to dry them out all the way. What happened was they'd actually re-grow! So we feel like weeds have been haunting us all season. Now as the heavy harvests are beginning and crops are in full glory, the weed pressure is being felt even more. They cause harvest challenges of course too. We have called in extra hands to help us fight weeds this week and things are getting under control again, but boy the weeds are really tough this season!

*Summer crops are trickling in...*we've picked our first eggplants, large tomatoes are blushing, sweet corn is about ready, and peppers are getting more fruits. Another fresh crop of carrots are about a week away from first digging, and the edamame soybean pods are filling out nicely. Salad mix, beets, green and yellow beans look strong—and the list goes on!



Hanging Garlic: Felipe assembles the garlic bundles on the lath (4 bundles per lath); Aqilino lifts the 30-40 pound lath up to Craig who balances on the ladder and covered with dirt as its handed to Mat who squats and lifts the lath up to Mike. Watching these guys balance on bouncing boards/poles while lifting a heavy awkward lath is amazing, a coordinated effort in teamwork, but also nerve-racking—Mike up 24-30 feet—and barn boards are always unpredictable.

Bulletin Board

Garlic Party

Saturday, July 31 at the farm!

10 am—3 pm

10-10:30 Refreshments and introductions

10:30 Walking farm tour (wear good footwear!)

12:30-3 Potluck lunch, garlic sampling & games

We're excited to meet you! 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-Pick is now Open! Picking is open Thursday—Saturday's. Bring your own containers or we have pints and flats available for use and sale. If you bring your own, we suggest using shallow, wide containers to prevent smashing the fragile berries. Before you come: contact the farm for picking conditions and with the number of people to be picking so we're sure not to overload the patch. CSA members pay \$3.50/pound and non-members pay \$4/pound.

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!



We're excited to be members of this organization. Find more recipes that contain approximately 500 calories (or less) and are controlled in fat (15 grams of fat or less) on their website:

www.500-club.org

Cucumber Melon Salad

Makes about 8 cups

¼ cup fresh lime juice
¼ tsp. salt
⅛ tsp. pepper
1 lg. cucumber, deseeded and coarsely chopped
6 cups coarsely chopped cantaloupe
3 green onions, thinly sliced
½ cup chopped cilantro
In a large bowl, whisk together lime juice, salt and pepper. Add remaining ingredients and toss to coat. Chill until serving.

Per ½-cup serving: 30 calories, 0 g fat, 1 g protein, 7 g carbohydrate, 1 g fiber, 55 mg sodium

Broccoli Cauliflower Slaw

Serves 4

Source: 500-Club

1½ cups broccoli florets
1½ cups cauliflower florets
1 red onion, minced
2 carrots, shredded
1 cup chopped cabbage
¼ cup chopped fresh parsley
2 tsp. salt substitute
4 tsp. red wine vinegar
In a large bowl, combine all ingredients. Refrigerate 1 hour to allow flavors to blend. Serve chilled.

Per serving: 50 calories, 0 g fat, 3 g protein, 11 g carbohydrate, 4 g fiber, 45 mg sodium

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

Cate & Mat's meal of the week:

HOBO DINNER

Serves 4

Vegetables are prepared then combined inside tin foil, then placed on the grill. Easy for life on the run!

2 lbs of potatoes
1 fresh sweet onion
1-2 cloves fresh garlic (or more!)
1/4-1/2 lb grass-fed beef, quarter sized pieces
3-4 Tbsp butter
3-4 fresh sprigs Thyme
Salt & Pepper to taste

1. Slice potatoes into 1/4" rounds, leaving the skin on.
2. Coarsely chop onion. I like about 1/4" size pieces.
3. Chop or mince garlic, depending on preferences
4. Put into tin foil, topping with pieces of butter, salt/pepper and thyme. Then make a sandwich or tube, sealing the foil.
5. Grill on high heat for 15 minutes, then turn over and cook another 15 minutes.



If you want your garlic this week, you'll have to come to the Garlic Party this Saturday, July 31 10 am—3 pm!

Fresh Basil-Garlic Dressing

Source; Shoshoni Cookbook

Yields: 2 1/2 cups
Prep Time: 15 minutes

3 cloves garlic minced
1/2 cup fresh basil
1/2 cup balsamic vinegar
2—10.5 ounces silken tofu
1/4 cup honey
1 tsp salt

Combine all ingredients in blender. Puree until smooth.