



The Weekly Weeder

A weekly publication for CSA members

SEPTEMBER, 2010—BOX #13

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Box Contents and Tips

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.

Beets (Full shares only): this planting was washed out earlier in the season from heavy rains, but half of it survived. We didn't have enough to give to all shares this week, but there will be more to harvest for half shares next week.

Dill: Use fresh or dry for later use. Season your beans,

Eggplant- Oriental OR Globe (Half Shares only): 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, Asian Tempest or German Extra Hardy: Store on countertop or other cool, dry place.

Kale, Lacinato: A bit holey from the cabbage worms, whom love this tender kale, but nothing that affects the taste. Strip leaves off stem, then steam for 10-15 minutes. A little butter, salt and pepper and it's a wonderful quick side dish for any meal, that even kids come to love. Our oldest son Paul, loves it with Bragg's amino acids. This is our favorite of all the kales. Store in plastic bag in refrigerator to prevent wilting.

Leeks: To clean, cut off green top to leaves and discard. Then slice the white stalk (that's the part you'll eat) down the center (long ways). Run water over stalk to wash any dirt out of layers of leek. Use in place of any onion.

Potatoes: After 2 minor repairs to the mechanical potato digger, we were able to get a few beds dug, until a major breakdown caused us stop. We'll need to repair it in order to successfully get the rest of our potato crop out of the ground.

Peppers, Green Bell: It took our entire pepper patch to get one in every half share and two in every full share. Typically, we are taking in pallets of peppers at this time, not just a few totes worth. We have picked a few red ones, but not many without rot. Keep peppers in refrigerator crisper drawer.

Tomatoes: An assorted bag of the end of our 1st crop of tomatoes. We hope our second planting starts to ripen!

News from the Farm —

Hello! We are trying to keep it together this week with major house repairs, equipment break-downs, children & thunderstorms, and the overall mid-season craziness. That said, there isn't much news from the farm this week. Sorry... we will try to have some good stories next week. Enjoy these photos of the potato harvest and additional recipes. Have a good week!

Mat & Cate





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

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

COMING SOON:

**TURNIPS, CHARD, ONIONS
and more!**

Recipes! Recipes!

Grilled Eggplant Sandwich

Source: [Eggplant Recipes](#)

Ingredients -

Eggplant:

4 teaspoons Olive Oil

1 clove Garlic, finely chopped

1 1/2 teaspoons chopped, Fresh Basil

Salt, to taste

Fresh Ground Black Pepper

2 small Eggplants

Sandwiches:

1/2 cup Cream Cheese, Low-Fat Whipped, or Goat Cheese

4 pieces Focaccia or other good quality bread, sliced in half, lengthwise

2/3 cup Spinach, washed and dried

4 slices Tomato

Preparation:

Eggplant:

Preheat grill to medium heat.

Add olive oil, garlic, salt, and fresh ground pepper and 1/2 teaspoon fresh chopped basil to small bowl. Stir to combine.

Brush both sides of eggplant slices with olive oil mixture.

Grill eggplant over direct heat, 3 minutes per side.

Sandwiches:

Mix cream cheese, 1-tablespoon fresh chopped basil, salt, and fresh ground pepper in small bowl.

Spread 4 halves of focaccia bread with cheese mixture.

Top with spinach, slice of tomato and focaccia bread slice.

Baba Ganouj

From EatingWell: May/June 2007

If you can't find ground sumac for the garnish, chopped pistachios are traditional as well. Serve with pita wedges or use as a spread for sandwiches.

- * 2 medium eggplants,
- * 4 cloves garlic, unpeeled
- * 1/4 cup lemon juice
- * 2 tablespoons tahini, (see Note)
- * 1 1/4 teaspoons salt
- * Extra-virgin olive oil, for garnish
- * Ground sumac, for garnish (see Note)

1. Preheat grill to high.

2. Prick eggplants all over with a fork.

Thread garlic cloves onto a skewer. Grill the eggplants, turning occasionally, until charred and tender, 10 to 12 minutes. Grill the garlic, turning once, until charred and tender, 6 to 8 minutes.

3. Transfer the eggplants and garlic to a cutting board. When cool enough to handle, peel both. Transfer to a food processor. Add lemon juice, tahini and salt; process until almost smooth. Drizzle with oil and sprinkle with sumac, if desired.

Oven Fried Potatoes With Dill

Source: [About.com](#)

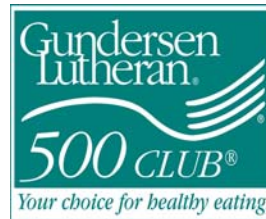
- * 4 medium potatoes
- * 1 1/2 tablespoons melted butter
- * 1 1/2 tablespoons olive oil
- * 1 teaspoon salt
- * 1/4 teaspoon pepper, or to taste
- * paprika
- * garlic powder
- * dill

Preparation:

Peel potatoes then cut crosswise into 3/8-inch slices. Brush with a mixture of the melted butter and oil.

Bake at 425°, basting frequently with butter and oil mixture until tender and golden brown on both sides, about 15 to 20 minutes. Sprinkle with salt, pepper, dill, garlic powder, and paprika; serve immediately.

Serves 4.



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

Delicious Roasted Veggies

Serves 8 (about 1 cup each)

1/2 cup olive oil

1/4 tsp. salt

1 Tbsp. sugar

1/4 tsp. ground black pepper

1 Tbsp. crushed red chili flakes

1 Tbsp. minced garlic

1 red bell pepper, diced

1 green bell pepper, diced

1 yellow squash, diced

1 eggplant, diced

1 red onion, diced

1 lb potatoes, with skin, diced

1/2 head cabbage, diced

Preheat oven to 425 degrees. In a large bowl, combine first 6 ingredients. Toss the vegetables in the oil mixture and spread on a cookie sheet. Bake until the potatoes are tender, tossing every 15 minutes to prevent sticking.

Per serving: 270 calories, 14 g fat, 5 g protein, 33 g carbohydrate, 8 g fiber, 100 mg sodium