



Harvest Hill CSA Newsletter

Week 13: Thursday, September 4th, 2013

What's in the box:



- Lettuce
- Broccoli,
Cauliflower or
Beans
- Yellow
Potatoes
- Tomatoes
- Cabbage
- Cucumbers
- Squash
- Hot Peppers
- Green or Purple
Bell Peppers
- Basil
- Onions
- Carrots

Hi there,
Some of the maples on the farm are beginning to turn bright shades of orange and red, marking the season's change. It is a beautiful time of the year to be a farmer. As the landscape shifts around us, the feeling of accomplishment and satisfaction sets in. At the beginning of the spring and throughout most of this wet season, we worried about what produce would successfully make it to your boxes. Before getting too ahead of ourselves, we feel lucky and grateful to have grown so much. We also feel appreciative of how supportive all of our CSA members have been. So thank you!

The picture above is of one of the heirloom tomato varieties we grow called Valencia. This mid-season tomato is known for its beautiful color (like a Valencia orange!) and rich flavor. It is great on sandwiches, in a salad or sliced raw with a sprinkle of salt as a delicious and simple side dish. Please note the cauliflower this week might have some discoloration- it's still delicious! Cut out the unwanted pieces and chow down.

Happy eating, Olivia

Bill's Funky Minute:

Hello again,
I just wanted to start off by giving my apologies again for those red potatoes. September on the farm is the beginning of the next season here and, with everything planted and weeded, the focus turns to harvesting. As the days turn shorter and the weather cooler, most veggies shut down their growing.



There are exceptions: brussels sprouts, parsnips, storage cabbage, carrots and beets like this weather. Spinach and broccoli also enjoy the cool days of September. We will be harvesting our small storage onions this week and will start the potato harvest next week. Fall carrots are harvested after several frosts, which will bring out the sugars in the carrots as well as the parsnips and brussels sprouts. Many folks leave parsnips until spring, but with the deer pressure here at the farm, fall is the time to harvest them.

Enjoy,
Bill

Helpful Hints & Recipes

Recipe: Fresh Tomato Sauce

Yields about 2 cups sauce, perfect over pasta like spaghetti.



Ingredients

2 pounds tomatoes
2 tablespoons olive oil
small onion
1-2 cloves garlic
½ medium carrot
salt
chopped fresh basil (as garnish)

Directions

Bring a pot of water to a boil and cut small x's into the bottoms of your tomatoes. Drop them in the boiling water for 10-20 seconds and then rinse under cold water. This will allow you to peel the tomatoes with ease. Dump the skins when you are done.

Finely chop the onion, garlic and carrots and cook them gently in a saucepan for 10 minutes until they become tender. Coarsely chop your tomatoes and add them to the pan. Add salt to taste and let simmer for 10-15 minutes until it reaches the desired consistency. Serve over pasta and top with basil. Looking for a smooth texture? Throw finished sauce into a blender for a few seconds.

Recipe adapted from Smitten Kitchen

Recipe: Cucumber & Yogurt Salad

This is one of my favorite summer classics- it's so simple, refreshing and a crowd pleaser!

Ingredients

2 cucumbers, peeled & cut into thick slices
1 cup plain yogurt
1 teaspoon dried dill
salt & pepper to taste

Directions

Combine ingredients and toss together. This can be made ahead of time and kept covered in the fridge.



Storage Tips:

Lettuce, Carrots, Squash, Cucumbers, Beans, Broccoli, Peppers, Cabbage, Cauliflower, Peppers: store in a plastic bag in the fridge.

Potatoes: Keep in a cool dark place in a brown bag.

Tomatoes & Onions: Keep in a bowl on the counter.

Basil: Trim ends and place in a jar of water. Cover loosely with a plastic bag to preserve freshness.



Got Feedback? Email us at gershunhalf@gmail.com