



THE VEGGIE VOICE

Village Acres Farm Summer CSA • September 22, 2009 • Distribution 19 of 25
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“Success without honor is an unseasoned dish; it will satisfy your hunger, but it won’t taste good.” - Joe Paterno

Farm Note • a word from the Village Acres Crew:

This past week, I’ve been spending most of my time tearing out plants in the greenhouses. It’s hard to tear out a plant that is vibrant and still producing, but in order to have plants ready to harvest in November; they need to be started now. It’s making me think about farming as a long term investment. There is no seed that can be thrown in the ground whose fruits will be ready to harvest the next day. Instead we have to plan ahead, feed our soil, and nurture the seedlings for a harvest weeks away that may or may not be satisfactory. There is no instant gratification in farming; there is constant work, troubleshooting, cultivation, and no promise from the weather that it will cooperate. We have to let go of control and trust that nature will do what it best- create life.

I think it’s a good perspective to have with all of life. We need to let go of the instant gratification we expect from stimulus packages for the economy, our war mongering, and our fear of changing the systems already in place. Instead, we need to nurture our local economies, create peace in our home communities, and act for change that will benefit not only the privileged. Investing in our long term relationships with each other, with our communities, and with our land won’t always produce the instant results we want, but we do indeed reap what we sow. Work for the harvest. ~Anna

Produce and Cooking Notes

Lettuce: Sweeten your salads with caramelized nuts: ½ c. walnuts, hazelnuts or almonds, 1-2 tbsp. corn syrup, 1-2 tbsp. sugar. Mix together and toast in oven at 350F until sugar begins to melt and nuts are toasted and coated. Watch carefully to avoid burning. Most of the lettuce heads are medium sized.

Choice: Carrots or Beets: 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 the *Beet Slices in Creamy Mustard Sauce* recipe. Note: lots more beets than carrots.

Peppers: See the *Roasted Cheese-Stuffed Peppers* recipe on the back.

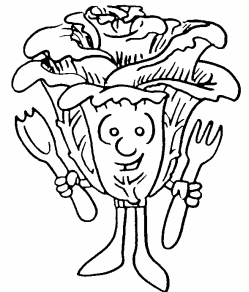
Kale: See the recipe on the back. Wash leaves, remove stems and cut into slivers, then sauté with a bit of olive oil until tender, adding water if necessary to prevent sticking. Put the sautéed greens on pizza, on quesadillas, in quiche or omelets, in pasta salad – or eat them alone with a splash of vinegar. This nutritious and hardy leaf is good steamed and served with vinegar, tossed in stir-fries or added to soups for the last few minutes.

Basil: Our greenhouses are *almost* completely seeded for the winter season. “Almost” to you means there’s still some basil left for harvesting. Pick up your very own basil plant and 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)

Garlic: See the recipe on the back. “Some of garlic’s believed therapeutic benefits include fighting infections, cancer prevention, stimulating the immune system, prevention and relief of chronic bronchitis, use as an expectorant and decongestant, and reduction of blood pressure, cholesterol, and triglycerides. Note: If the medicinal benefits are what you’re after, use your garlic raw! Chew a little raw parsley to remedy any odors that might annoy you, and continue to enjoy garlic’s many gifts.” (*From Asparagus to Zucchini*, p. 82)

Tomatoes: You’re getting Standard red slicer tomatoes and bright yellow blocky Valencia tomatoes. When ripe, they should be slightly soft and smell like a tomato! Store on newspaper on your counter.

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



IN THE BOX

Lettuce
C: Carrots or Beets
Bell Peppers
Yummy Peppers
Kale
Basil
Garlic
Valencia Tomatoes
Standard Tomatoes
Hot Pepper
C: Honeydew/Melon
Parsley
Oregon

Choice: Honeydew or Watermelon: We've had members tell us they've very much enjoyed their first ever yellow melon! This is the last of the harvest. We hope all of your melons are as juicy and sweet as the ones we broke into! Eat these sooner rather than later – they're very ripe!

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.

Oregano: A perfect complement to tomato dishes, also goes great with basil.

Events to Remember
Sep 29: 20th Summer CSA Distribution
Oct 6: Olive & Honey Available
Oct 24: Fall Harvest & Auction Festival

Community News

Harvest Festival: Our thanks to those who've already responded with auction items and signed up for the October 24 festival. Please let us know you're coming and if you're able to bring an auction item (deliver to me by October 13) by filling out the online RSVP (sent via email).

Winter CSA Signup: We're over 80% filled up, so there are still shares available. 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 29, **Liver! Both beef and lamb for \$1.50/lb.** It is time to put away that childhood dislike of liver. Liver is great source of vitamin A, a very usable source of iron, and folic acid. Season it and dredge it in seasoned flour. Sauté in oil or bacon fat for about 2 min./side on med –high heat. Smother with caramelized onions (also fried in bacon fat! – or butter) Thanks, Julie

Recipes

Kale Chips

Try this simple way of using kale that even kids can't resist.

- **Preheat oven to 350**
- Tear clean, dry kale from the stem into bite-sized pieces. (If your kale is clean, don't bother washing – unless it is not organic. If you have to wash, spin it or dry it first before continuing.
- Put into a large bowl and drizzle ½ - 1 Tbsp. of olive oil over the kale. Work the oil through the kale with your fingers.
- Sprinkle with sea salt
- Spread out on a cookie sheet.
- Bake in the oven for 20 minutes or until crispy.
- Serve immediately or at room temp.

Roasted Cheese-Stuffed Peppers – From *Asparagus to Zucchini* (Peggy's Biodynamic Farm)

- bell peppers
- low-fat cheese

Using tongs or long-handled fork, hold whole pepper over open flame, turning occasionally, until the skin blisters all around. Cool and peel off skin. Open peppers from top carefully; remove seeds and

core. Fill with low-fat cheese, and pop in oven until cheese melts and conforms to shape of pepper. Chill overnight. Slice pepper; serve with other vegetables or use in a sandwich. Makes any number of servings.

Roasted Garlic Dip – From *Asparagus to Zucchini* (Amy Simonson)

- 1 head garlic
- ½ tablespoon plus ¼ olive oil, divided
- freshly ground pepper
- ¼ cup freshly grated Parmesan cheese
- baguette or other crusty bread

Heat oven to 275 to 300 degrees. Cut 1/4 -1/2 inch off top of garlic head to expose tips of cloves. lay garlic head outside up in small baking dish. Drizzle ½ tablespoon olive oil over top; sprinkle on some pepper. Roast until soft, fragrant, and lightly browned, about 45 minutes. Cool completely. Squeeze cloves from the base and use a fork to dislodge flesh from skin. Mash garlic with a fork on small plate. Stir in Parmesan cheese, additional ¼ cup olive oil, and pepper to taste. Serve with baguette or crusty bread. Makes 2-4 appetizer servings.