



The Weekly Weeder

A weekly publication for CSA members

SEPTEMBER 8, 2010—BOX #14

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Box Contents and Tips

Beans, Green: Sadly the last of the season. Enjoy!

Beets (Half shares only): As we said last week, this planting was washed out earlier in the season from heavy rains so we're having to split up the giving's between half and full shares. More next week!

Chard, Red: Store in plastic bag in crisper drawer.

Dill: Use fresh or dry for later use. Season your cooked green beans with a sprinkle of freshly chopped dill on top. See other suggestions in recipes.

Eggplant- Oriental OR Globe: 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).

Peppers, Green Bell: Keep peppers in refrigerator crisper drawer OR freeze by washing, taking out seeds, and placing onto a cookie sheet. Once frozen put into a freezer bag.

Peppers, Ancho (dark green, tapered)

Peppers, Italia (red, tapered) (full shares only)

Onions: Cipollini (flat yellow) and **Yellow Storage** (round/oval yellow skinned)

Sage— wash and allow to air dry on towel. Then roll in towel in keep in crisper.

Tomatillos (full shares only)

Turnips, Purple Top (full shares only) UGLY! The external marks from the root maggots can easily be trimmed away for a delicious inner turnip for fresh eating or cooking. Tear off leaves and discard or use as braising green, then store roots in plastic bag until used. Stores for a long time if kept in bag. Excellent in soups & stews, shredded raw into coleslaws & salads, or steamed by themselves.

Turnips, White Baby (half shares only) - Eat like a radish, whole and raw. Also good sliced and cooked, seasoned with butter, salt and pepper. Store leaves and roots separately in plastic bags, using leaves early on this week.

News from the Farm & Crop Update:

Summary: Mother Nature rules.

Though we didn't have standing water in our fields like our valley farm friends, the heavy rains of August fell hard and fast that even the waterways couldn't hold back the water to keep soil from moving. Water is so powerful! It washed away and covered up several spinach and salad mix plantings that we would now be cutting and eating from. Heavy winds literally blew down the tall sweet corn plantings that would have been ready for harvest next week. As we've reported already, the heavy rains also knocked off many blossoms from our eggplant and pepper plants even though we had some of our best looking plants ever that hinted in an excellent season of peppers.

It was heartbreaking to see our blushing and green fruits on our second heirloom tomato crop rotting on the vine! Just when we expected to start picking them, we are now seeing black rotten spots oozing and spoiled. Not one of the fruits has been spared. The process of taking down the trellis's, t-posts, and plastic mulch must begin. We will pull the entire plant and haul them off the field to avoid long-term issues with disease. We feel sickened by their loss as we'd hoped to continue to fill boxes with tomatoes up until frost.

But despite some of these losses, the boxes continue to be plentiful and will quickly be changing in the coming weeks. We have nice stands of leeks, Brussels sprouts, kales, collards, broccoli and cauliflower. More turnips, beets, carrots, garlic and onions will be given. Baby leeks, celery root, winter radishes, cilantro, and fennel will also appear at least once in the coming weeks. And we're hopeful that our very late planting of winter squash will fully mature, or at least some of the varieties like Carnival, Delicata, Acorn and Spaghetti. The spinach and salad greens should be ready in a few weeks, and more will be planted tomorrow in the both the field and high tunnel.

Like most farmers, we continue to be optimistic of the future. We will always plant seeds with the hope that they'll flourish.

Eat well and give thanks—
Your farmers Cate and Mat

Bulletin Board

Raspberry U-Pick—coming to the end! Berry picking is coming to an end. There are still some berries to be picked, but cooler temperatures means slower growth. If you'd like to freeze fresh berries or make jam, come out soon before the berries are gone.

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.

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

Recipes!

Dilled Creamed Potatoes

Source: www.allrecipes.com

"This recipe was given to me by my mother-in-law. It is always served at family get together's and BBQs. You can use regular peeled and cubed potatoes if you can't find baby potatoes."

Ingredients

- * 2 pounds potatoes
- * 2 tablespoons olive oil
- * 1 small onion, diced
- * 3 cloves garlic, minced
- * 1 quart heavy cream
- * 1 cup chopped fresh dill
- * salt and pepper to taste

Directions

1. Place the potatoes in a large pot with enough water to cover. Bring to a boil, and cook 15 minutes, or until tender.
2. Heat the olive oil in a skillet over medium heat, and cook the onion and garlic until tender.
3. Drain potatoes, and return to the pot. Pour in the cream, and mix in the onion, garlic, and dill. Bring to a boil, reduce heat to low, and simmer 20 minutes, stirring occasionally, until thickened. Season with salt and pepper.



Team Work for this dirty job! Plastic mulch and drip tape for irrigation was cleaned up from the zucchini and onion fields. A dirty, dusty and heavy task, made more challenging by gusty winds. Yet our awesome crew was still smiling as it was loaded into the dumpster! Above left to right: Felipe, Cedarose, Mike, Liz, Erin and Aqilino; and Craig on tractor to the far left.

Recipes! Recipes!

Spanikopita Recipe

Ingredients

- One package (1 roll) of Fillo dough- thawed in refrigerator for 24 hrs
- One large bunch of swiss chard (or use spinach) - take leaves off stem and chop coarsely
- One medium yellow onion- chopped
- One cup Feta crumbles or more if you like
- Four cloves of garlic-minced
- One lemon- juiced
- One-two TB olive oil
- Six TB butter-1-2 TB to cook onions/chard, 4 TB (or more) melted for brushing layers of dough, and an add'l tsp for coating baking dish
- One pinch of dill
- One dash of nutmeg
- One dash of thyme
- Sea salt and freshly ground black pepper for seasoning
- Two TB sesame seeds

Special Equipment- Basting brush

Directions

1. Preheat oven to 350 degrees
2. Heat 1-2 TB butter and olive oil on medium heat in large sauté pan. Add onions, stirring for 3-5 minutes. Cook until soft.
3. Add garlic, be careful not to brown. Then add thyme, dill, nutmeg and stir to coat evenly.
4. Reduce heat to low. Add swiss chard and lemon juice. Cook until chard wilts. Turn off heat, and set aside to let cool.
5. Once cooled, add feta crumbles and stir. Add salt, pepper to taste
6. Melt remaining butter (4-6 TB) in small saucepan on low heat.
7. Keep your melted butter close now. Open your dough...roll out package...work quickly so it doesn't dry out and turn into a flakey mess. Cover with a damp kitchen cloth if necessary.
8. In buttered square 8x8 glass baking dish, layer one sheet of Fillo dough at a time, brushing each individual sheet with melted butter. (A silicone basting brush works perfectly for this task)
9. Once you have a nice 5-7 sheet thick layer of dough, add 1/2 of the amount of cooled spinach, feta, and onion mixture
10. Then repeat the layer of fillo dough sheets. repeat spinach mixture, repeat fillo layer.
11. Then you'll finish layering w/ fillo dough on top. Brush with remaining butter. Sprinkle with sesame seeds and bake at 350 degrees for 30 or so minutes or until golden brown on top.

Creamy Polenta with Roasted Corn and Fresh Sage

Source: www.allrecipes.com

"This side dish is great served hot and topped with Parmesan cheese, or chilled, cut into shapes and then griddled."

Ingredients

- * 2 ears corn
- * 3 tablespoons olive oil
- * 1 teaspoon finely chopped garlic
- * 1/2 yellow onion, diced
- * 3 cups water
- * 2 cups milk
- * 1 cup cornmeal
- * salt and pepper to taste
- * 3 tablespoons chopped fresh sage leaves
- * 1/2 cup grated Parmesan cheese

Directions

1. Grill corn in the husks, or roast in the oven; cut kernels from cob.
2. In a heavy 4-quart saucepan heat oil over medium heat. Stir in garlic and onions; reduce heat to low and cook until onions are translucent.
3. Stir in water and milk and bring to a boil over medium-high heat. Slowly stir in cornmeal, whisking thoroughly. Reduce heat to low and simmer for 30 minutes, stirring often to prevent sticking and burning. Season with salt and pepper; simmer 15 minutes more.
4. When cornmeal is tender, stir in corn, sage and Parmesan cheese. Transfer to a large bowl to serve.

Nutritional Info: Amount Per Serving Calories: 388 | Total Fat: 17.4g | Cholesterol: 21mg

Creamy Dill Dip

Source: www.allrecipes.com

Ingredients

- * 1 (8 ounce) pkg cream cheese, room temperature
- * 1 cup sour cream
- * 2 tablespoons finely chopped green onions
- * 1/2 teaspoon salt
- * 2 tablespoons chopped fresh dill weed
- * 1/2 teaspoon minced garlic (optional)
- * 2 tablespoons milk (optional)

Directions

1. In a medium bowl, blend cream cheese and sour cream with an electric mixer until smooth. Mix in green onions, salt, dill and garlic. Refrigerate for at least 30 minutes to blend flavors. If the dip is too thick after chilling, stir in milk 1 tablespoon at a time until you reach your desired consistency.