



# HARVEST HILL CSA NEWSLETTER

WEEK 8: AUGUST 4, 2016

## SPOTLIGHT: FOOD WASTE

Did you know that 40% of food produced in America ends up as waste? The average American family throws away 20% of the food they purchase, coming to a whopping 300 lbs per person per year, at a cost of \$1500 per year for a 4-person family. Waste happens on the farm, too, as millions of tons of edible produce are left unharvested in American fields every year, often simply because the produce wasn't perfectly shaped or unblemished enough for retail standards. Food waste doesn't just waste food—it's a massive waste of water and energy as well, and the methane released by decaying food waste in landfills is a potent greenhouse gas. Luckily, there are things we all can do to prevent food waste, for the good of our wallets and the planet:

**1.) Join a CSA!** Good news: just by joining this CSA, you've already helped our farm waste less produce, as Bill was able to tailor his growing plan according to what would go in the weekly boxes. Instead of having always to seek out markets—with the risk that perfectly good produce won't find a buyer—Bill knows that a large portion of the farm produce will end up in your boxes and on your tables.

**2.) Practice good storage methods:** Every veggie has a different optimal storage method. Tomatoes should be kept out on the counter out of direct sunlight, stem end up. If you only use half of a zucchini or squash, wrap the cut end with a damp cloth before putting it back in the fridge. Lettuce should be wrapped in a damp paper towel and kept in an airtight plastic bag in your fridge crisper.

**3.) Freeze, can, or ferment!** Freezing veggies is surprisingly simple, and means you can preserve the tastes of summer for later seasons! We have a guide for freezing squash on the next page.

**Check out this awesome resource from the NRDC for storage and freezing tips for all types of fruits and veggies:** [savethefood.com/food-storage/vegetables](http://savethefood.com/food-storage/vegetables)

## THIS WEEK'S BOX:

- ✧ Lettuce
- ✧ Broccoli
- ✧ Zucchini and yellow squash
- ✧ Napa Cabbage and/or cauliflower
- ✧ Tomatoes
- ✧ Basil *\*Place stem-down in a glass with a little water. Do not refrigerate. To freeze, remove leaves from stems and place in freezer bag.*
- ✧ Green onions *\*Onions have not been cured. Do not refrigerate. When ready to use, cut tops off and cook.\**

## ANNOUNCEMENT:

We're selling extra summer squash and zucchini for \$0.75/pound. If you'd like to buy some, email Abby by **Wednesday evening** at [abigail.bok@gmail.com](mailto:abigail.bok@gmail.com) and we'll deliver it with your box this week. Great roasted, grilled, grated into "zucchini noodles", fried, served raw in salads, baked into bread, or frozen for the winter!

## QUESTIONS? FEEDBACK?

\*If you will be on vacation and can't pick up your box, let us know and you will get extra produce in a different week.\*

**Email us at:** [abigail.bok@gmail.com](mailto:abigail.bok@gmail.com)



## ABOVE:

### OUR FEARLESS LEADER

Read about Bill's love for eating—and sharing—tomatoes in this week's "Funky Minute"!

## BILL'S Funky MINUTE

Many of you who have read my ramblings over the years may remember that tomatoes are my favorite crop to grow. Last Thursday, I decided to begin the first harvest of my beloved fruit. As I gently placed each red wonder in my picking crate, I couldn't help but think of the road that these plants had travelled. The seeds of the "Big Beef" variety are sourced from Chile, purchased from a seed company in Pennsylvania, grown here in Walden, and then delivered to you. Almost half a year before you receive them, I start the seeds in February from soil that I buy from Vermont Compost in Montpelier. Karl, the founder of Vermont Compost, sources much of his ingredients locally, but some of his compost mixture comes from peat moss bogs in Maine and Canada. The minerals he adds to his potting mix are sourced from other locations as well. So even these "local" tomatoes are still part of a much bigger, even global, system!

Then of course there's also the time and effort invested by myself and the crew: watering the seedlings, laying drip irrigation in the greenhouse after planting, suckering (aka pruning) the plants every week or so after transplanting, monitoring the temperature and air circulation in the greenhouses and opening and closing the greenhouses and turning on the fans as needed, and then painstakingly harvesting, carrying 40-pound crates up a hill into the barn, sorting the tomatoes by size and quality, and then, finally, enjoying the taste—or packing them in boxes for you all and others to enjoy!

I must admit, I usually don't wait until the tomatoes are in the crates to enjoy them. At this time of year I can be seen daily plucking a tomato off the vine or picking an already-harvested tomato from our seconds box in the barn. After all that work, it's a real pleasure to savor the flavor.

Be well and enjoy,  
Bill

### SQUASH AND TOMATO HASH WITH BAKED EGGS

#### INGREDIENTS:

- ✧ 2 medium summer squash and 2 medium zucchini, sliced in half and cut into 1/4 inch disks
- ✧ 1 medium onion, cut in half and cut into 1/4 inch slices
- ✧ 1/2 cup olive oil
- ✧ Salt and pepper
- ✧ 2 medium cloves garlic, thinly sliced
- ✧ 1 pint cherry tomatoes, split in half; OR 2 medium tomatoes, cut into 1-inch wedges
- ✧ 4 eggs
- ✧ 2 tbsp slivered chives (or, finely chop the onion tops in your box)
- ✧ Hot sauce of chili paste for serving (optional)

#### INSTRUCTIONS:

Preheat oven to 375°F. In a large skillet, heat 1/3 cup olive oil over high heat until shimmering. Add squash, season to taste with salt and pepper, and cook, stirring and tossing occasionally, until well-browned, about 5 min. Remove squash from skillet. Add 2 tbsp oil to skillet and heat until shimmering. Add onions, season to taste with salt and pepper, and cook, stirring, until onions are softened and just beginning to brown, about 5 min. Add garlic and cook, stirring, until fragrant, about 30 sec. Add tomatoes and cook, stirring, until they soften, about 5 min. Return squash to skillet and mix. Create four wells in the veggie mixture and break an egg into each well. Bake until egg is barely set but yoke is still soft, about 6 min. Season eggs with salt and pepper and sprinkle with chives. Serve immediately with hot sauce or chili paste if desired. *Source:* Adapted from a recipe on [www.serious-eats.com](http://www.serious-eats.com).

### FREEZING SQUASH INSTRUCTIONS:

Cut squash (or zucchini) into small pieces such as 1/2 inch disks cut in half or quartered. Bring a large pot of water to a rolling boil. Fill a large bowl with ice water, put a strainer inside, and place near stove. Blanch the squash for 45-60 sec in boiling water. The squash should still be crisp-tender and taste raw in the middle. Scoop from boiling water and transfer directly to ice water bath to cool for a couple min. Remove strainer and arrange pieces in a single layer on a baking sheet. Pat the tops of the pieces dry. Place pieces as flat as possible in a gallon freezer bag. If possible, suck excess air out of bag with a straw when sealing. Label bag, and place in freezer! Best if used within 3 months.

*Source:* Adapted from [www.thekitchn.com](http://www.thekitchn.com)