



Harvest Hill Farm CSA Newsletter

Week #7 - Thursday July 31, 2014

Bill's Funky Minutes

Some random thoughts this week:

- * Due to the wet weather, the green beans are a little dirtier than I like them to be.
- * The tomatoes are taking their time in turning red. They were planted later this year so the wait is a bit longer.
- * The birds are enjoying the blueberries. Some week soon, you will also.
- * The corn is amazing this year on the farm. Even the silver queen, which has had a hard time ripening before frost, has tasseled and is setting ears already
- * The crew - Dwight, Karen, Livy, and Katy have been great, they are the heart and sole of the farm
- * This years crop of onions look great, the 3 inches of rain on Sunday and Monday will help them size up nicely
- * The moose has not returned, though if it did return, it would probably get stuck in the muddy fields and I'd have to pull it out with the tractor!

Happy August and enjoy!

Bill

What's in the box:

Lettuce

Broccoli or Cauliflower

Yellow Squash

Zucchini

Beets

Carrots

Green Beans

A splash of peas

Visit our webpage for updates on Farmer Bill's Blog:

<http://harvesthillfarmvt.com/>

Feedback? Email Intern Karen
karen.mb.brown@gmail.com

Storage for green beans -

- keep in bag in crisper and wash only when ready to use.

Storage for Beets

- Cut greens from beets leaving 1-2 inches of stem.
Store in plastic bags in fridge.



The storm rolling in this past week was spectacular!



Stellar Intern Spotlight

Livy hails from the great state of Maine and has been enjoying life in the Green Mountain state for the past six years. A graduate of UVM's Rubenstein School of Environmental and Natural Resources she majored in environmental studies and food systems. Livy is a true believer that fresh, nutritious, locally grown food should be readily available and affordable for everyone and plans to continue using this belief as motivation for her life work. She loves the energy and landscape of Harvest Hill and is incredibly grateful to be growing food for the NEK community!

Zucchini Fritters

2 Zucchini and/or Yellow Squash, grated
 ½ tsp salt
 ¼ cup flour, I use whole wheat
 ¼ cup of your favorite cheese, grated
 1 egg, beaten
 2 cloves of garlic, minced
 ground pepper to taste
 Olive oil for frying
 Optional: dill, minced onion, rosemary



Put grated zucchini/squash in bowl and sprinkle with salt. Stir so that the salt is incorporated and wait 10 minutes. You can gather and prepare the rest of your ingredients while you wait! Using your hands or cheesecloth, squeeze as much liquid as possible from the zucchini/squash. Place drained zucchini/squash in a bowl and add flour, cheese, egg, and garlic. Season with salt and pepper.

Heat olive oil in pan over medium heat. Add a few spoonfuls of batter to the pan, flatten with back of spoon or spatula, and cook until golden. Flip, cook until golden, and repeat. Enjoy immediately!



Maple Mustard Roasted Green Beans

1 bag of green beans
 Olive oil to coat
 Salt and pepper to taste
 Optional: thinly sliced beets (add at the beginning), your favorite nut or seed (add at the second baking)

1-2 tbsp mustard
 1-2 tbsp maple syrup
 1 tbsp vinegar

Preheat oven to 425. Mix olive oil, mustard, maple, vinegar, and salt and pepper in a bowl. Add beans to bowl and coat evenly. Spread beans in a single layer on a baking sheet. Bake 10 minutes. Remove from oven, stir. Put sheet back and bake a further 5-10 minutes. Remove from oven and enjoy!