

What's in the box:

Broccoli
Summer Squash
Zucchini
Cabbage - red or green
Carrots
Green Beans
Cucumbers
Chard - green or rainbow

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

<http://harvesthillfarmvt.com/>

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

Want green beans to can or freeze? Large or small quantity. Will be delivered with your box on Thursday. \$2.50/pound and a 5 pound minimum. Please email Bill at gershunhalf@gmail.com or call 563-2046 by Wednesday night. Thanks!

Harvest Hill Farm CSA Newsletter

Week #8 - Thursday August 7th, 2014

Bill's Funky Minutes

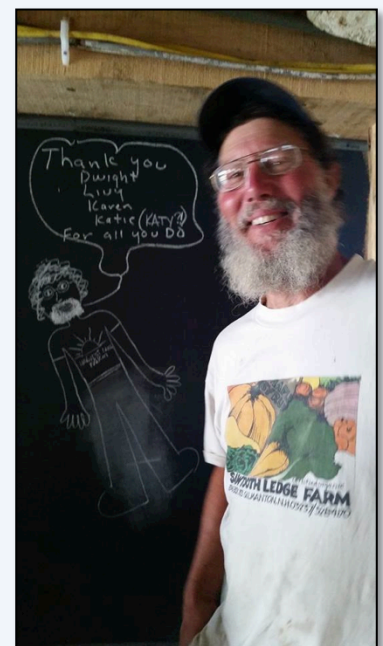
The season of growing continues to be wonderful. We have had warm days with a great mixture of sun and rain pretty much when the fields have needed it. Other than losing all of my peppers and cucumbers to the heat and dryness in early June, the season has been great! This week we have cucumbers and tomatoes, corn and blueberries are not far behind. Our CSA is filled with produce only grown on our farm, which means that occasionally a quantity of a particular veggie can be limited. As that crop kicks into higher production there is more to harvest and more for you. This happened with the squash several weeks ago and will also happen with the tomatoes.

The crew has been extremely busy bending over in the fields, picking beans from overlapping succession plantings. This has occurred often this season. It is way easier to pick lots of broccoli, but don't mention green beans to them. The early onions are ready to dry in the field and the garlic will be pulled this week. Unfortunately, the garlic suffered from a lot of winterkill and will not be included in any boxes this year.

In October I will replant what I harvest for the next season.

It always amazes me how fast the season goes. I remember very clearly, sitting in the seedling greenhouse in March and dropping 14,000 onion seeds into tiny holes in the hopes of having a great onion crop after last years poor one. This year the crop is much better. Next week, you will be enjoying some fresh onions. Enjoy!

Bill





Roasted Carrots

1 bunch of carrots
Olive oil to coat
salt and pepper to taste

Preheat oven to 400.

Cut carrots into 2 inch chunks. Put in bowl and coat with oil and sprinkle with salt and pepper. Place carrots on a baking sheet in a single layer. Roast for 20 minutes or until tender and browning.

Zucchini and/or Summer Squash Gratin

2-3 zucchini, chopped into slices ¼ inch thick
2 tbsp flour
½ c milk
1 tsp salt

1 ½ tbsp butter
½ c heavy cream
¾ c cheese, your favorite, grated
¼ tsp pepper

Optional: broccoli, thinly sliced beets, nuts, sage, rosemary, a bread crumb topping, etc.

Preheat oven to 375.

Melt butter over medium heat. Add flour and mix well. Cook 3-4 minutes stirring occasionally. Add milk and cream and mix well. Cook 3-5 minutes, until thickened. Add salt and pepper. Turn off heat, add cheese, and stir to melt cheese. Alternate layers of zucchini and cheese sauce, and any optional ingredients, in baking pan. Bake 20-25 minutes.

A Green Bean recipe shared by Jeff, a fellow CSA customer

Tomato mixture

8 oz can of diced tomatoes or 8 oz fresh tomatoes, diced

½ onion, diced

1 clove garlic, minced

1 pinch salt

1 tsp. fresh lime or lemon juice

1 tsp ground cumin

1 tsp ground black pepper

Put all of the above ingredients in a bowl and mix well. Set aside.

2 c greens beans

1 shallot or ½ onion, sliced thinly

salt, to taste

1 tbsp olive oil

1 c roasted corn kernels

Blanch fresh beans in heavily salted boiling water for 5 minutes. Remove and shock beans in ice water. Drain and cool. Heat oil in pan. Add beans, shallots and corn and sauté on high until beans blister. Remove from heat, add tomato mixture, toss and serve.