



## Harvest Hill Farm CSA Newsletter

### Week #14–Thursday September 18<sup>th</sup> 2014

As we all know the weather is very tricky to predict. Sunday night was forecast to be 32 degrees, which did not really concern me because the farm is over 1900' in elevation and frost usually hits the valleys earlier than up here in the hills. According to Weather Underground (not the radical political group from the 1960's and 70's) we were expecting, 'frost in the hollows and typical cold pockets in the Kingdom.' Well, at 5:30 Monday morning my thermometer read 28 degrees! When I left the farm at 7:00 for deliveries and CSA box pickup in St J., the sun was shining and it was in the mid 30's. The crew was picking all of the peppers and I was hopeful that the peppers had survived the colder than expected temps. When I returned from foggy St J., there were many crates of peppers - both green and hot. I was very happy. With a 15% loss of peppers from the frost, there are still plenty to share with all of you. It is too early to tell about the damage to the winter squash. Frost damage usually creates a shorter storage life for winter squash. We will harvest the squash on Tuesday and cure them in the greenhouse. If all goes well, you should see some winter squash in your boxes in October. This may be the last week for tomatoes. Have a great week.

Enjoy!  
Bill

### What's in the box:

Napa Cabbage  
Bunched Beets  
Broccoli  
Carrots  
Onions  
Tomatoes  
Potatoes  
Green peppers  
Hot peppers - Jalapeno  
or Hungarian hot wax

Visit our webpage for updates on Farmer Bill's  
Blog: <http://harvesthillfarmvt.com/>  
Feedback? Email Intern Karen:  
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The crew spent some time hoeing the lettuce, spinach, and broccoli beds. The plants are looking great so far! This week we will put row cover on the lettuce to protect them from the low temperatures predicted for Thursday evening.





### Beet and Potato Latkes

2 medium beets, shredded	¼ c flour
2-3 potatoes, shredded	1 tsp salt
2 eggs, beaten	1 tbsp thyme
½ tsp black pepper	olive oil

Put the beets, potatoes, flour, salt, pepper, and thyme in a large bowl. Add eggs and mix. Heat oil over medium heat and add spoonfuls of beet mixture. Press lightly to flatten. Cook until crispy and brown, flip and repeat. Serve with sour cream. Enjoy!

### Stuffed Green Peppers

2- 4 bell peppers	1 tbsp olive oil	½ c onion, chopped
2-4 cloves garlic, minced	2 c cooked rice	2 c or 1 can black beans
2 c tomatoes, diced	1 tsp chili powder	½ tsp cumin
½ tsp salt	1 c cheese, shredded	

Optional: sliced carrots, cubed potatoes, ground beef, hot peppers

Preheat oven to 375. Heat olive oil over medium heat. Add onion and cook until soft. Add garlic, cook 1 minute. If using optional ingredients, add now and cook until almost done. Add rice, beans, tomatoes, chili powder, cumin, and salt. Cook over low-medium heat 2-4 minutes. Remove from heat and stir in half of the cheese. Cut off tops and remove seeds of peppers. The bottoms may need to be cut so that the pepper sits flat. Spoon rice mixture into peppers and place in baking dish. Pour ½ c water in baking dish, cover with foil and bake 30 minutes. Uncover, top with the remaining cheese and bake uncovered until cheese is melted and browned. Enjoy!

### Napa, Carrot, and Broccoli Stir-Fry

1 tbsp olive oil	1 tsp ginger, minced
2 cloves garlic, minced	
1 c broccoli, chopped	1 c carrots, sliced
½ head napa, sliced	2 tbsp soy sauce

Heat oil over medium heat. Add garlic and ginger and cook 1 minute. Turn heat up, add carrot and cook for a 2-3 minutes. add broccoli and cook 2-3 minutes. Add napa and cook for 1-2 minutes. Add soy sauce and cook until veggies are slightly tender. Enjoy!



Sometimes the beets get really big!