

Subject: Farm Newsletter Weed of August 13th-18th
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Conversation: Farm Newsletter Weed of August 13th-18th

We are continuing to seed crops for the fall, maintaining plants, harvesting, and looking into a greenhouse to extend the season. The abundance of veggies is continuing to come and the farmstand is still stocked with the abundance as well as distributing as much as we can possibly fit in your overflowing baskets!

We are going to try to give out yellow storage onions this week as weather and room in the basket permits. We will also be giving out red and sweet onions over the next few weeks. You can use right away. To dry for storage, either hang with tops down and let dry out in a ventilated area (like where you dried out your garlic). Your garlic may be dry by now. You can cut off the tops and store in a cool dry place or just leave them to dry longer to be sure. When the tops of your onions are dry, (in about 2 weeks) you can store them in a cool dry place.

To get the most out of your tomatoes, be sure to use ripe or blemished tomatoes first and let others ripen. The cherry tomatoes you've been getting are an incredibly sweet orange cherry tomato that are ripe when orange called Sun Gold. Many of the tomato varieties we grow are heirlooms, including many colors like pink, striped orange, peach, yellows, purples and black in case you were wondering what was going on!

I am looking for an accountant who is used to working with small businesses/farms to help me with the farm book keeping and taxes. If you have any suggestions, please let me know.

This week's harvest:

Mesclun?, Lettuce, Summer squash, Cukes, Peppers, Eggplant, Tomatoes, Chard, Cherry Tomatoes, Beans, Onions?, Broccoli?, Cauliflower?, Melons, Basil

Next week's harvest: Mesclun, Lettuce, onions, parsley, cukes, beans, summer squash, peppers, eggplant, tomatoes, kale, melons, onions.

Very Veggie Chili-(Taken from The Hannah Grimes Localvore Newsletter is a weekly digest of Localvore News,

Regional Events, Recipes, etc. You can sign up to receive weekly newsletters at:

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2 tablespoons vegetable oil
1 large onion, diced
3 cloves garlic, minced
1 large carrot, peeled and finely diced
1 stalk celery, finely diced
1 small parsnip, peeled and finely diced
1 small green pepper diced
1 zucchini, diced
1 yellow squash, diced
1 small eggplant, peeled and diced
(15-ounce) diced tomatoes with juice
1 (28-ounce) can plain tomato sauce (or more fresh tomatoes cooked down!)
2 cups frozen corn
1 (15-ounce) can kidney beans, drained and rinsed
1 and one-half teaspoons ground cumin
1 and one-half tablespoons mild chili powder (or fresh hot peppers)
Salt and pepper to taste
Shredded cheddar cheese to garnish

In a large, heavy-bottomed soup pot or Dutch oven set over medium heat, heat oil. Add onion, garlic, carrot, celery, and parsnip and saute, stirring occasionally, 5 to 7 minutes until onion is soft. Add green pepper, zucchini, and yellow squash and cook, stirring occasionally, another 5 minutes. Add eggplant and cook, stirring occasionally, for another 5 minutes. Add tomatoes with juice, tomato sauce, corn, and beans. Stir to combine well and increase heat to medium-high. Cook, stirring occasionally, until chili starts to gently bubble. Stir in cumin and chili powder. Reduce heat to low and simmer for 8 to 10 minutes. Taste and add more chili powder as desired along with salt and pepper to taste. Served topped with shredded cheddar.

Sour Pickles: (Submitted by Jonathan Bloom) Wash out a 2-quart jar with boiling water and fill tightly with

washed and dried pickling cukes (about 2 pounds), interspersed with about 8 cloves of garlic, peeled, and a

handfull of dill. You can also add some hot peppers or peppercorns, if you like.

Fill the jar with boiling brine made from 4 cups boiling water and 2 tablespoons salt. You'll need more than 2 cups

and less than four.

Optional: Place a stale end of sourdough bread on the top and then cover the jar with a lid. Place the entire jar in a

shallow dish (it will leak) and put in a warm place for 4-5 days. The brine will get cloudy and drip out of the jar. The

pickles are ready to eat now or will keep for weeks in the refrigerator.

From Edith Notman: Slice yellow squash, zucchini, Japanese eggplant into rounds. Cut onions into quarters or eighths, depending on size. Brush with olive oil and grill on both/all sides. Cool, put into plastic bags and freeze for winter use. I add them to spaghetti sauces and stirfries, and a friend has suggested they'd also be good in soups. (I'm sure you could expand the veggie selection to anything grillable.)

VERY simple veggie casserole for freezing: As a base for this I always use yellow squash, zucchini, tomatoes and onions. I add whatever else I have too much of (beans, peas, eggplant etc) and I don't see any reason why you couldn't include rugged leaf vegetables such as kale, roughly chopped. Only vegetable I've used that needs preparation is eggplant. Cube it, salt it well, and leave it in non-metal colander or sieve for a half hour or so, then rinse thoroughly in cold water. Lightly sautéing vegetables in olive oil first would probably make for a classier dish. Put a little water in the bottom of as many oven-proof casserole dishes as you have veggies (and freezer space!) for they shrink during cooking so fill the dishes up to the top. Quarter, chop or slice veggies and toss them in, along with any herbs; I particularly like basil or rosemary. Garlic's good, too. Cover, put in 350° oven until vegetables are on the firm side of being cooked. Keep an eye on them while they cook to be sure they don't dry out, though usually enough liquid is generated by the cooking process so you'll have to add little if any. Remove from oven and top with enough cheese to completely cover veggies. I use pre-grated (coarse) supermarket cheese, generally about 2/3 low-fat mozzarella and 1/3 taco mix cheese, the kind without seasonings. Cheese will melt as casseroles cool. Put in refrigerator until completely cool, then into freezer. When you use a casserole, let it partially thaw before warming it either in oven or microwave.

Saag: Here's a great Indian recipe using lots of spinach/Swiss chard/Kale. It's satisfying and nutritious. First wilt 2# greens with 1-4 whole chiles. Puree in food processor. Heat 2 tbsp butter or oil, add 1 tsp ginger, 1-2 tsp fenugreek seeds, 1 onion chopped finely and 1+ clove chopped garlic, and chopped cashews if desired. Saute till onions are brown. Add 1

cup chopped tomatoes and sauté till broken down. Add greens, 1 cup milk and salt to taste. Add fresh cilantro and serve with rice and/or chapattis (I use burritos as my Indian flatbread and fry in pan).

Oriental Cole Slaw: Shred in food processor: 1# cabbage, 2 carrots. Chop up 1 bunch scallions or 1-2 cup onions and mix with 1 cup sunflower seeds, 1 cup toasted slivered almonds, and 2 pkg of ramen noodles. Whisk 3-4 cup olive oil, 1/3 cup white vinegar, and 1-4 cup maple syrup. Stir into above veggies and add cilantro, parsley and soy sauce to taste.

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