



It's difficult to think anything but pleasant thoughts while eating a homegrown tomato.

[Lewis Grizzard](#)

News from the Farm

Welcome to week 11. We had a wonderful past week filled with a mix of events, hard weeding work and starting to put away lots and lots of food for winter. This time of year we can feel the pressure of the coming winter but are also basking in the glory of summer (even though it has yet to break 85 all year).

We are wrestling with the last weeding tasks. Still feel free to come out for weeding fun any day, just call ahead. We promise zen moments, good conversation and a farm cooked meal. We are also still waiting for it to dry out enough to harvest garlic. We are trying for Monday!

U-Pick tomatoes are just starting and will continue through frost. SEE THE BACK OF THE NEWSLETTER FOR TIMES AND DETAILS. Make sure to call or email ahead. We will be picking until frost.

Sweet corn is on the way. It has been so cool that things are taking there sweet time ripening. We are pleasantly surprised that the winter squash are doing okay. They tend to like hot dry weather which is certainly not what they have been given.

This Sunday is the next farm yoga event. Join Heather from River Flow Yoga from 9:45am-1pm. Yoga starts at arrival and will be followed at 11:30 with a harvest and meal prep with us. We will be making fresh gazpacho, some grated salads and more! To sign up or for more details see.

<http://riverflowyoga.net/mini-retreats/>

Have a delicious week- Kat, Tony, Riley, Ted and Maple

In Your Box

- Broccoli
- Tomatoes – beefsteaks (red or yellow), heirlooms (green, yellow and red)
- Cherry tomatoes
- Carrots
- Salad mix
- Zucchini/summer squash (halves)
- Cucumbers (fulls)
- Swiss Chard
- Onions -use the greens like scallions in recipes
- Eggplant or tomatillos (full shares) – tomatillos look like little paper lanterns are use in green salsa, sauces or roasted

Next Week's Best Guess: Broccoli, onions, garlic, carrots, zucchini, cucumbers, tomatoes, peppers, eggplant, sweet corn, kale, tomatillos

Pizza specials of the week – **5 Veggie**– kale, zucchini, onion, peppers, and tomatoes **Zombie Pizza**- All flesh with bacon, pepperoni and sausage; **Jack and Dill:** Jack cheese, dill, garlic and sausage. **Stoney pepperoni.**

Kat's Kitchen

Puréed Zucchini Soup With Curry - By MARTHA ROSE SHULMAN

1 tablespoon olive oil , 1 small onion, chopped , 2 garlic cloves, minced , 2 pounds zucchini, diced (about 7 cups diced) , 2 teaspoons curry powder , 6 cups chicken or veggie stock, vegetable stock or water , 1/4 cup basmati rice, Salt to taste , Freshly ground pepper, Pinch of cayenne , 2 tablespoons fresh lemon juice For garnish: 2 tablespoons chopped chives or green onions, 1 small zucchini, sliced paper-thin, tossed with salt, Garlic croutons (optional) Heat the olive oil over medium heat in a large, heavy soup pot and add the onion. Cook, stirring, until it is tender, about 5 minutes. Add a generous pinch of salt, the garlic and the zucchini and stir for about a minute, until the garlic smells fragrant. Add the curry powder, stir together, and add the stock or water, the rice and salt to taste. Bring to a boil, reduce the heat, cover and simmer 30 minutes. Taste/adjust salt. Purée the soup with an immersion blender or a food mill or in batches in a blender, taking care to avoid hot splashes. Return to the pot, heat through, add pepper and cayenne to taste and stir in the lemon juice. Serve, garnishing each bowl with paper-thin slices of zucchini, chopped chives and croutons if desired. Yield: 4 to 6 servings. Advance preparation: This will keep for a couple of days in the refrigerator but tastes best on the day it's made. It can also be frozen.

Grated Carrot Salad- Mark Bittman NY Times

Grate desired amount of carrots- 2-4 cups, in a separate bowl mix Tahiti (2-3 Tbs), 2 Tbs olive oil, ½ tbs cumin, 1 tsp harissa or hot sauce (spice to taste) and 2 Tbs lemon juice (fresh or bottled). Use water to thin to desired consistency (thin enough to mix into carrots. And combine. This can be left in the fridge to marinate for a day or two.

U-Pick Tomato Time

We will only be taking 10-15 families this week but will have many more spots starting next week. We try to limit picking to several families per day to ensure a good supply. To sign up for a time **please email or call to reserve a time.** If possible please let us know the amount you plan to pick (although we understand that it might change a little).

Times: You can pick any Monday-Wednesday from 7am-7pm, Fridays from 9am-7pm. If you come for pizza night the picking will be mostly self-guided. This Saturday you can pick before 9:30am and Sunday from 9am-12pm. We will add more weekend times and variable Thursday hours weekly starting next week.

What to Bring; We have containers to pick into for measurement but prefer that you bring something to carry home tomatoes in. We have large containers to pick cherry tomatoes into. Kids, babies, friends are all welcome to help. Kids seem to do best picking cherry tomatoes or just eating along side ☺ The fields have been wet for most of the summer. Wear shoes or boots that can get wet and muddy.

Amount: A half bushel is included with your share(20-30 lbs) as well as almost unlimited cherry tomatoes. You can pick additional tomatoes for \$15/half bushel or \$30/bushel beyond the included amount. We have tomatillos that can be picked in place of or in addition to tomatoes as well.

Other Veggies : We also have green peppers and banana peppers, hot peppers (jalapeño, hot wax, poblano, cayenne) , celery, onions and garlic available for sauce or salsa making.

If you are unable to pick but want your tomatoes – If you would like to send a fellow CSA member to pick for you this is a good option. If you are home bound or physically unable to pick just contact us so we can get you what you need.

Summer preservation – tips, tools and ideas for simple and gourmet results

Roasting tomatoes for winter or now – fire roasted tomatoes are sold at a premium price and featured in many salsas. You can easily add a depth of flavor to your soups, sauces and salsa by hot roasting whole or diced tomatoes with olive oil at 400-500 degrees. Using whole tomatoes is nice because they can be charred on a side, cooled and then chopped. Also after roasting the skin comes right off. Roasted tomatoes can be canned or frozen.

Tomato sauce – people often ask us about how we make sauce for pizza night... well here it is. We use a Nesco type roaster and fill it with ¼ cup oil, and about 2 cups of water. Then we fill it not packing tight with clean tomatoes cut into halves of any type. We put on the lid and steam the tomatoes in this form at 300-400. Once the tomatoes are steamed and a bit mushy (an hour or less) we remove the top, and puree the tomatoes with an immersion blender and then cook down to half. Add salt, pepper and any herbs to taste. We do not add any other things because it allows us to use this sauce for anything we need tomatoes for. This can be canned (it is high acid so it just a 15 minute water bath) or freeze.

Other great preservation resources can be found at

<http://www.csacoalition.org/about-csa/resources-for-consumers/food-preservation/>

<http://www.foodsafety.wisc.edu/>