



The Weekly Weeder

A weekly publication for CSA members

AUGUST 11, 2010—BOX #10

WWW.RIDGELANDHARVEST.COM CSA@RIDGELANDHARVEST.COM

Box Contents and Tips

Cabbage, Green Savoy: Excellent!

Cilantro: The leaves are the secret ingredient to any salsa! Store in plastic bag.

Cucumber: Half Shares only

Edamame Soybeans: Full Shares only

See last week's newsletter for cooking edamame for a quick snack. Also great to cook, then shell the beans for use in salads. Keep in plastic bag in the refrigerator.

Eggplant- Oriental OR Globe: The globe is thicker skinned, use salt rub for 10 minutes to help get bitterness out. Store in refrigerator, but wrap in towel then into a plastic bag. This will keep it from getting rubbery too quickly (they don't like to get too cold).

Raspberries (Select Sites) We picked Monday and again on Tuesday....really ripening quickly in the heat! Fragile—use promptly. Store in refrigerator until used.

Salad Mix (Half 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: May be some ear worms at the tip of the ear (though very few seen). Remove worm or cut off tip. Delicious variety and impressive size!

Tomato Heirloom Slicers, Sungold Cherry's: The slicers are all ripe and should be eaten soon. Everyone should have received a mix of ripe and not so ripe Sungolds- use the dark orange ones first.

Tomatillos; Store in plastic bag in refrigerator Used in Authentic Mexican Cooking.

Heirloom Slicers: A mixture of Black Krim, Cherokee Purple, Japanese Black, Zapotec and Crimson Sprinter. Stores best at room temperature (not in refrigerator!) These are ripe and ready to eat. Next week we hope to have a few more under-ripe.

Zucchini & Patty Pan Summer Squash

News from the Farm

"Whilst August yet wears her golden crown,
Ripening fields lush-
bright with promise;
Summer waxes long, then wanes,
quietly passing
Her fading green glory on to
riotous Autumn."

- Michelle L. Thieme, August's Crown

While the many pounds of green & yellow beans, peppers and eggplants are just beginning, as farmers we are many steps ahead, thinking about all the things yet to do before fall; before winter. Cover crops and where they'll be seeded; selecting garlic seed from this wet season for quality; and in general of the tremendous amount of work left before the hard frosts of fall. (Our first frosts are typically in mid-September, with hard frosts sometime in October.) Yet the hint of seasons changing is evident. The onions were harvested last week, transitioning our greenhouse and high tunnel greenhouse into onion curing areas. It's nice to see the last of our transplants fitting nicely into just 2 cold frames.

But August is the time of year when we have a constant weight of work on our shoulders. It is the time for more harvesting and less planting. Our muscles are strong, needed for lifting heavy totes and crates. The fruits are in constant motion of ripening and we pick every-other day the zucchini, tomatoes, broccoli, cucumbers, raspberries and soon peppers and beans. We bow to the plants, to the earth, in repetitive motion, to the beat of the harvest. Fingers move fast, eyes looking to inspect each vegetable, knowledge of ripeness understood. At times, harvest necessitates 'becoming one with the plants' as their vines/leaves encompass our bodies. The fragrance of each plant is left imprinted on our hands, fingers, arms, and legs. It truly is a remarkable relationship we develop with long-lived plants. The work of August consumes us.

Have a good week!

Bulletin Board

Raspberry U-Pick is now Open! We're so happy that members are taking advantage of the berry picking. The patch is in peak form now, but will continue for another month. **Since this week will be hot and muggy, berries will ripen quickly, so Wednesday August 11 is also open for any u-pickers.**

Picking is open Thursday—Saturday beginning at 10 am. 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 to reserve a picking spot, receive 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. Perfect for freezing batches of pesto or drying. Choose from Genovese, Thai or Purple Opal. \$15

TOMATOES: 10# Grade B Heirloom Slicers \$18

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



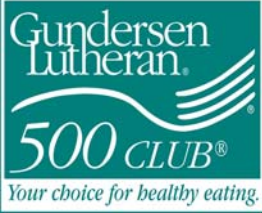
Salad Harvest. We cut it with field knives just above the soil level and harvest by the handfuls into totes. The mix is done in the packing shed based upon the portion of each type of lettuce

Mike's smile either says "Tomatillos are fun to harvest." or "Anything is better to harvest than Edamame"



The harvest crew on a hot and muggy August morning. Photo taken by crew member Cate Eddy. (Cate adds....really an impressive and fun harvest, 50 totes in all!)

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

Zucchini Toss

Serves 8 (about 1 cup each)

- 1 head of romaine lettuce, torn into bite-size pieces
- 2 Tbsp. olive oil
- 2 zucchini, thinly sliced
- 1 cup sliced radishes
- 3 green onions, sliced OR 1/2 cup sweet onion
- 3 Tbsp. crumbled blue cheese
- 2 Tbsp. wine vinegar
- 1/2 tsp. salt
- 1/2-1 tsp. minced garlic
- 1/8 tsp. ground black pepper

In large salad bowl, toss lettuce with oil until leaves glisten. Add zucchini, radishes, onions and cheese; stir. In small bowl, combine vinegar, salt, garlic and pepper; pour over salad mixture and toss.

Per serving: 70 calories, 4.5 g fat, 3 g protein, 7 g carbohydrate, 3 g fiber, 140 mg sodium

Tomato & Basil

CSA member Andrea sent us the following and said: "Here's a recipe that I use over and over...I don't have exact measurements - as they aren't necessary. A Great appetizer / snack or nice side w/ a simple soup or sandwich"

Lightly oil a 9x9inch baking dish

Large dice enough tomatoes to put a nice layer in the bottom of the pan (about an inch deep as they will bake down)

Sprinkle with feta cheese - this is to taste and diet @ I probably use about 1/2 C crumbled feta. I use plain feta, but you could use an herbed feta.

Drizzle with olive oil...

Bake 350° until tomatoes are cooked and bubbly, and feta is slightly browned (you could also use microwave, but won't get the same toasted affect w/ the feta...or could be done on a grill...

Chop fresh basil and sprinkle over the top - again, to taste. Drizzle a little more olive oil over the top. Serve warm w/ pita chips, baguette, crackers, etc.

Coming Soon...

Green Beans, Red Onions, Green Peppers, more carrots & eggplant, Cured Garlic and more!

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

Blanching Edamame for Freezing

Source: UW-Washington State

Blanching edamame, or other vegetables, before freezing stops the plant's natural enzymes from continuing the ripening process. If edamame are placed in the freezer without blanching, they will spoil faster.

1. Bring water to a boil in a large pot or wok.
2. Place edamame in a cooking basket or metal colander and immerse in the boiling water.
3. Cook for five minutes - time begins as soon as the edamame are completely immersed; do not wait until the water begins to boil again.
4. Take edamame out of the water, shake the water out of the basket or colander, and spread edamame on a towel to dry. Pat dry if necessary to remove all the water. Drying should be done quickly, within a minute. Drying the edamame prior to freezing will keep the pods from sticking together once they are frozen.
5. Place edamame in a freezer bag, and place immediately in the freezer.
6. When you remove frozen pods from the bag for cooking, it will be easy to take out the exact amount you require each time.