

Local Roots Community Supported Agriculture

Box Contents for August 30th & 31st

1 bunch Nelson carrots
1 bunch Rainbow chard
1# green beans
1# mixed tomatoes
2 ears sweet corn
1-2 eggplant (1 medium or 2 small)
2 **HOT** peppers
1-2 heads cabbage (red or Savoy)
1 head lettuce – either Flashy Trout or Bronze Romaine
broccoli
cucumbers

Large box additions

extra corn
extra tomatoes
extra broccoli

Local Roots Farm News

Boy, do we ever have a good one for you this week! It's the peak of summer goodness right now, and we are very, very excited to be putting CORN in the box in this, the most unlikely of summers to get ripe corn in Western Washington. In fact, barring animal attack (always possible with ripe sweet corn), we should be able to give you corn again for at least another week.

Tomatoes and beans are also producing well, and we're glad that our token plantings of eggplant and peppers have produced enough all at the same time to give in the CSA. With these hot-weather crops, I always struggle over whether it's worth the effort that we put into growing them. Our friends in Eastern Washington can grow amazing peppers, eggplant, and melons right out in the field, but we grow just a small number of plants each year in our limited greenhouse space. I am glad that we are able to give such a wide variety of produce to our CSA members, but the hot-weather crops do turn out to be one or two time treats rather than a bounty suitable for feasting or preserving.

On that note, if you want more peppers, eggplants, Roma tomatoes, and fruit galore, I recommend you check out Tonnemaker's Farm CSA program. They grow a huge variety of organic orchard fruit, plus amazing melons and peppers. It may be too late to join this year, but I'll include a link in the email today if you want to look into it for next year. I think it would be an excellent complement to our CSA.

Visit the Farm!

Two exciting events are coming up soon. We'll be open to the public on Saturday, September 17th, as part of the PCC Farmland Trust Snoqualmie Valley farm tour. We'll be giving a guided tour of the farm at 2 PM, with a self-guided tour pamphlet available throughout the day. The following Saturday is Sno-Valley Tilth's 2nd annual Country Auction and Pig Roast. The event begins at 4 at Jubilee Farm (about 20 minutes drive from our farm), and you are welcome to stop by the farm beforehand for an informal visit. Saturdays are busy harvest days for us as we get ready for the Sunday Broadway farmers market, but by mid-afternoon we'll be available to say hello to visitors.

I'll include links to more info about both of these events in the email today. Hope to see you on the farm! ~Siri et al.

Ideas and info for this week's produce

Cabbage – We have an assortment of types and sizes of cabbage heads today. You will be receiving either a red or a crinkly green Savoy cabbage, either of which will work well in the following recipe. If you have any green onions or sweet onions left from the last few weeks, either (or both) would be nice in this recipe:

Recipe - Honey-Sesame Cabbage Slaw

- Cut a head of cabbage through the stem end into halves or quarters and remove core. Slice, as thinly as possible, across the grain (perpendicular to the first cut).
- Slice any sort of onions (green onion, sweet onion, or red onion), and toss together with sliced cabbage in a serving bowl.
- Mix up dressing: toasted sesame oil, red wine or apple cider vinegar, honey, pinch of salt, and a little light salad oil to thin. Adjust seasoning to taste (I like a lot of sesame flavor), and pour over sliced cabbage. Mix well, and let stand for about 20 minutes before serving.
- A handful of slivered almonds and/or sesame seeds would be nice too.

Hot pepper – These are 'Padron' peppers, which are hotter than we expected them to be. I'd rate them as hotter than a jalapeno, probably best for spicing up a dish of beans or making a quick simple salsa with one of your tomatoes.

Sweet corn – If you can resist eating this straight off the cob as soon as you get your hands on it, you could make this tasty and easy-to-modify side dish:

Recipe – Summer Succotash

- Dice any of the following veggies: green beans, zucchini, onion, carrot, turnip... anything that's relatively dense and in season.
- Cut corn off the cob with a sharp knife.
- Heat some butter or oil in a sauté pan, and begin to cook the vegetables in order of cooking length – carrots, onions, green beans first, then zucchini and corn.
- Cook on medium-low heat – you want the veggies to cook without browning. When the last veggies have softened, season with fresh or dried basil, salt, and pepper.

Eggplant – Slice, fry until golden brown, sprinkle with salt, and eat. Or slice, coat with olive oil, and grill. It's still summer.