

Kettle Pond Farm Newsletter

www.kettlepondfarm.com

Volume 3, Issue 11 August 18 & 21



Hello Potato...Good Bye Friend

News & Notes

-Hey everyone! Welcome to the 11th week of the 2008 CSA season. Does anyone else feel like summer is whizzing by?! Around here we're feeling it! We are sad to say that Rachel is leaving us this week. We'd like to thank her for all her hard work this season and we wish her well as she heads back home to Indiana, and Ohio for school!

-Just a quick note about the cantaloupe, some of you have mentioned to us that when you cut open your cantaloupe it wasn't ripe. This news breaks our hearts. A good rule of thumb is to let it sit on the counter until you smell that sweet melon aroma. At that point, cut it up and feast!

-There are leeks and potatoes in the share this week! There are some great soup recipes out there that combine both leeks and potatoes, but we've never tried them so let us know if you find a good one! The potatoes are the 'All Red' variety and were harvested just last week. Leeks, well get excited for beautiful leeks! In case you're not familiar with leeks, they are members of the onion family, but have a more delicate flavor and partner well with thyme, parsley, bacon, potatoes, mustard, and olive oil. The edible parts are the white base and the light green stalk.

What to find in your share...

Cucumbers
Carrots
Summer Squash
Tomatoes
Kale or
Collard Greens
Peppers
Eggplant
Green Beans
Melon
Salad Mix &
Baby Chard
Leeks
Potatoes
Dill
Cilantro
Basil
Par-Cel
Parsley

Tales From The Field...From Steve

Last week was the first of many treasure hunts. It was rubies we were after...those tasty red potatoes! First the garden fork, loosen one side then the other, followed by digging hands, then fresh potatoes into the basket...go go go. Potato harvesting is always a blast.

In other garden news the third planting of summer squash has started to produce just as the first planting is sent to the compost. Baby broccoli was sighted, just a few more weeks until harvest and cover crop is sprouting up around the farm, protecting and enhancing our soil! Cool nights have arrived, the farm is always changing. Poetry is in the air, reach out and grab it.

What's Cookin'?

This CSA season eight shares were purchased by the May Institute for a What's Cooking food group! On Friday the KPF team had the pleasure of sitting in on one of their meetings. We were delighted to meet and chat with the group as well as see our veggies prepared by their wonderful chefs, Kimberly and Jessica. They treated us to tasty dishes that made the veggies look great! Here is a recipe for one of the delicious meals they were cooking up!

Pesto Vegetable Pasta Salad

2 C. Whole wheat pasta, spirals, cooked, until tender, drained, cooled
½ C. Olive oil
½ Onion, chopped
1 Zucchini/yellow squash, chopped
½ Eggplant, chopped
Salt and pepper
1 Green pepper
2 Tomatoes, seeds removed, chopped
1 Cucumber, chopped
¼ C. Pesto (see below)

Directions:

1. In a large skillet heat olive oil over a high heat; add onions and cook for 2 minutes.
2. Add all the remaining vegetable (except tomatoes and cukes!), sprinkle with salt and pepper, cook until tender or around 5 minutes.
3. Place all vegetables on a large plate or on a sheet pan and place in the fridge to cool.
4. After the veggies have cooled, place into a large bowl and add pasta.
5. Toss pasta and veggies with pesto; sprinkle with cheese and serve!

Savory Pesto Spread

2 C. Fresh basil leaves
½ C. Freshly grated Parmesan-Regiano or Romano cheese
½ C. Extra virgin olive oil
1/3 C. pine nuts or walnuts
3 Garlic cloves, minced
Salt and pepper to taste

1. Combine basil and nuts in food processor or blender, pulse a few times.
2. Add garlic and pulse a few more times.
3. Add olive oil in constant stream while blender or food processor is on.
4. Add grated cheese and pulse until well blended.
5. Add salt and pepper to taste!