

Local Roots Community Supported Agriculture

Box Contents for August 25th

1 bunch carrots
1 bunch collard greens
1 bunch radishes
Broccoli
½# tomatoes
½# tomatillos
2 zucchini
2 ears sweet corn
3 cucumbers
1 head red oakleaf lettuce

Large box additions

Lacinato kale
Mixed sweet peppers

Next week's produce (we think): potatoes – cabbage – sage – onions – carrots – lettuce – green beans – maybe more corn – maybe more broccoli

Local Roots Farm News

I've been writing these newsletters every week for the last 8.5 CSA seasons, and sometimes I just can't think of anything new to say. I'm definitely tired of talking about weather and irrigation! So here's something else that I've been thinking about lately:

CSA site hosts – These folks are the unsung heroes of our whole CSA endeavor. When we started out, in 2007, we had just four pickup sites, in Ballard, Capitol Hill, Maple Leaf, and Downtown Seattle. Now, nine years in, we have fifteen sites around Seattle – including our original sites at Maple Leaf and Aloha on Capitol Hill (both of which are hosted by family members... thanks guys!) Like so many things on our farm, the pickup locations have evolved organically. Somehow, as our CSA has grown, new sites have naturally emerged to meet the needs of our members. Over the years, people who are friends, friends of friends, and farmers market customers have all reached out to offer their homes as sites for us in new neighborhoods. Our site hosts give us the use their porches and patios, tidy up the stacks of boxes and vegetable flotsam each week, and store the empties for us until we pick them up the following week. We couldn't make the CSA happen without them! If you happen to catch a glimpse of your host one of these days while unboxing your vegetables, say hello!

On that note – we are starting to get pretty full-up at some of our north Seattle sites, and are starting to explore options for new site(s) for 2016. We aren't currently planning to expand the overall number of CSA members, but we seem to be pretty north-end heavy right now. If you currently pick up at Sandpoint, Maple Leaf, or Wallingford, and would like to pick up at a site somewhere in between or a bit beyond one of these neighborhoods, please drop me a line. No rush, but it's good for me to start thinking about what neighborhood would be the most logical place to add a new site. 2016...it's coming sooner than you think!

Thanks to all: site hosts, CSA members, farm crew, family, seeds, tractors, sun, rain, soil!

Ideas and info for this week's produce

Tomatillos – This is one I had hardly ever eaten before last year, except probably in the form of green salsa at a burrito place. They are amazing! I am now a huge fan. Tomatillos are just a little less heat-loving than tomatoes and peppers, so they are ripening up nicely right out in the field, rather than in the extra warmth of our greenhouses. What to do with them? Start by peeling off the husk and giving a quick rinse to get the sticky residue off. Then, you can blend up some salsa verde in just a few minutes: roughly chop the tomatillos, and throw in the food processor or blender along with any or all of the following: onion, garlic, lime juice, hot peppers, and/or cilantro. Definitely add some salt. I've been experimenting with different ratios and it seems you can't go wrong.

The other wonderful thing we've been making with tomatillos is a mixed grilled veggie salad:

Recipe – Grilled summer salad

- Shuck corn
- Cut zucchini/summer squash in half the long way.
- Cut an onion into halves or quarters, leaving the stem end intact.
- Peel and rinse tomatillos.
- Put all this stuff in a big bowl or baking dish.
- Liberally apply a high-heat oil and salt, and toss things around so they get well coated and salted.
- Grill until zucchini is browned and tender, onions are beginning to soften, corn is lightly toasty, and tomatillos begin to slump. Take off grill, and allow to cool. If you don't have a grill, use a hot cast iron pan on the stove.
- Chop everything up into bite size pieces, cut the corn off the cob, and toss together in a serving bowl. The tomatillo juice becomes a tangy/sweet dressing. Yum!

Corn – Oh, the ups and downs of growing corn in the Pacific Northwest. Temperatures were ideal for corn growing this year, but our lack of water made for small plants and small ears. It's still delicious, though! This variety is a bi-color called Luscious, and we have two more planting dates coming along, so we hope to be able to outsmart the crows and get to the ripe corn before they do...

Order of eating:

Eat ASAP: broccoli (for peak flavor), corn (same), tomatoes (depending on degree of ripeness), basil

Will store for 3-4 days: lettuce, collards, radish greens

Will store for a week: zucchini, carrots, cucumbers, zucchini, tomatillos