

High Meadow Farm CSA

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Newsletter 10

August 16, 2011

In this week's box:

Cucumbers
Cilantro
Green peppers
Leaf Lettuce
Melons

Shallots
Summer squash
Sweet Onions01
Tomatoes

This week's bread and treats are Pepper-Onion- Garlic bread and Chocolate Madness cookies!

Save the date!!

Our Summer Farm Party will be held on Saturday, August 27. We will have meat on the grill, beer and soda. Feel free to bring a dish to pass. You are encouraged to bring yard games and/or musical instruments, or anything to make this end-of summer-celebration on the farm enjoyable! There will be farm tours in the afternoon as well!

Please RSVP via email or phone 920-699-3658.

The **melons** are the stars of the boxes this week!

Some of the watermelons have been weighing in at some pretty impressive weights, too! (27 lbs is the winner so far!) We have been harvesting them with care as melons can bruise easily.

We have grown several varieties, you may be getting one or more this week. There are cantaloupes- one of the only melons that will continue to ripen after harvest. If you have received a cantaloupe (with orange flesh and a netted look on the skin) it should smell wonderfully fruity and be slightly soft. If not, please let it sit in a cooler spot (but not the fridge) for a few days to ripen. Honeydew have a green tint to them and do not get as soft as the cantaloupes. They should be kept cold. We have grown 3 varieties of watermelon; Sugar Baby, a round, dark green ball with sweet red fruit, Moon and Stars, looks like Sugar Baby, but has different sized yellow dots on the skin that look like a starry sky. A delicious heirloom variety. Both range in size from small and personal to small beach-ball size. 'Ali Baba' is an oblong, light green melon. If you can't eat all of your melon in one sitting, you can always make melon balls or cubes for snacking or stick the balls in the freezer for a cool treat or to use over the winter for sorbet, smoothies, snacks or fruit desserts.

If you do not have a watermelon this week, look for one next week!

You can expect some cracks and light blemishes on some of the **heirloom tomatoes**- this is perfectly normal. We also try to put some of the round, red slicers in your boxes, but we can always expect some trimming to be done on the whoppers. (Not much just cut off the cracks! The scarring is only superficial and usually caused by rapid growth.)

There is a mixture of many **cherry tomatoes**. Taste the difference in each!

A few **novelty tomatoes** may be in your box. We grow them because we love them and members have loved them in the past; 'Garden Peach' (Yellow, soft-looking) and 'Green Zebra' always green, has an orange blush when ripe. If the tomatoes aren't ripe when you receive them, just let them sit on the counter for a few days until they ripen. They will arrive in your hands in better shape if they are under-ripe.

Paste tomatoes are fantastic this year! We have grown 3 heirloom varieties and so far are thrilled with the taste and the size. They have definitely replaced the typical Roma's.

If you don't like raw tomatoes- (it's true, some people don't), you may like them cooked in sauces or added to other dishes. Tomatoes can also be frozen for use in winter; just remove the stem, drop them in a bag and freeze. When you need tomatoes for chili or sauce, just hold them under cool water and slip the skins off, then drop them in the pot!

Tomatoes are coming on strong and harvesting them is one of our daily tasks. Even though the plants are trellised and suckered, we still need to look carefully through the dense foliage and over 400 plants! One thing that I forgot to mention in last week's newsletter is that you should **NEVER** refrigerate your tomatoes for storage. Chilling will zap all of the flavor from them! If you have cut one and can't use it right all away, you can put it in the fridge and then see what I mean when you use the rest. It'll be edible, but not as flavorful.

To make an easy, delicious and fresh salsa-

- 3 tablespoons finely chopped onion
- 2 small cloves garlic, minced
- 3 large ripe tomatoes, peeled and seeds removed, chopped
- 2 hot chile peppers, Serrano or Jalapeno, finely chopped
- 2 to 3 tablespoons minced cilantro
- 1 1/2 to 2 tablespoons lime juice
- salt and pepper

Preparation:

Put chopped onion and garlic in a strainer; pour 2 cups boiling water over them then let drain thoroughly. Discard water. Cool. Combine onions and garlic with chopped tomatoes, peppers, cilantro, lime juice, salt, and pepper. Refrigerate for 2 to 4 hours to blend flavors. Makes about 2 cups of salsa.

Easy Tomato Salad! And Yummy!

Ingredients:

2 lbs. Different shapes, colors and sizes of tomatoes

Sea Salt and black pepper

A good pinch of dried oregano

Red wine or balsamic vinegar

Extra virgin Olive oil

1 clove garlic, peeled and grated

1 fresh red chile, seeded and chopped

Cut tomatoes into med. pieces. Put the tomatoes in a colander and sprinkle with a good dose of salt. Let tomatoes drain for 20 minutes into a bowl. Discard juice or use for something else.

Transfer the tomatoes to a large bowl and sprinkle over the oregano. Make a dressing using 1 part vinegar to 3 parts oil, the garlic and

the chile. Drizzle the tomatoes with enough dressing to coat everything nicely.

Serve with a nice bread.

Leaf Lettuce is back! This is not the sweet, cool-weather lettuce though. This lettuce is more of a summer lettuce, which can have a slightly bitter taste. Often the right combination of dressing and sweet veggies like the **sweet onions** in your box is just the perfect combination of flavors!

Shallots are the little onion-like bulbs in your box. They are sweet, aromatic and pungent and add a lot of flavor to a sauté. They are often used like you would use garlic, using only 1 or less bulbs per a dish. They may even taste a like they have a hit of garlic. Peel, slice or dice and Sauté' with other stir-fry veggies or use as called for in any recipe.

I found this recipe on line and found it intriguing if you are ambitious. It calls for red onions, not the sweet ones that we are sending out this week. The flavors of onions can be very different, but if you have red onions or want to try the sweet, it could be an interesting salad!

Watermelon and Red Onion Salad

Raspberry [vinaigrette](#) tops a light [salad](#) of [watermelon](#), [red onions](#), and watercress. It is quite easy and simple, yet wonderfully refreshing.

Prep Time: 25 minutes

Total Time: 25 minutes

Ingredients:

- 1 Tablespoon shallots, chopped
- 1/3 cup raspberry vinegar
- 1/3 cup fresh or frozen raspberries, pureed and strained
- 2 teaspoons honey (or to taste)
- 1/3 cup olive oil
- 2 medium red onions, thinly sliced
- 2 bunches watercress, stems removed
- 8 cups watermelon, cut into 1-inch cubes
- Kosher salt and fresh ground pepper

Preparation:

Whisk together the [shallots](#), [vinegar](#), raspberry puree, [honey](#), and [olive oil](#) in a medium bowl. Season to taste with salt and pepper. Separate the onions into rings. Pour the vinaigrette over the onions and [marinate](#) in the refrigerator for at least 15 minutes.

To serve, arrange a bed of watercress on each plate. Top with the cubed [watermelon](#) and drape the [red onion](#) rings on top. Drizzle with the [vinaigrette](#) and garnish with the mint leaves, if desired.

Yield: 6 servings

Recipe Source: [From The Earth to the Table](#) by John Ash