

High Meadow Farm CSA

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Week 12

August 30, 2011

This week's veggies:

Cucumbers
Edamame (ed-uh-mom-eh)
Heirloom snap beans
Melons

Patty Pan Squash
Savoy cabbage
Sweet peppers
Tomatoes

~This week's bread is "Baker's surprise"~

Thanks to all who attended the party!

What a perfect day. I hope that everyone had a good time and got a chance to visit and see the farm. Days like that make us look forward to the last festivity of the year- the Potato Party! Although it is several weeks away I know that it will be here before we know it. Most of the people that I talked to said that they are still enjoying the Patty Pan; the gift that just keeps on giving, so they are once again in your box. We can't seem to slow them down! Next week there will be some yummy winter squash in your boxes for a nice change.

This week you will find a nice head of **Savoy cabbage** in your box. "Savoy" cabbage is a cabbage with crinkled leaves. It is delicious sautéed or steamed and eaten with butter and salt. Especially good with potatoes (next week also). Cabbage will keep for several weeks in the refrigerator. It likes cold and high humidity, so stored in a loose plastic bag in the crisper drawer will be great. You can cut off a slice or a quarter and store the rest until you need it!

Our **melons** are nearing the end of their season. This week you will have a watermelon and/or a cantaloupe or muskmelon. If you have a hard time getting all of the melon eaten, they can all be cut into cubes or balls and frozen for winter treats. Just cut, bag or put into containers and freeze. We hope that you have enjoyed them!

All of the **peppers** in your box are **sweet peppers**. One variety is more of a square-shaped one and

the other is a longer-shaped one with a pointy end. The redder the pepper, the sweeter it is.

Here is another recipe sent by a member- this one was a surprise to me- a Patty Pan desert! If you want to try it but don't have enough Patty Pan, give us a call. We can probably help you out.

Patty Pan Cobbler

6-10 small/medium patty pan squash (I used enough to cover the bottom of a standard sized pie dish)
1/2 cup oats
1/4 cup brown sugar
1 tsp vanilla
2 Tbsp flour
1 tsp cinnamon
1/4 tsp nutmeg
1/2 tsp powdered ginger
4 Tbsp butter, cold, cut into small pieces

pre-heat oven to 350°

Slice a tiny bit off the bottom of each squash so they sit flat in the pan. Turn the patty pan over, and using a spoon or melon baller, carve out the center of each squash, not scooping all the way through the bottom. Scoop enough to remove all of the seeds.

Place in a butted pie dish.

In a bowl, mix all of the dry ingredients - oats, brown sugar, flour, cinnamon, nutmeg, and ginger. Add the vanilla and then cut in the butter using a pastry cutter or fork until it resembles coarse meal.

Stuff the center of each squash with the filling.

Cover the pan with foil and bake for 20 minutes. Remove the foil and continue baking for another 25-30 minutes, until tender. Time might vary slightly depending on how big the squash are.

Serve warm with some whipped cream. So good!

There are lots of tomatoes this week. If they are green when they arrive, just let them ripen on the counter and never refrigerate them. (They ship better green.)

The longer tomatoes with the pointed end are paste tomatoes. They can be small, medium and large depending on the variety, but all used the same. These are the tomatoes that do not have that much juice running out of them; perfect for sauces, salsa and for laying on top of pizza.

There are nice slicers and some big, delicious but possibly enormous and strange-looking heirloom tomato varieties as well. I hope you are tasting the difference in them all!

One of my favorite dishes in the summer is a variation of Bruschetta that is easy to make and eat!

Bruschetta with Tomato and Basil Recipe

6 or 7 ripe plum tomatoes (about 1 1/2 lbs)

2 cloves garlic, minced

1 Tbsp extra virgin olive oil

1 teaspoon balsamic vinegar

6-8 fresh basil leaves, chopped.

Salt and freshly ground black pepper to taste

1 baguette French bread or similar Italian bread

1/4 cup olive oil

Chop up the tomatoes finely. Put tomatoes, garlic, 1 Tbsp extra virgin olive oil, vinegar in a bowl and mix. Add the chopped basil. Add salt and pepper to taste.

Slice the baguette on a diagonal about 1/2 inch thick slices. Coat one side of each slice with olive oil using a pastry brush if desired. Place on a cooking sheet and toast them until lightly brown.

I like to add some feta cheese to this as a little something extra- put the bread on a plate and the tomato mixture in a bowl and let people spoon the tomatoes onto their toast, or prepare ahead and re-toast in the oven with parmesan cheese on the top.

Serves 6-10 as an appetizer. Or 3-4 for lunch

Edamame is pronounced *ed-uh-mom-eh*.

This is an edible soybean that is nutty and delicious! You DO NOT eat the pods, they must be shelled. **Fortunately**, this is half of the fun! Edamame is a mainstay appetizer in Japanese cuisine and often served before sushi and other Japanese dishes. **To cook:**

Bring a small stock pot of salted water to a boil. Add a handful or 2 of the soybeans to the water and boil for 3-4 minutes. Drain and put in a bowl and then lightly salt with kosher salt.

To eat: (let cool slightly) grasp a pod with 2 hands, aim at your mouth and then squeeze the pod until the peas shoot out and into your mouth. You can also squeeze them into a bowl and use them in any other dish that you would like them in, like salads, casseroles or fried rice.

Patty Pan Pizza- (this was overheard in the fields)

Slice Patty Pan horizontally (flat) and top with tomatoes, peppers, cheese and anything else that you may put on a pizza for a totally veggie pizza!

Dragon Langerie beans (Dragons tongue Bean)

These are one of my favorite beans to eat (not so much to pick, but worth it!) They are juicy and tasty raw, but we have been eating them for lunch on the farm saute'd in butter with Jimmy Nardello peppers and onions or added to veggie wraps. Try them any way you like. They would be great in a pasta dish or in a warm salad, too.

Cherry tomatoes, like the others are in their prime right now. There are several varieties- most are orange or orange-red when they are ripe, and they all have a slightly different flavor. We hope that you are enjoying them, they will be probably be gone sooner than we will be ready for them to.

We have an assortment of different dishes, spoons and hot-pads here from the pot-luck. If you are missing anything, let us know and we can get it to your site or you can pick it up here. And thanks again for the great day and all of the great food!