

High Meadow Farm CSA

N6967 South Lane, Johnson Creek, WI 53038 – 920-699-3658

Blog; www.highmeadowfarmcsa.com ~ email: highmeadowfarmcsa@gmail.com

Week 9

August 9, 2011

In this week's box:

Chioggia Beets
Corn
Cucumbers
Dill

Leeks
Patty pan squash
Sweet Banana peppers and green peppers
Tomatoes

The **tomatoes** are finally starting to ripen! They are just getting started and we are expecting a great harvest next week. This week we hope there is enough to get you started with tomatoes.

A word about our tomatoes- The tomatoes that we grow are mostly heirloom varieties. Growing heirlooms has opened a whole new world of flavor for us; there's really nothing like them. Each one tastes different and **NONE** of them taste like the dull, hard tomatoes that you find in most grocery stores and restaurants.

The problem with growing them, and the reason you don't find them in stores often is that they are very difficult to ship and to pack into boxes without damaging them. For this reason, we will always try to pack them in their under-ripe stage, when they are more firm, so that they can ripen safely on your kitchen counter in a day or 2. Heirlooms rarely come in a perfect shape and appearance. They often have marks or growth scars and can be misshapen. Simply trim these marks off. Some of them can weigh over 2 lbs! There is also a wide range of colors in the heirlooms that we are growing. You will find tomatoes that are pink (red inside), green with green stripes, yellow with pink stripes or blush, orange, red and even one that is an unsightly blackish-red with greenish black shoulders. Scary, but delicious- Matt's favorite. This one is called '**Black Krim**'. It is a favorite of almost anyone once they try it! We also have several varieties of cherry tomatoes to share with you. The "**Garden Peach**" is yellow and looks almost exactly like a peach, with its opaque-ish looking skin. It is very sweet and was a big favorite last year. The Italian paste tomatoes are oval shaped.

The **Leeks** look like big green onions. Leeks are in the onion family. The flavor of a leek is sweet and milder than an onion. The part that is used is the white part towards the bottom. Leeks grow in layers, as you will see. Slice them into thin rings. To use a leek, simply slice it into very thin slices. Use them raw on sandwiches or salads or add them to stir-fry's or casseroles.

Growing tired of the **Patty Pan's**?? I hope not, but if you are, try them in one of the following recipes or suggestions. One of our members uses it in chili and he also freezes it by roasting it in the oven with onions and packaging it for the freezer. Then it can be used in the winter. There are a few recipe's on back to try, and there is a recipe for Chocolate Zucchini Cake on the blog that you could substitute Patty Pan for. (Finally, a chance to make "Patty Cake".)

Chioggia Beets are not only delicious, but also beautiful and fun! If you cut them into slices horizontally you will see that they have concentric white circles inside. They do not stay white when cooked, but still look pretty if you slice the beets and sauté them or use in a stir fry with other vegetables. You don't have to peel them to eat them, especially in a stir fry, but if you insist, you may peel them before slicing or after cooking if they are cooked whole as you would any other beet. Don't forget that the tops and stems are also delicious! These can be eaten raw, like a salad or cooked like you would other greens. Try them sliced thinly and tossed with cucumbers, peppers and raw Patty Pan!

The **corn** in your box this week just exploded after the rain a few weeks ago. This is a new variety for us called 'Mystique'. We would love to hear if you think it's a keeper! We were concerned about some of the germination in our corn, but this one seemed to have overcome and conquered. The favorite bi-color is coming up next. We are hoping that it also enjoyed all of the rain. If you can't eat all of your corn right now, try freezing it for later- it's so easy! (See back)

Have no fear! These banana peppers are not hot! This is a sweet pepper and the green pepper is also sweet. **We will have hot peppers next week. If you would like some please send an email and we will have them at the site for you,** but we will not be adding them to everyone's box- they are clearly not a favorite for all!

Risotto with Patty Pan Squash, Leeks, and Onion

Ingredients

1 large onion, diced
4 cups white cooking wine (or about half a bottle)
1 cup risotto
3 large patty pan squash, diced
2 leeks, leaves chopped in about 1" pieces
olive oil
nutmeg
slivered almonds (optional)
Coat bottom of saucepan in olive oil. On medium heat, cook onion until golden. Add risotto, toast rice for two minutes, stirring constantly. Next, add about 1 cup wine, leeks, and squash. Let simmer on medium, stirring occasionally, keep adding wine as rice absorbs more of it. After about 15 minutes, check rice to see if it's done. Finally, sprinkle with nutmeg to taste, stir in. Serve garnished with slivered almonds.

Stuffed Patty Bowls

About 1 ½ cup cooked brown rice
3 medium Patty Pan squash
Butter
½ lb chopped mushrooms
Lg chopped onion
1 clove garlic
2 Tbs sunflower seeds
3 eggs
1 ½ cup cottage cheese ¼ cup wheat germ
3 Tbs. tamari sauce
Dash of Worcestershire
Tabasco
1c grated cheddar cheese
Paprika, rosemary, basil and thyme

To assemble:

Slice the top 1/2 off of 3 Patty Pan squash and scoop out insides, leaving 1/4 "rim, so bowl stays intact.

Sauté in butter: Chopped squash innards + the cubed tops (stems removed), mushrooms, onions, garlic and sunflower seeds.

Season with rosemary, basil and thyme.

Beat 3 eggs. Mix with cottage cheese, wheat germ, tamari dash Worcestershire, a few shakes of Tabasco sauce, grated cheddar and rice. Add the sautéed veggies.

Stuff the bowls generously, sprinkle with paprika. Bake 40 minutes at 350 degrees.

Serve topped with extra cheddar or sour cream.

This is adapted from a recipe in the Moosewood Cookbook that is one of our family's favorites.

More than you can eat now?

Freezing veggies is very easy and you will be glad that you did later on!

To freeze sweet corn: husk and boil in water for 5 minutes, then put into ice cold water to cool for 5 minutes. Drain and wrap whole with saran wrap for ear corn or cut off the cob, bag and freeze.

Peppers do not need cooking. Just chop them, bag and freeze.

Dill weed can be put into the freezer in a container for use later.

To freeze tomatoes for sauce; wash, remove core, put in a bag and freeze. When you remove them from the freezer, just hold them under running water and the skins will slide right off.

I like to freeze shredded summer squash for cakes and cookies, but also to add to stir-fry's and curries that tend to be too dry. They add moisture and flavor that is easy and nutritious.

Beets and leeks will keep for a long time in the crisper drawer with the tops removed. Store in a loose plastic bag. Keep the leeks in a separate bag or everything will smell and taste like them!

Freezing cucumbers is not recommended.

CUCUMBER 'N DILL PASTA SALAD

Printed from COOKS.COM

SALAD:

6 oz. (2 c.) uncooked dried corkscrew or twist pasta
2 c. (2 med.) sliced 1/8" cucumber, cut in half
1 c. cherry tomatoes, cut in half
1/2 c. (1 med.) coarsely chopped onion

DRESSING:

8 oz. (1 c.) carton light sour cream
1/2 c. skim milk
1 tbsp. chopped fresh dill weed
1/2 tsp. coarsely ground pepper
1/2 tsp. salt
1 tbsp. vinegar

Cook pasta according to package directions; drain. Rinse with cold water. In large bowl combine pasta with all remaining salad ingredients. In medium bowl, stir together all dressing ingredients. Pour dressing over salad; toss to coat. Cover; refrigerate at least 1 hour. Yield: 6 servings.

Standard Share for sale:

One of our members is moving out of state and is offering to sell their vegetable share for the remainder of the season. Contact us for more information if you know someone who may be interested, 920-699-3658