



The Weekly Weeder

A weekly publication for CSA members

AUGUST 4 2010—BOX #09

WWW.RIDGELANDHARVEST.COM CSA@RIDGELANDHARVEST.COM

Box Contents and Tips

Broccoli: The last of our second planting—more to come in a few more weeks. Like last week, some cabbage worms may be 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.

Carrots: Our second planting of carrots is just starting. They have very fragile greens— so we weren't able to wash them as much as we would have liked— you may find them a bit dirty

Cucumber: Very ugly! It is one of the oldest cultivated vegetables. It is very good source of fiber that helps to reduce constipation and potassium that is important for heart health. Stores best in plastic bag in crisper to prevent them from getting soft and dehydrated.

Basil—Genovese One of the favorite varieties for pesto making. 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.

Edamame Soybeans (Half Share only): More to come next week. See recipes on preparation. Keep in plastic bag in the refrigerator.

Eggplant-Oriental: A thin skinned, mild eggplant. Doesn't require a salt rub

Raspberries (Select Sites) We picked Monday morning and again on Tuesday afternoon....really starting to ripen now! They will make their rounds to your site soon. Fragile—use promptly. Store in refrigerator until used.

Salad Mix (Full Shares only)

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

Sweet Corn—The first! May be some ear worms at the tip of the ear (though very few seen). Remove worm or cut off tip. Some ears quite small as the last storm blew over many rows of this first variety, and they'd rot if we didn't pick them. Delicious all the same!

Tomatoes! Sungold Cherry's and Heirloom Slicer: Stores best a room temperature (not in refrigerator!) The first tomatoes can be ugly, but you'll soon be getting LOTS of them in your box.

Zucchini & Patty Pan Summer Squash

Coming Soon...

More onions, sweet corn, tomatoes, eggplant, raspberries, edamame & savoy cabbage!

News from the Farm *It's all about numbers....*

We are always counting around here—virtually every aspect of harvest is carefully monitored. But it's not just counting as we go, we've anticipated our harvests way back when ordering our seed in January.

Yet, there are always variables to the plan. Sometimes germination of seed is poor; rain washes out part of a bed; wind blows over a crop; pest damage; etc so numbers are low. But other times, we experience top-notch growth with excellent production, ideal growing conditions, top performance, and the bounty is evident.

Mat and I decide which crops will be in the box each week, carefully thinking about what was given the week before, how much of a crop has been given, and then think through the time needed to harvest the estimated list of crops. This week, salad numbers weren't high due to poor germination of our seed. The total weight on all the salad cut only came to 47#, so we decided to give it to full shares only. In contrast, we were only half way through harvesting our soybeans, but they are very slow to pick and we ran out of time (it took 12 people hours to get enough for the half shares). We'll have more of both these crops next week though, so we feel it balances out.

Numbers are also tricky when a crop is just starting to produce, like tomatoes were a few weeks ago. If there isn't enough to give to all or part of the CSA, then we may need to find another market for the product. Storage life of summer crops is very short, so mid-week harvests have to find another home. Additionally, crops that are very bountiful, like our zucchini and cucumbers, then we may determine how much is reasonable for your CSA box and then try to sell the remainder. Restaurants in Madison and Chicago, along with our local food coops in La Crosse and Viroqua. When are analyzing all of these variables our intent is to always meet the CSA needs first as long as there is enough of it to offer and that it meets our quality standards.

Happy Eating!



Bulletin Board

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.

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

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

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

500 Club Ground Beef Zucchini Skillet

Serves 6

- 1 lb. ground beef
- 3 zucchini, thinly sliced
- 1 onion, chopped
- 1 green bell pepper, chopped
- 1½ tsp. salt
- 1 tsp. sugar
- ½ tsp. dried basil OR 1 ½ tsp. fresh basil
- ¼ tsp. ground black pepper
- ¼ tsp. garlic powder OR 2-3 garlic cloves
- 2 medium tomatoes, diced OR 1 cup cherry tomatoes cut in half
- 1¼ cup low-fat cheddar cheese, shredded

In a skillet, over medium heat, brown ground beef; skim off excess fat. Stir in remaining ingredients except cheese. Cook 20-25 minutes until vegetables softened and mixture begins to simmer. Sprinkle with cheese just before serving.

Per serving: 170 calories, 5 g fat, 23 g protein, 9 g carbohydrate, 2 g fiber, 780 mg sodium.

Edamame are green soybeans which are rich in proteins and vitamins A, B, and C. Salt-boiled edamame in pods are eaten by squeezing beans out of pods with fingers. It's a great appetizer to serve with beer.

Ingredients:

- 1/2 lb. fresh edamame in pods, or frozen edamame in pods
- 1 Tbsp salt

Preparation:

Cut off the stem end of edamame pod. Wash and drain. Put edamame in a medium bowl. Sprinkle a pinch of salt over the edamame. Rub them with salt. Boil lots of water in a large pot. Add 1 Tbsp of salt in the boiling water. Add edamame in the boiling water and boil for 3 to 4 minutes. Drain in a colander. Spread boiled edamame on a flat tray and sprinkle salt over them. When cool, squeeze beans gently out of the pod and eat! (The pods are not edible.)

*Makes 4 servings