

Local Roots Community Supported Agriculture

Box Contents for August 28th & 29th

1 head 'Samantha' red oakleaf lettuce
1 head romaine lettuce
1 bunch 'Nelson' carrots
1 head broccoli
1 or 2 eggplant
1 head 'Music' garlic
1 bunch purslane
1 bunch parsley
almost 1# tomatoes
~1/2# green beans
1 slicing cucumber
1 bunch dill
1 zucchini

Large box additions

1 bunch chard
1 bunch beets
extra 1/2# green beans

Next week's produce (we think): more tomatoes – corn – carrots – chard – savoy cabbage - kale – potatoes

Local Roots Farm News

The full cornucopia of late summer is upon us, and every day I struggle to choose between which of the wonderful summer-y foods to eat before they all disappear. I've gorged myself on raw sweet corn, made pesto three days in a row, and eaten tomatoes for breakfast, lunch, and dinner. Besides all the great stuff that we grow on our farm, we also are the lucky recipients of tons of ripe (and beyond ripe) fruit and berries from our fellow market farmers. Our freezer is full of peaches and berries, and today I'm starting to dehydrate several bags of Italian prunes.

Just as the harvest season really kicks in, the farm tasks that had been a weekly ritual are almost done. This afternoon Jason will be planting our last direct seeded crops: turnips, arugula, salad greens, and radishes. We hope to be harvesting these in late October, and possibly through November. Transplanting is also just about finished, although there is still a final set of straggler fennel waiting to move into the field. Now our weeks are full of harvesting, packing, storing, and cleaning up the farm in preparation for winter. It's a fun time of year, when we can see the fruits of our labors in the fields full of lush produce and the heavy boxes of veggies that leave the farm each week bound for the farmers market or your table.

I'm intentionally keeping the "news" section short this week to give more room to some of the possibly unfamiliar veggies you're getting this week. More fun farm news next week!

Enjoy your summer veggies!

Ideas and info for this week's produce

Purslane – We'll get right down to business talking about this unusual vegetable. This is the only time you'll receive purslane this year, so make the most of it! Purslane is an exceptionally healthful food, high in vitamin C and Omega-3 fatty acid, very unusual for a vegetable.

All parts of purslane are edible. The leaves have a juicy texture and a lemony, earthy flavor. The stems are stronger in flavor and more crunchy. I suggest using the stems, cut into small pieces, in any dish where you would add diced sweet pepper or cucumber, like pasta salad or green salad. I find the citrusy flavor goes very well with a dish like couscous or quinoa and black beans. You can also cook purslane, but I recommend doing it quickly, just to heat through. We recently grilled whole stems of purslane that had been marinated in a simple olive oil and vinegar dressing.

The most popular recipe for purslane I have found will be included in today's email. It uses plenty of parsley, which is also in your box this week.

Eggplant – Eggplant is one of those crops that we grow just for the CSA, and because we love to eat it. I'll include a recipe for my favorite eggplant dish, pasta alla Norma. Here's another one of my vague "recipes" that is perfect for making use of the jumble of summer produce:

Recipe – Ratatouille, or something like it

Ratatouille traditionally includes eggplant, zucchini, sweet peppers, tomato, garlic, and onion, seasoned with basil, marjoram, and rosemary. You can make a wonderful summer stew with any combination of the veggies and herbs listed above, several of which are in today's box. The secret to great ratatouille is not to stir it too much. Cut your vegetables into equal size pieces, either large chunks, smaller dice, or slices. If you don't want to use your good tomatoes for this dish, a can of diced tomatoes will do just fine instead. Place in a wide saucepan or pot, add a half-cup of red wine, a generous dollop of olive oil, a pinch of salt, and chopped herbs. Give one thorough stir to coat all the veggies with oil and wine, cover, and cook on medium heat for about 45 minutes. You want the veggies to be completely cooked, but not mushy. Eat over polenta or egg noodles, or as a side dish, either hot or cold.

Dill – Many of today's veggies would go very well with dill: carrots, cucumbers, green beans, or perhaps last week's potatoes? The recipe below is a perennial favorite. One medium cuke will make a half recipe (use a pint jar).

Recipe – Refrigerator Pickles

Slice cucumbers into 1/4" thick rounds. Slice half an onion and a sweet pepper into strips. Pack vegetables into a quart jar. Roughly chop dill and add to jar. In a saucepan, bring to a boil 3/4 cup apple cider vinegar, 1/2 cup water, 1/2 cup sugar (or honey), 1 teaspoon peppercorns, 1 1/2 teaspoons mustard seed and pour over cucumbers to fill jar. Leave uncovered and chill for 24 hours. Cover, and keep in fridge. Pickles will keep in the fridge for several weeks. (You can also make a half recipe.)