



# Harvest Hill CSA Newsletter

Week 8: Thursday August, 1st 2013



## What's in the box:

- Lettuce
- Broccoli
- Basil
- Beans
- Cabbage
- Carrots
- Summer Squash
- Zucchini
- Fresh Garlic
- Tomatoes

Hello again,  
Harvest Season! We really feel like that snuck up on us. Today in our morning meeting Bill mentioned that the first frost could be as soon as 6 weeks away. This summer is flying by and as we finish up our plantings for the season it is time to focus on the fruits of our labors: harvesting!

The picture above is our team harvesting garlic this morning. We had so much Bill needed to give some garlic a lift down to the barn in his tractor (see to the right). You are getting some fresh garlic in your box this week and the rest we will begin to cure. Fresh garlic means that it has not been dried or cured- but eat it like you would if it had been. No need to refrigerate. We cure garlic and onions to seal in moisture throughout the storing season. We turn our seedling greenhouse into a drying house because our planting is almost done.

Happy eating!

## Bill's Funky Minute:

As I looked out my window this morning, the sun was rising, and the clouds, with hints of orange, hung over Walden. I love the



weather and the rapid changes that happen so often. It has been a tough growing season but that is not what is important. What is really important is that we are happy, healthy, respectful and enjoy ourselves. And, of course, that we are eating lots of fresh veggies. Enjoy the days of August as fall is around the corner! There will be potatoes and blueberries next week. Enjoy, Bill

## Mark Your Calendars!

NOFA-VT is having a pizza social here at the farm in Walden this Thursday from 5:30-7:30. This event is **FREE** to CSA members and their families. RSVP by today [gershunhalf@gmail.com](mailto:gershunhalf@gmail.com) or 563-2046.

# Helpful Hints & Recipes

## Meet the Intern:

Olivia Maki



Moving here from California, Olivia has had quite the weather shock! Previously working in the non-profit world focused on food education, she

has been thrilled to get hands-on growing experience. She hopes to be able to share her knowledge of organic farming back on the west coast.

## Garlicky Broccoli with Soy Sauce

### Ingredients

- 1 head garlic, peeled
- 1 cup good olive oil
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon kosher salt
- 4 stalks broccoli, cut into florets
- 2 tablespoons soy sauce

### Instructions

1. Place garlic cloves and oil in a small heavy saucepan. Bring to a boil and cook uncovered on low heat for 10 minutes until garlic is brown and tender. Turn off heat and add red pepper flakes and ½ teaspoon salt. Pour into a heat proof container to stop the cooking and let cool to room temp.
2. Blanch broccoli in a large pot of boiling salted water for 2-3 minutes. Drain well and immerse immediately into a large bowl of ice water until the broccoli is cool (this stops the cooking and preserves the color). Drain.
3. In a large bowl, toss the broccoli with ½ teaspoon salt, ¼ cup of the garlic olive oil, the soy sauce & 8 or more cloves of garlic. Serve cold or at room temp.

## Introducing: Summer Beans

Meet your beans! There could be any of the following in your box this week:



Royal Purple



Green Beans



Yellow Wax

You can prepare these all interchangeably- the royal purple beans will turn green once you cook them.

## Storage Tips:

**Lettuce:** greens love an air-tight container with a damp cloth.

**Basil:** remove dried-up ends, stick the bunch in a tall glass of water. Loosely cover the basil with a plastic bag and keep it on the counter.

**Broccoli, Beans, Cauliflower, Carrots, Squash & Zucchini:** store in a plastic bag in the fridge.

**Fresh Garlic:** Store on the counter like you would dried garlic.

**Tomatoes:** Keep on the counter in a bowl. Never refrigerate!

Got Feedback? Find us at [gershunhalf@gmail.com](mailto:gershunhalf@gmail.com)