



THE VEGGIE VOICE

Village Acres Farm Summer CSA • July 21, 2009 • Distribution 10 of 25
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"Sometimes the best things are right in front of you; it just takes some time to see them." Gladys Knight

Farm Note • a word from the Village Acres Crew:

I have the best job on the farm! Some mornings I get to "play" with Hope in her flower garden and most Tuesday mornings we get to create works of art for the flower share members. Some flowers you may see in the bouquets this week are: Queen Anne's Lace, Orange glories, Cinnamon basil, gumfrenias, Tansy, Double gloriosa (that Hope says: "look like Teddy Bears"), Hyssop, Sunflower, Gomphrena, Statice, Ageratums, Bells of Ireland, Amaranthus, Calendulas, Yarrow, Celosias, Larkspur, Kiss-me-over the Garden Gate, Black-eyed Susans, Snapdragons, and my favorite this week Zinnias.

At a conference last year, Hope learned the way "more time efficient" farmers handle their flower bouquets....they take two from this bucket, two from the next and they continue down the factory like line "making" bouquets for their members. Wow that sounded radical to me because so much attention, consideration and passion go into each bouquet here at Village Acres. I can say with confidence: that method will NEVER be used here, she cares too much.

Among other things, Hope, saves the seeds, plants those seeds, hardens off, weeds, transplants, stakes, ties up, pulls out, cuts back, trims away and in just considering that list, except for the saving seeds part, I can apply all that work into how Hope is nurturing, guiding and molding me..... and she calls it all PLAY! Hope you can see, feel and taste all the love that goes into what we do here....Enjoy! - Angela

Produce and Cooking Notes

Garlic: This is fresh, so it's a little milder with thicker peels on the cloves than cured garlic. We're proud of how well the garlic sized up; Roy attributes it to good soil fertility and favorable weather. Last season, we held back most of our garlic for seed. So to all our previous members – thank you for your patience in waiting for the fruit ("stinking rose") of the harvest.

Carrots: Slice your carrots diagonally or into julienne strips for a salad or stir-fry. Grated carrots make a salad on their own, with a little yogurt and a few raisins and toasted sunflower seeds.

Beets: See our website for *Baked Beet & Carrot Burgers* recipe. These beets were grown for us by our Amish neighbor, David Swarey, who uses organic methods, though he is not certified.

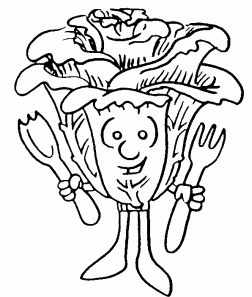
Blueberries: These are from Byer's Blueberry Farm in Allenwood, Pennsylvania. They don't spray, but they do use a mineral supplement that organic certifiers haven't approved.

New Red Potatoes: "New" isn't a variety, it just means they're fresh from the ground, with thin skins and higher moisture and sugar content than stored potatoes. Great for potato salad or home fries, they're best just boiled with the skins on.

Parsley: Toss this fragrant herb with salad, sprinkle on soup, whirl with basil for pesto or make a tabouli salad: Pour 1½ c. boiling water over 1 c. dry bulgur and let stand, covered, for 15 min. Meanwhile, make a dressing with ¼ c. lemon juice, ¼ c. olive oil, 2 minced cloves garlic, 1 tsp. salt and pepper to taste. Toss together with 1 c. minced parsley, a few chopped mint leaves, and a medley of minced or grated veggies. Serve with pita and hummus.

Green Beans: To preserve nutrients and flavor during cooking, trim or cut green beans after they have been cooked. See the recipe on the back.

Summer Squash: Always on the lookout for more ways to use squash – Angela found and we all enjoyed the *Mock Crab Cakes* recipe on the back.



IN THE BOX

Garlic
Carrots
Beets
Blueberries
New Red Potatoes
Parsley
Green Beans
Summer Squash
Cucumbers
Basil
White Onions
Lettuce
Kale

Cucumbers: Slice thin and top the crab cakes. For a treat, make some fresh pickles by slicing a cuke paper thin, sprinkling with sugar and salt and pouring over a tablespoon or two of vinegar. Toss to bring out the cucumber juices and chill well before serving.

Basil: See the *Salad with Basil* recipe on our website.

Fresh White Onions: These sweet onions are full of flavor and juice, so keep refrigerated and use them soon – they're not intended for storage.

Lettuce: A red or green medium head of lettuce.

Kale: We had more kale than we initially thought; hence some of the leaves are outside the main bunch. Wash leaves, remove stems and cut into slivers, then sauté with a bit of olive oil until tender, adding water if necessary to prevent sticking. Now the sky's the limit. Put the sautéed greens on pizza, on quesadillas, in quiche or omelets, in pasta salad – or eat them alone with a splash of vinegar. Tear or cut the leaf from the stalks, but don't throw them away! Chop 'em up and fry with your onions at the start of the stir-fry – they become tender and taste a bit like asparagus.

Community News

CSA Boxes and Tills: Please return the CSA boxes and tills (what the blueberries came in) next week.

Events to Remember

Jul 28: 11th distribution

Aug 15: Winter CSA Signup Begins

Blue Rooster Farm: We'll be out of the area for a couple weeks for our daughter's surgical procedure, but hope to be able to offer meat for the **Aug. 4th or 11th distribution**. I'll be in contact through the mailing list to let you know when meat will be available again. Thanks, Julie

Recipes

Green Bean Salad with Walnuts and Shaved Parmesan in Lemon Dressing¹

This is one of those recipes that is stunningly good—both in spite of and because of its simplicity. The straightforward, summery freshness of green beans with lemon is offset perfectly by the deep, roasty flavor of freshly toasted walnuts and the distinctive tang of fresh Parmesan cheese. *Friend of the Farm*.

Serves 4 to 6

- 1/4 cup coarsely chopped walnuts
- 1 pound green beans
- 1 teaspoon salt plus more to taste
- freshly ground black pepper
- 1 1/2 tablespoon freshly squeezed lemon juice (about 1/2 lemon)
- 3 tablespoons extra virgin olive oil
- 4 ounces Parmesan cheese, thinly shaved (about 1/2 cup)

1. Toast the walnuts in a dry, heavy skillet (preferably cast iron) over high heat until they start to brown in spots and become fragrant. (Be careful not to overtoast them, as they will burn very quickly once toasted.) Immediately transfer the nuts to a dish to cool.

2. Bring a large pot of water to a boil. Add the beans and salt; cook until tender but still firm, 3 to 5 minutes.
3. Transfer the beans to a colander in the sink and run cold water over them. Trim the beans if necessary.
4. Toss the beans and walnuts in a large bowl and season with salt and pepper to taste.
5. In a small bowl, whisk the lemon juice and olive oil until well combined. Pour this mixture over the beans and toss until well coated. Transfer the salad to a serving platter or to individual plates. Scatter the Parmesan shavings on top.

Mock Crab Cakes from www.cooks.com

- 2 cups peeled, grated summer squash
- 1 1/2 cups bread crumbs
- 2 eggs, beaten
- 2 tbsp chopped onion
- 1 tsp Old Bay's Seasoning
- 1 tsp Worcestershire Sauce
- Salt & Pepper to taste

Mix all ingredients well. Take a handful of batter and make a pattie. Continue to make patties until all batter is used. Pan fry patties until lightly brown.

¹ - Excerpted from *Farmer John's Cookbook: The Real Dirt On Vegetables: Seasonal Recipes and Stories from a Community Supported Farm* by Farmer John Peterson & Angelic Organics (Gibbs Smith Publisher). Check with your local farm or bookstore for availability. Additional recipes, charts, signed copies of this book, and quantity discounts available at www.AngelicOrganics.com/cookbook.

Edited by Patrick Smith, CSA Manager

Village Acres Farm is owned and operated by Roy & Hope Brubaker