



# The Weekly Weeder

A weekly publication for CSA members

**AUGUST 25, 2010—BOX #12**

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## Box Contents and Tips

**Basil, Thai** - "Originally from India, basil made its way both west to Italy and east to Thailand and Vietnam and it features prominently in the cuisines of all these regions." [High Mowing Seed 2010 catalog]. This clove-like licorice flavor compliments spicy flavors of Thai cuisine.

**Beans, Green or Yellow Wax** - Snap the stem off top, then bring to boil. Watch closely so they don't overcook. Yellow beans retain their color even when cooked.

### **Cabbage, Savoy (half shares only)**

**Collard Greens**—Store in plastic bag in refrigerator. Prefers long slow cooking. Great for crock-pots on a summer day! See recipes.

**Carrots:** The last beds of our second planting has insect damage, as you'll see. Cut away surface marks. Still exceptionally tasty for summer carrots (sweet and not bitter!) There will be more to come.

**Eggplant- Oriental OR Globe (Full Shares only):** 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).

**Garlic, German Extra Hardy:**

**Onion, Red:**

**Peppers, Green Bell:** Sadly, there was just enough for everyone to get a taste. Some are nice, some aren't so nice. Blossoms were knocked off during heavy rains, so fruit is scarce. More flower buds are appearing, but they're slow in producing peppers. Not like other years on our farm when we were swimming in colored bell peppers by this time.

**Tomato Heirloom Slicers** A mixture of Black Krim, Cherokee Purple, Japanese Black, Zapotec and Crimson Sprinter. Stores best at room temperature. Perhaps the last large giving of tomatoes.

**Tomato Cherry's** (Full shares only) —A mixture of Yellow Mini's and Sungold's. Use quickly as they are ripe this week!

**Tomatillos**—Stores best in plastic bag in refrigerator until used.

**Tomato, Roma's (half shares only)**

## News from the Farm —

We're into the last half of our CSA boxes now. Can you believe it? In the beginning there is the uncertainty and worry of what will be in the box and if we can fill it up. Now, midseason, we wonder if we're giving too much and hoping it fits into the box! As you know, this is the best time of the season to eat. Summer crops are in full swing and there are hints of the late summer/fall crops that are starting to appear in the boxes. Cooking has never been so easy, fresh ingredients so readily available, making even the dullest of cooks creative! We hope you're making dishes you've never tried before, and finding some vegetables better tasting than you thought.

Beans and tomatoes have been the big occupiers of our time these days. They dominate every-other-day with their harvests (taking up at least 1/2 of our day). When we're not harvesting tomatoes or beans, we're trimming onions (a slow process since they're hand cleaned and trimmed with a scissors), washing carrots, harvesting other crops for your box, or bagging items in your box. We didn't have time to harvest raspberries this week, just not enough time!

It's this time of the season that we see more of our neighbors. Some stop by to see if we have extra canning tomatoes or place their orders for onions/garlic, and other farmers stop by to share the news of the harvest and work day. There is a sense of camaraderie with our farming neighbors, despite the differences in what we harvest. As we sort tomatoes late into the night, we aren't alone in the dark as we look across the countryside speckled with headlights of working tractors. From now until the hard frosts of October and November, the countryside is full of activity.

It's a great time of the season and while it's sometimes hard to catch our breath, we try to look around at the migrating birds and the changing colors of the crops. Cross your fingers for the continued dry weather! Best, Cate & Mat

# Recipes! Recipes!

## Awesome Collard Greens Recipe

[from the Chitterling Site](#)

### Ingredients:

2 - 3 medium smoked ham hocks or 2 pounds smoked pork neck bones

5 pounds of collards or several large bunches (If you can't get them fresh, frozen will do.)

2 teaspoon of salt

My favorite way to cook collard greens is very simple. I take 2 or 3 smoked ham hocks and put them in a large (6 quart) pot of water. Bring the water to a rolling boil and let it boil for about 1 1/2 hours. Add more water as it boils down. The idea is to boil the ham hocks until they begin to fall apart. You should always cook pork very thoroughly and use proper food handling techniques. You want the ham hocks to be falling apart before you add the collard greens.

Take the collard greens and separate the leaves (if fresh) . Now rinse each leaf individually under cold running water. After you rinse the collard greens thoroughly, stack several leaves on top of each other. Roll these leaves together. Then slice the leaves into thin strips using a cutting board and large knife. Rolling them together speeds up the process as you are slicking through several leaves at once.

Next, add your collard greens to the pot. Since this is a lot of collards, you will need to add them until the pot is full. Then allow them to wilt as they cook - then add more. Add you salt, cover and cook for thirty minutes on medium heat. Stir every few minutes to distribute the smoked meat taste evenly. Taste to confirm they are the tenderness you prefer. Serve with your favorite meat dish such as chitterlings. Eat the ham hocks or neck bones right along with the collards.

## Salsa Verde

- \* 12-15 tomatillos, husks removed, quartered
- \* 5 cloves of garlic
- \* 1 medium white or yellow onion, skin removed, coarsely chopped
- \* 1 bunch cilantro
- \* 1 teaspoon salt
- \* 1 teaspoon vegetable oil
- \* 1 jalapeno, seeds removed
- \* 3 large green chiles, (such as Poblano, Ancho, Anaheim or Hatch) roasted and skins removed
- \* 1 tablespoon lime juice

### Preparation:

Add onions, jalapeno and tomatillos into a food processor and pulse 4-5 times. Add in remaining ingredients and pulse until desired consistency.

Salsa verde can be served immediately, but is better when it sits in the refrigerator overnight to let the flavors meld.

## Slow-Cooker Black Bean-Mushroom Chili

<http://www.eatingwell.com/recipes/slow-cooker-black-bean-mushroom-chili.html>

### Ingredients

- 1 pound dried black beans, (2 1/2 cups), rinsed
- 1 tablespoon extra-virgin olive oil
- 1/4 cup mustard seeds
- 2 tablespoons chili powder
- 1 1/2 teaspoons cumin seeds, or ground cumin
- 1/2 teaspoon cardamom seeds, or ground cardamom
- 2 medium onions, coarsely chopped
- 1 pound mushrooms, sliced
- 8 ounces tomatillos, (see Ingredient Note), husked, rinsed and coarsely chopped
- 1/4 cup water
- 5 1/2 cups mushroom broth, or vegetable broth
- 1 6-ounce can tomato paste
- 1-2 tablespoons minced canned chipotle peppers in adobo sauce, (see Ingredient Note)
- 1 1/4 cups grated Monterey Jack, or pepper Jack cheese
- 1/2 cup reduced-fat sour cream
- 1/2 cup chopped fresh cilantro
- 2 limes, cut into wedges

### Preparation

1. Soak beans overnight in 2 quarts water. (Alternatively, place beans and 2 quarts water in a large pot. Bring to a boil. Boil for 2 minutes. Remove from heat and let stand for 1 hour.) Drain the beans, discarding soaking liquid.
2. Combine oil, mustard seeds, chili powder, cumin and cardamom in a 5- to 6-quart Dutch oven. Place over high heat and stir until the spices sizzle, about 30 seconds. Add onions, mushrooms, tomatillos and water. Cover and cook, stirring occasionally, until the vegetables are juicy, 5 to 7 minutes. Uncover and stir often until the juices evaporate and the vegetables are lightly browned, 10 to 15 minutes. Add broth, tomato paste and chipotles; mix well.
3. Place the beans in a 5- to 6-quart slow cooker. Pour the hot vegetable mixture over the beans. Turn heat to high. Put the lid on and cook until the beans are creamy, 5 to 8 hours.

Garnish each serving with cheese, a dollop of sour cream and a sprinkling of cilantro. Serve with lime wedges. Stovetop Variation: Total: 4 1/2 hours In Step 2, increase broth to 8 1/2 cups. Omit Step 3. Add the beans to the Dutch oven; cover and simmer the chili gently over low heat, stirring occasionally, until the beans are creamy to bite, about 3 hours.

### Coming Soon...

More Green Beans, Green Peppers & Eggplant,  
Beets, Dill, Turnips & ....much more!

# Recipes!

- continued -

## Braised Greens

Source: Food Network

### Ingredients

- 3 tablespoons olive oil
- 1/2 pound bacon slices, roughly chopped
- 4 garlic cloves, thinly sliced
- 2 cups chicken stock
- 1/3 cup cider vinegar
- 2 tablespoons sugar
- 1 bunch collard greens, ribs removed
- 1 bunch mustard greens, ribs removed
- 1 bunch red Swiss chard, ribs removed
- Salt and freshly ground black pepper

### Directions

In a large pot heat oil and bacon over high heat until bacon is well browned. Stir in garlic and cook 45 seconds. Deglaze with chicken stock and vinegar. Add sugar and greens and partially cover. Lower heat to medium and cook for 30 minutes. Season with salt and pepper, to taste.

## Ratatouille

Cook Time: 35 minutes

Total Time: 35 minutes

### Ingredients:

- \* 2 tablespoons olive oil
- \* 2 cloves garlic, crushed and minced
- \* 1 large onion, quartered & thinly sliced
- \* 1 small eggplant, cubed
- \* 2 green bell peppers, coarsely chopped
- \* 4 large tomatoes, coarsely chopped, or 2 cans (14.5 ounces each) diced tomatoes
- \* 3 to 4 small zucchini, cut into 1/4-inch slices
- \* 1 teaspoon dried leaf basil
- \* 1/2 teaspoon dried leaf oregano
- \* 1/4 teaspoon dried leaf thyme
- \* 2 tablespoons chopped fresh parsley

### Preparation:

In a 4-quart Dutch oven or saucepan, heat olive oil over medium heat. Add garlic and onions and cook, stirring often, until softened, about 6 to 7 minutes. Add eggplant; stir until coated with oil. Add peppers; stir to combine. Cover and cook for 10 minutes, stirring occasionally to keep vegetables from sticking.

## Bulletin Board

**Raspberry U-Pick Continues!** We're so happy that members are taking advantage of the berry picking. We enjoy meeting and visiting with you, and hope more of you will take the opportunity to pick. The patch is in peak form now, and will continue for another month.

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 Canning Slicers or Plum Tomatoes \$18

**GARLIC:** Choose from German Extra Hardy or Asian Tempest

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

Add tomatoes, zucchini, and herbs; mix well. Cover and cook over low heat about 15 minutes, or until eggplant is tender but not too soft.

Serves 4.