



THE VEGGIE VOICE

Village Acres Farm Summer CSA • September 15, 2009 • Distribution 18 of 25
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“We cannot live for ourselves alone. Our lives are connected by a thousand invisible threads, and along these sympathetic fibers, our actions run as causes and return to us as results.” – Herman Melville

Farm Note • a word from the Village Acres Crew:

On my way to our co-op yesterday, a gust of wind blew a cloud of yellow leaves off the trees. They swirled madly over the road before landing in someone’s front yard – just one more sign that fall is not far off. Here on the farm, September is an odd month of transitions. Summer is coming to an end, but much of our harvest time is still taken up with summer crops like tomatoes, melons, and peppers. These plants don’t seem to gradually slow down as summer ends – instead, we just keep picking them, all the time, until the still-healthy ones are killed by October frosts. The crops in our summer greenhouse were still producing beautifully, too, and probably would into November, but experience has shown us that if we don’t tear them out now, we’ll never get the winter salad mix planted in time for it to grow during the cold months. And so the compost is filled with heartbreakingly fragrant piles of basil. We are still working summer hours, too, even though sunlight has barely found its way into our valley by the time we get started anymore. And while we often find ourselves looking forward to the more relaxed pace of life that fall and winter will bring us, I can’t help but feel that once again fall has crept up on us this year and taken me by surprise, cutting summer short with so much left undone. I hope that you can savor both the summer and fall veggies in your box this week, and that you find yourself both enjoying the last official week of summer and eagerly looking forward to a bountiful fall. - Dave

Produce and Cooking Notes

Potatoes: Store your potatoes outside your refrigerator and away from onions, which accelerate their decay. Wash just before using. These white potatoes are from David Swarey who uses organic methods, but is not certified.

Lettuce: You haven’t seen lettuce in a while because of germination problems. We seeded a bunch to try to makeup up for the loss, so hopefully we’ll be swimming in lettuce soon. Nothing like a salad for dinner on a warm evening. Chop some veggies, sprinkle some toasted nuts or shredded cheese: there’s your meal. Most of the heads are medium sized.

Tatsoi: A classic stir-fry veggie, tatsoi is an Asian green that’s especially good with a spicy peanut sauce. Tatsoi happens to be one of the flea beetles’ favorite food, and even though we adjusted our planting time to keep it away from when they’re most active, a good number of the little rascals were still around and found it. Hope you don’t mind sharing some tiny bites!

Peppers: See our website for the *Fantastic Fajita* recipe. Also, consider a *stuffed pepper* recipe.

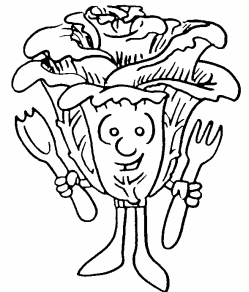
Kale: See the recipe in Veggie Voice #17.

Basil: The last of the basil harvest. Pick up your very own basil plant, or two, or three.... Put in a vase with some water on your countertop and pick fresh basil in your own kitchen. Or “freeze fresh leaves in a plastic zip-lock bag. Remove air, seal, and freeze. Do not thaw before use.” (*From Asparagus to Zucchini*, p. 20)

Onions: A mixture of white, red, and yellow onions. Use sooner rather than later.

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.

Watermelon: One per member. Probably our last harvest of watermelons. For those interested, you can choose from one of the few honeydews, instead of a melon.



IN THE BOX

Potatoes
Lettuce
Tatsoi
Peppers/ Yummys
Kale
Basil
Onions
Tomatoes
Hot Pepper
Honeydew/Melon
Parsley
C: Cilantro or
Oregano
Sweet Corn – 2nds

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.

Sweet Corn: This is “seconds” sweet corn from our farm: smaller ears and more susceptible to worm damage.

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.

Events to Remember
Sep 22: 19th Summer CSA Distribution
Oct 24: Fall Harvest & Auction Festival

Blue Rooster Farm – On special for Tuesday, September 21, **lamb chops for \$11/lb.** Most of these are packed 4/pk and weigh approximately 1#. Good salt and pepper is all you need to make great chops, but rosemary or garlic are wonderful additions to a rub. Thanks, Julie

Recipes

Browned Butter Pasta with Tatsoi¹

Serves 2

- Your pasta of choice, preferably curved or with ridges
- 1/2 stick unsalted butter
- Salt and pepper
- Leaves of 2 to 3 bunches of tatsoi, rinsed (*editor's note: or 1 head*)
- 1/2 cup chopped sage
- Freshly grated parmesan
- Lemon wedges, optional

Cook pasta to al dente in salted water.

When pasta almost done done, melt butter in a skillet. Swirl the butter in the pan as it foams. (At this point, remove pasta from the heat and drain well in a colander.) When butter begins to brown, toss in pasta and mix to coat with butter. Salt and pepper to taste. Add tatsoi and sage and cook until slightly wilted, about 1 to 2 minutes. Plate and serve immediately with grated parmesan and lemon wedges on the side.

Potato, Onion, and Roquefort Soup²

This soup is not quite for dieters—it will dazzle you with its rich, deep flavors. It's very filling, so if you're serving it as a first course, a small cup is plenty. If you're not a fan of Roquefort cheese, you can substitute Gruyère. *Angelic Organics Kitchen.*

Serves 4 to 6

- 3 tablespoons unsalted butter
- medium onions, thinly sliced

- 1 teaspoon minced garlic (about 2 cloves)
- medium boiling potatoes (about 1 1/2 pounds), peeled, cut into 1-inch chunks
- 2 cups chicken or vegetable stock plus more if needed to thin the soup
- 1 cup half-and-half
- 1/3 cup cream
- 1/2 cup crumbled Roquefort cheese plus more to taste
- salt
- freshly ground white pepper

1. Melt the butter in a large saucepan over medium-high heat. Add the onions; cook, stirring, until the onions are limp but not brown, about 15 minutes. Add the garlic; cook for 30 seconds more.
2. Add the potatoes and stir until well coated with butter; cook for 5 minutes, stirring them up a few times.
3. Add 2 cups stock and bring to a boil. Reduce the heat, cover, and simmer until the potatoes are tender, 20 to 30 minutes. Remove from heat and let cool.
4. Add the half-and-half and the cream; gently reheat the soup, but do not boil. Stir in 1/2 cup Roquefort cheese.
5. Transfer the soup to a blender or food processor in batches and purée until smooth. Thin with additional stock if necessary. Season with salt and pepper to taste. Garnish with additional cheese if desired and serve hot or cold.

1: <http://backyardfarming.blogspot.com/2008/06/marisas-csa-week-2.html>

2: 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).

Edited by Patrick Smith, CSA Manager

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