

Subject: FW: Farm Newsletter Week of Set 3-8th Canning Tomatoes Still Available
Date: Monday, September 8, 2008 9:35 AM
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Conversation: Farm Newsletter Week of Set 3-8th Canning Tomatoes Still Available

From: Tracie M. Smith [mailto:farmertracie@hotmail.com]
Sent: Wednesday, September 03, 2008 6:24 AM
Subject: Farm Newsletter Week of Set 3-8th Canning Tomatoes Still Available

The 8th Annual Fall Harvest Gathering is coming up...Saturday, September 13th at 4 p.m.. Bring a dish and/or drinks to share and we will provide dishes. Bring friends, family and a warm heart and come ready to pick out your pumpkins. The pumpkins are beautiful this year. We'll have a campfire to keep warm and a grill to cook on.

We still have plenty of canning tomatoes for \$1 per pound. Now is the time to preserve some of the harvest for those winter months! The farmstand is also stocked with the bounty.

There have been a lot of vegetables this season. This is partly because of the amazing weather we've had, mixed with this prime agricultural soil which is much more productive than the soil in Sullivan. On top of this being new to this land, I planted extra not being sure what the yields would be and wanting to be sure we had enough for everyone. I will adjust the planting accordingly next year now that I am more familiar with this land. For now just take advantage of the bounty with freezing or preserving for the winter and sharing with family and friends! I am also considering a smaller size share for next season which would be more in line with a true single share (half of this years single share) and would love to hear if any of you would be interested in this.

Some of you have asked about the Fall/Spring CSA Share Option. I don't have the final details ready yet as I am waiting to see how the late season crops grow and am in the process of ordering the greenhouse. We will definitely be extending the season and I will share the details as soon as I have them figured out!

This week's harvest: Mesclun (it's back!), Lettuce, Summer squash, Cukes, Peppers, Tomatoes, Beans, Beets, Basil, Eggplant?, Edamame?

Next week's harvest: Mesclun, lettuce, tomatoes, beans, chard, cukes, peppers, eggplant?, edamame?, herbs, let me know if you'd like chives, lemon balm, mint,

parsley, oregano, savory, thyme, sage, or thai basil, or a big bag of basil for pesto.

Stuffed Peppers: Cut tops of peppers off and remove seeds. Put a small amount of sugar in each pepper. Mix 2 cups bread crumbs (best crumbs made out of hardened bread crumbled up by hand or in food processor-can bake in over to harden), 1/2 cup Parmesan and/or freshly grated Romano, basil, garlic, salt and pepper. Add 2 tbsp water and 2 tbsp oil. Mix adding more water if needed to just barely hold together mixture. Fill hollowed out peppers with bread crumb mixture. Top with olive oil and bake at 415 degrees for 30 minutes or till browned.

Jamie Larsen's Roasted Garlic & Eggplant Salad or Dip Sheryl Cornett,
Independent Weekly

1 medium to large eggplant

2-3 cloves fresh garlic

1/2 cup olive oil

1 tablespoon fresh squeezed lemon juice (half a lemon)

1 tablespoon chopped fresh oregano (or 1 teaspoon dried)

1/2 teaspoon ground cumin

Sea salt and freshly ground pepper to taste

Red leaf lettuce (or any tender salad green)

Garden ripe tomatoes: grape, cherry, plum or thick-sliced slicers Pita bread

Parmesan cheese (optional)

Preheat oven to 350. Peel garlic and cut into slivers. Cut a few long slits into the skin of each half of the eggplant and insert garlic slivers. Place on foil-lined baking sheet brushed with olive oil and bake 1 to 1 1/2 hours or until silky tender when pierced through. During baking, Jamie turns hers every 30 minutes or so, but I put mine in the oven and went back to grading summer school finals and never turned them once and they were fine. Remove from oven and cut eggplants in half; cool slightly.

Scrape eggplant pulp out of skin into food processor. Add remaining ingredients and process until smooth. Taste and add more seasoning if necessary. Transfer to bowl and cool completely in refrigerator. Keeps well for a day or two. When ready to use, set out the bowl as a dip with pita bread or fix individual salads by lining plates with lettuce leaves, spooning the eggplant puree into the middle and arranging tomatoes around edges. Drizzle top with olive oil and freshly grated Parmesan cheese. Garnish with oregano sprigs. 4-6.

Cabbage pancakes (from Gretchen Snow): Mix together in a bowl: 3 cups of green or purple cabbage sliced (do not dice - just slice it thin), 1 cup of carrots (sliced fine pieces that are about 1/8" thick and 1" long), 1 cup of onion (sliced thin). Mix together in a separate bowl: 3tbs pastry flower, 3tbs mesa

(fine corn flour), 1 tsp Salt Add the flour mix bit by bit to the vegetables and add a couple of tablespoons of water at the same time. The goal is to have the vegetables slightly coated with a wet mixture of the two flours. Use a frying pan and olive oil on medium to high heat. Fry the mixture in small clumps (it doesn't really form balls) until brown on one side and then flip. Add salt or pepper to your taste while frying.

Sauerkraut: Work with 5 pounds of cabbage at a time. Rinse heads under cold running water and drain. Cut heads in quarters and remove cores. Shred or slice to a thickness of a quarter. Put cabbage in a suitable fermentation container and add 3 tbsp salt. Mix thoroughly, using clean hands. Pack firmly until salt draws juices from cabbage. Repeat shredding, salting, and packing until all cabbage is in the container. Be sure the container is deep enough so that its rim is at least 4 or 5 inches above the cabbage. If juice does not cover cabbage, add boiled and cooled brine (1-1/2 tablespoons of salt per quart of water). Add plate and weights, cover container with a clean bath towel. Store at 70-75 degrees Fahrenheit while fermenting. At temperatures between 70-75 degrees Fahrenheit, kraut will be fully fermented in about 3-4 weeks; at 60-65 degrees Fahrenheit, fermentation may take 5-6 weeks. At temperatures lower than 60 degrees Fahrenheit kraut may not ferment. Above 75 degrees Fahrenheit, kraut may become soft. If you weigh the cabbage down with a brine-filled bag (6 tablespoons salt to 1 gallon of water), do not disturb the crock until normal fermentation is completed (when bubbling ceases). If you use jars as weight, you will have to check the kraut 2-3 times each week and remove scum if it forms. Fully fermented kraut may be kept tightly covered in the refrigerator for several months.

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