

Local Roots Community Supported Agriculture

Box Contents for August 5th

1 bunch red beets
2/3# broccoli
1 head red butter lettuce
3 Duvalla Walla onions
2 zucchini
4 mixed cucumbers
3/4# green beans
1.5# red 'Desiree' potatoes
1 bunch green curly kale
1 head savoy cabbage
1-2 Pink Beauty tomatoes

Next week's produce (we think): chard – carrots – tomatoes – purslane – parsley – zucchini – cucumbers – dill – salad – kale

Large box additions

Carrots
Extra broccoli

Ideas and info for this week's produce

Tomatoes! – We are looking forward to a good supply of tomatoes for the next month or more. Over the years of growing tomatoes, we have identified a few varieties that are the best for CSA boxes, combining great flavor with slightly firm texture and skin that resists splitting. Some of the best tasting varieties simply won't travel well, and although we grow a couple rows of Brandywines, we have had bad results when including them in the CSA boxes. Our go-to varieties for CSA are Pink Beauty, which looks and tastes like Brandywine but has a less delicate texture, and two more unusual varieties: Black Prince and Green Zebra. Today you are getting the Pink Beauties, which are the earliest ripening. Just a note on tomato storage: DO NOT refrigerate. If your tomato is slightly soft, it's ready to eat right away. If firm, leave on a countertop for a day or two before enjoying.

Cucumbers – We grow long green "slicing" cucumbers as well as little round white/yellow ones. Both types are great for snacking and can also be used for quick pickling or refrigerator pickles. Store them in a bag in the fridge to keep from shriveling.

Green Beans – The sooner you eat these beans the more delicious they will be. These are 'Provider,' an old-fashioned variety that is dense and meaty. We like to eat them steam/sautéed with a generous amount of chopped garlic:

Recipe – Garlicky Green Beans

- Cut beans into 1½" lengths.
- Chop one or two cloves garlic.
- Put beans and garlic in a skillet, along with a dollop of olive oil (or butter) and a half cup of water.
- Turn heat to medium high, and cover the pan. The beans will steam and soften. Once they are easily poked with a fork, remove lid and allow water to cook off.
- Continue to cook, allowing the garlic to lightly brown. How long is up to you... I like the beans to be pretty soft and a little shrivel-y. Salt to taste.

Beets – These beets have some glorious greens on them, which you should definitely eat. Use them as you would chard.... They are the same exact species: *Beta vulgaris*. As for the beets themselves, the simplest way to cook them is boiled whole. When they are tender to the point of a paring knife, drain, and run under cold water. The skins will slip right off, and you can use the beets in a salad or sliced with a little vinegar for a tasty side dish.

Local Roots Farm News

Summer abundance! We are all very excited about this week's CSA box. It's so great when all the easy-to-eat vegetables start ripening, and we can eat tomatoes and cucumbers for lunch every day. Beets, broccoli, and cabbage too today! Yep, it's a good one. We skipped carrots for a week just because we didn't have time to pick that many items, but they will definitely be back next week.

We are picking from our new planting of "fall" kale this week, which is always a welcome change. The first few sets of leaves on kale plants are extra tender, but also pretty fragile. You may notice some wonky and broken stems in your bunches of kale, but that means that you are getting super delicious and toothsome kale instead of the thicker leaves that our spring-planted kale is producing these days. We'll give our earlier planting a little break from harvesting now and set up our overhead sprinklers to get it a nice boost of new growth as we head into September. With luck, we'll have another mild winter like we did in 2012/2013 and will still be harvesting from our early 2014 kale into the spring of 2015... crazy!

CSA Member Potluck is coming up this Saturday, August 9th. Come any time after 4 PM. Bring a dish to share, even if it's just cheese and crackers or store-bought cookies. No need to get fancy!

We'll try to eat dinner around 5 and have a tour of the farm around 6. Please RSVP! We have plenty of seating and can provide plates, silverware, and glasses for beverages for about fifty, but would like a headcount in case we need to supplement with disposable dishes. You are welcome to bring friends and family, whether CSA members or not. Please, NO DOGS! One excited pup can ruin hundreds of heads of lettuce in a single sprint after one of our ubiquitous rabbits, so we just can't risk having your dog on the farm. We have a second potluck planned for September 20th, so you'll have another chance if you can't make this one. Hope to see you Saturday!