



THE VEGGIE VOICE

Village Acres Farm Summer CSA • September 8, 2009 • Distribution 17 of 25
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“Better than any argument is to rise at dawn and pick dew-wet red berries in a cup.” – Wendell Berry

Farm Note • a word from the Village Acres Crew:

A comical man dressed in earth tones and sandals came into our first grade classroom and sang a song about The Three R's: Reduce, Reuse, Recycle. I went home singing the ditty and imploring my parents to take care of the earth because “it’s the only one we have!” But my parents were ahead of our classroom hippie. One lesson my parents imparted to me was how to be eco-friendly (before it was trendy). We always composted. I especially enjoyed the huge pumpkins that would emerge from our pile every October from last year’s carved pumpkin seeds! My siblings and I were forbidden from using paper towels—only Dad’s old t-shirts were appropriate for cleaning up spills. Ziploc bags were never on the shopping list, but we always had a few around the kitchen. We washed and re-used ones that others brought to church dinners. By no small coincidence, these examples extend to habits here on the farm. Composting isn’t just a great dump site for weeds, it is essential to organic (and conventional!) farming. I still use old shirts for rags. If you visit the farm, you’ll likely see all of us with a piece of Roy’s old shirts in hand, cleaning tomatoes. And plastic bags? We reuse those, too. Last week, Hope was asked if she ever used a plastic bag just once. Of course she said no! So this farm note is to encourage you to take care of our earth and abide by The Three R’s. After all, this IS “the only one we have.” - Bethany

Produce and Cooking Notes

Raspberries: We sorted all of these raspberries to help get them to you in good condition. Rinse gently and eat as soon as possible—on cereal or a scoop of ice cream.

Yellow Wax Beans: Snip off stem ends before steaming. Sauté a little butter until it’s brown (but not burnt) and drizzle over the beans. See the recipe on the back.

Peppers: Try the famous roasted pepper: Place bell pepper under broiler, above hot coals, or over open flame. Toast it, turning often, until the skin is blackened evenly. Place pepper in a brown bag, close, and allow to steam 10-15 minutes. Skin will peel off easily with the aid of a paring knife.” (*From Asparagus to Zucchini*, p. 118)

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 AND our farm’s corn. Please note that our farm’s corn may have some worms, graded as “seconds.” We’re keeping this separate at distribution so that you get some “firsts” and “seconds” corn.

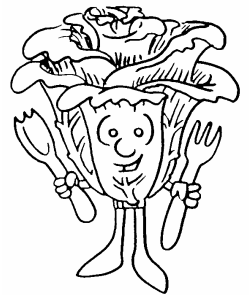
Beets: From our “thinning” harvest. Thinning is when we harvest some of the beets to allow the ones that remain in the ground to size up properly. So, you’re getting small to medium beets – enjoy! There’s nothing like cooked, chopped beets with butter, salt and pepper. To minimize nutrition loss, boil your beets whole, with the skins on and leave the root and 1 in. of the tops. The skins will slip off easily after cooking. See the recipe on the back.

Choice: Kale or Chard: Most members will receive kale. See the recipe on the back.

Lima Beans: These are from a fellow farmer, who uses natural methods, but is not certified organic. Shelling Lima beans is not for the faint of heart, but it is worth it. The small beans inside can be interchanged with peas in recipes or simply cook them in a small amount of water till soft and serve with butter and salt (and a little milk if you like.)

Tomatoes: You’re getting Standard red slicer tomatoes, bright yellow blocky Valencia 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: Use ASAP. See the *Stuffed Pattypan Squash* recipe in Veggie Voice #14.



IN THE BOX

Raspberries
Yellow Wax Beans
Peppers/ Yummys
Sweet Corn
Beets
C: Kale or Chard
Basil
Lima Beans
Onions
Tomatoes
Pattypan Squash
Hot Pepper
Honeydew/Melon
Parsley
Cilantro

Hot Pepper: An outside the box item – to help you keep it separate.

Honeydew/ Melon: We had a great harvest of melons and honeydews! Choose either 1 or 2 below.

- 1) A green or orange honeydew **AND** a watermelon, OR
- 2) Two watermelons.

Community News

Winter CSA Signup: Winter shares run biweekly from November until May. 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 Tuesday, September 15, **short ribs for \$3.25/lb.** Short ribs are a great braising cut or parboil them then grill or broil them with your favorite bar-b-q sauce. Thanks, Julie

Recipes

Green Beans with Caramelized Onions

- from *Asparagus to Zucchini*

Editor's note: Substitute the yellow wax beans for the green beans.

- 2 pound green beans, stems snipped off
- 2 tablespoon butter
- 2 medium onions, sliced as thinly as possible
- 1 cup chicken stock
- 1 ½ tablespoon sugar
- 1 tablespoon red wine vinegar
- salt and pepper to taste

Cook beans in boiling water salted water until crisp and tender, 2-4 minutes. Drain; immerse in ice water. Drain again and let stand to dry. Melt butter in skillet over medium flame. Stir in onions and cook them slowly until very wilted and deepened in color, about 15 minutes. Boil stock in a saucepan until reduced to ¼ cup; stir in sugar and vinegar. Stir in onions. Simmer until slightly reduced. Combine onions and green beans; heat through. Season with salt and pepper. Makes 8 servings.

Roasted Beets

- from *Farmers Market Cookbook*

- 1 large or 2 medium beets per person
- 2 tsp. of oil per person
- herbs

Pre-heat oven to 430 degrees. Slice beets into ½ in. thin discs, then again into sticks about ½ in. wide. Toss with oil and herbs and place in shallow roasting pan. Roast beet sticks for 10 minutes, then reduce heat to 350 degrees and roast for an additional 20 minutes. The edges should be shriveled but not burnt. This method can also be used with carrots or parsnips.

Events to Remember

Sep 15 – Fresh Chickens Available
Oct 24 – Harvest/Auction Festival

Cannellini and Kale Ragout

- from *Bon Appetit*, March 2004

- 6 tbsp. olive oil, divided
- 4 1½-in.-thick slices Italian bread, crusts removed, each slice quartered
- 1 tbsp. plus 1 tsp. chopped fresh thyme
- 3 garlic cloves, finely chopped
- 1/4 tsp. dried crushed red pepper
- 5 cups (packed) thinly sliced kale (about 1 large bunch)
- 1 14½-ounce can vegetable broth
- 2 c. tomatoes
- 2 c. cooked cannellini (white kidney beans), drained

Heat 2 tbsp. oil in heavy large pot over medium-high heat. Add bread and 1 tsp. thyme; cook until bread is golden on both sides, turning with tongs, about 2 minutes total. Transfer croutons to bowl; sprinkle with salt and pepper. Add remaining 4 tbsp. oil, garlic, and crushed red pepper to same pot; saute over medium heat 30 seconds. Add kale and broth; bring to boil. Reduce heat to medium-low, cover, and simmer until kale wilts, about 5 minutes. Add tomatoes with juice, beans, and remaining 1 tsp. thyme. Cover and simmer 15 minutes. Season with salt and pepper. Ladle ragout into shallow bowls. Top with croutons and serve. Makes 4 servings.



Edited by Patrick Smith, CSA Manager

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