

Local Roots Community Supported Agriculture

Box Contents for August 23rd

1# tomatoes
~3/4# broccoli
2 cucumbers
2 zucchini
1# tomatillos
1-2 Tropea onions
1 bunch green curly kale
1 small bunch cilantro
1 head Samantha oakleaf lettuce
1 bunch red radishes

Next week's produce (we think): tomato – chard – potatoes – escarole – green beans – basil – dill – zucchini – salad of some sort

Large box additions

Green beans
Carrots
Red butter lettuce

Local Roots Farm News

Abundance – Yes, it's that time of year. We keep going out to the broccoli patch to "check on it" and end up harvesting an unexpected 200 pounds. Yikes! We intended to give some other items this week but are once again swimming in broccoli, so in to the CSA boxes it goes! Things that can "hold" better in the field or in storage, like cabbage, carrots, potatoes, garlic, beets, are pushed off until a later date in favor of the abundant perishables of this week. We try our best to make each week's box somewhat similar in value and volume, but there are definitely weeks (like today) where you get a more generous helping. For us, weeks like this help balance the weeks we sometimes have early or late in the season when vegetables are a little more scarce. We make sure that the total amount of veggies you receive over the course of the CSA season provides good value for your produce dollar – on average, we end up giving you about 10% more than you would get by purchasing the produce at the farmers market. That's our way of thanking you for supporting us with your early CSA payment. Those dollars that you send in during January and February are crucial to our cash flow over the winter months, and really, these kinds of relationships are a big reason for the small farm renaissance that has taken place all over this country over the last 25 years. Vegetable farming can be pretty crazy, but at least with the CSA model we aren't stuck making all our income in just the short and intense summer months. So, thanks! We couldn't do it without you. ☺

Quick farm news: We are feeling that change in the air in the mornings that says fall is on the way. The mornings are cool and foggy, so even when the temperatures rise into the 90s the days are much better for working outdoors than when we get hot weather in the long days of June and July. We are about halfway through our potato harvest, and have a bountiful yield! Quite a contrast to last year's paltry potatoes, I think largely thanks to the cool weather we got in June and July. Winter squash are not shaping up to be a bumper crop, again due to cool early summer weather. Tomatoes are producing a nice steady supply, so we should have tomatoes for you for another three or four weeks, and in another couple weeks we expect some ripe sweet peppers too. Enjoy the lovely weather! ~LRF

Ideas and info for this week's produce

Tomatillos – 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

- 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, 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, and toss together in a serving bowl. The tomatillo juice becomes a tangy/sweet dressing. Yum! Add fresh or frozen corn to make it extra good.

Other ideas for this week

- cucumber and onion refrigerator pickles
- zucchini fritters
- black bean, grilled onion, and zucchini fajitas with tomatillo/tomato salsa fresca
- Greek cucumber, tomato, onion salad with feta and olives

Order of eating:

Eat ASAP: broccoli, for most delicious flavor
Will store for 3-4 days: lettuce, tomatoes, cilantro, kale

Will store for a week: cukes, zucchini, onions, tomatillos, radishes