



THE VEGGIE VOICE

Village Acres Farm Summer CSA • September 1, 2009 • Distribution 16 of 25
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“Throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.” - Mark Twain

Farm Note • a word from the Village Acres Crew:

September!? The summer has flown by and a lot of schools are already in session. It is amazing how fast the season has passed. It seems like once everything is running smoothly it is time to begin a new season. The summer season is still in full swing, but now we are starting to work toward accomplishing a successful winter season. This past week we began doing more greenhouse work with the guidance of Anna, our greenhouse manager. We cleared several beds we were no longer using in order to prepare them for the winter planting.

It is exciting to be entering a new season. As the weather and the vegetables begin to change, a whole new harvest will start flowing into the packing shed! To me, that is exciting. It is exciting that we are producing food using the climate and the resources that we have in Central Pennsylvania. And as the seasons change, so do the vegetables.

I hope you enjoy the crops that our local area can support. Sometimes you may find something in your box that you've never seen before. When that happens, try the recipes that Patrick works so hard to put together!

Good Luck! -David Carter

Produce and Cooking Notes

Raspberries: Rinse gently and eat as soon as possible— on cereal or a scoop of ice cream

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.

Peppers: Last season, you may recall, our peppers were not coming in so well and we needed to buy some from a neighbor farm. This year we continue to have a great harvest of yummys (the smaller sweet orange peppers) and bell peppers. Try roasting them with other summer veggies, or alone – on the grill or under the broiler. If you can't use your peppers now, simply chop, scatter on baking sheets and freeze, storing in a ziploc bag when they're frozen. Store in a plastic bag in the fridge.

Sweet Corn: This summer treat is best eaten ASAP. Drop husked corn into boiling water for 4-7 minutes and serve with butter and salt. You're getting corn from our Amish neighbor, David Swarey, who uses organic methods, though he is not certified.

Eggplant: This is probably the end of the eggplant harvest. See our website for *Baba Ghanouj*, a traditional Middle Eastern dish. Also, see the two eggplant recipes in Veggie Voice #11.

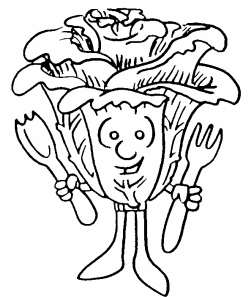
Kale: See the *Kale and Walnut Pesto* recipe on the back.

Tomatoes: You're getting Standard red slicer tomatoes, bright yellow blocky Valencia tomatoes, and Roma tomatoes, and possibly an heirloom – Garden Peach, Green Zebra or Cherokee Purple. When ripe, they should be slightly soft and smell like a tomato! Store on newspaper on your counter.

Pattypan Squash: See the *Stuffed Pattypan Squash* recipe in Veggie Voice #14.

Hot Pepper: An outside the box item – to help you keep it separate. A Hungarian Hot Wax and Jalapeño pepper.

Choice: Honeydew or Melon: A green or orange honeydew or a yellow doll watermelon. In the interest of full disclosure – “at least one honeydew and one melon were dropped yesterday while harvesting.” Perhaps it's the longer distances they're being tossed – over three sweet potato beds. The dropped ones split open – so no worries on your part in getting them. We'll be practicing our tossing and catching to get back to our goal of “none dropped!”



IN THE BOX

Raspberries
Potatoes
Peppers/ Yummys
Sweet Corn
Eggplant
Kale
Basil
Garlic
Tomatoes
Pattypan Squash
Hot Pepper
Honeydew/Melon
Parsley
Choice: Beets or
Lettuce
Garlic Chives

Choice: Beets or Lettuce: Most members will receive beets. We've had issues with our lettuce germination and are currently overseeding it, so hopefully you'll get a bunch of it later in the season.

Garlic Chives: See our website (recipes) for a *Flowering Chive* stir-fry recipe.

Community News

Winter CSA Signup: Winter shares run biweekly from November until May. Shares are filling up quickly – we're two-thirds filled up. The good news – there's still room to signup. You can signup at distribution today, no computer required. The cost is \$350 for State College and Burnham, and \$310 for farm pick-up.

Blue Rooster Farm – On special for September 8, chuck or arm roasts for \$5/lb. On cool days like this, add a warm aroma to the house by putting a roast in the oven or crockpot for dinner. Add onions, potatoes, and carrots for a wonder meal. Thanks, Julie

Recipes

Kale and Walnut Pesto¹

This version of pesto is particularly good over roasted potatoes, but it works great over pasta, too. If you plan to freeze it, add the cheese after the pesto has thawed, when you are ready to serve. *Shareholder* (adapted from the *Seed Savers Calendar, 1998*).

Makes about 1 cup

- 1/4 cup chopped walnuts
- 1 tablespoon plus 1/2 teaspoon salt, divided
- 1/2 pound kale, coarsely chopped
- 2 cloves garlic, minced (about 1 teaspoon)
- 1/2 cup extra virgin olive oil
- 1/2 cup freshly grated Parmesan
- cheese (about 1 1/2 ounces)
- freshly ground black pepper

1. Toast the chopped walnuts in a dry, heavy skillet (preferably cast iron) over high heat, stirring constantly, until they start to brown and become fragrant. (Be careful not to over toast them, as they will burn very quickly.) Immediately transfer the walnuts to a dish to cool.
2. Bring two qts. of water to a boil. Add 1 T. salt, then add the kale. Cook kale until tender, about 10 minutes. Drain.
3. Put the garlic, walnuts, and kale in a blender or food processor; pulse until well combined. With the blender or food processor running, pour in the olive oil in a steady, smooth, pencil-thin stream.
4. When the ingredients are thoroughly combined, transfer to a bowl. Stir in the Parmesan, remaining 1/2 teaspoon salt, and pepper. Serve hot.

Hope's Corn Fritters - from Hope Brubaker

- 2 c. fresh corn, grated off the cob
- 2 eggs, beaten
- 1/4 c. flour
- 1 tsp. salt and 1/8 tsp. pepper
- 1 tsp. baking powder

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.

- 2 tbsp. cream
- 4 tbsp. butter or bacon grease

Combine all ingredients. Melt butter or bacon grease in skillet and drop mixture by spoonfuls. Brown on both sides.

Lumpy Potato Burritos

- from *Rolling Prairie Cookbook*

- 1 to 1 1/2 lbs. new potatoes
- 1 tbsp. oil
- 1 onion, chopped
- 1 green pepper, chopped
- 1/2 tsp. ground cumin
- 1/2 tsp. salt
- pepper to taste
- 2-4 tbsp. each fresh chopped parsley and cilantro
- 8-10 large flour tortillas
- 1 1/2 c. refried beans
- 1 1/2 c. grated cheddar cheese
- tomatoes, yogurt or sour cream and salsa for garnish

Wash potatoes, cut into cubes and boil until just tender. While the potatoes are boiling, heat the oil in a large skillet and sauté the onion and pepper until just tender. Preheat oven to 350. Add well-drained potatoes to the onion mixture. Sprinkle with cumin, salt and pepper. Continue to cook, stirring frequently, until potatoes begin to brown. Remove from heat and toss in herbs. To assemble burritos, lay out a tortilla, place 2-3 tbsl refried beans down the center, top with a generous helping of potatoes, sprinkle on 2-3 tbsp. cheese and roll up as tightly as you can. Place in an ungreased 9x13 pan. Continue making burritos until you've used all your filling, lining them in your baking dish as you make them. Bake for 20 min. Serve hot topped with garnishes.

Edited by Patrick Smith, CSA Manager

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