

Kettle Pond Farm Newsletter

www.kettlepondfarm.com

Volume 3, Issue 9 August 4 & 7



I Reckon Ratatouille...

Hey everyone! Welcome to the 9th week of the 2008 CSA season. Hope you all enjoyed the vegetables last week! This week there will be some changes regarding the distribution of melons, please see page 2 for more info.

Tales from the Field

The season sure is churning! Some of the beds are now empty and have been seeded with cover crop. Our 'All Red' potatoes are ready to harvest, with several other varieties around the corner. Last week we scoped out the winter squash and boy they look great. Marcus, the Houtzager's grandson, is leaving us this week. We sure will miss him and we really appreciate the time he spent here with us. Soon kids will be flooding the schools and fall will be upon us. But for now lets enjoy the hot summer days and the tasty summer treats.

What to find in your share...

Cucumbers
Swiss Chard
Salad Mix
Summer Squash
Beet Greens
Parsley
Basil
Dill
Kale*
Peppers
Eggplant
Onions
Melon*
Par-Cel
Cabbage*
Garlic

The * indicates
that there may or
may not be that
item in the shares-
Depends!

Ratatouille

- * 2 tablespoons olive oil
- * 2 cloves garlic, crushed and minced
- * 1 large onion, quartered and thinly sliced
 - * 1 small eggplant, cubed
- * 2 green bell peppers, coarsely chopped
- * 4 large tomatoes, coarsely chopped, or 2 cans (14.5 ounces each)
diced tomatoes
- * 3 to 4 small zucchini, cut into 1/4-inch slices
 - * 1 teaspoon dried leaf basil
 - * 1/2 teaspoon dried leaf oregano
 - * 1/4 teaspoon dried leaf thyme
- * 2 tablespoons chopped fresh parsley

Preparation:

- In saucepan, heat olive oil over medium heat.
- Add garlic and onions and cook, stirring often, until softened, about 6 to 7 minutes.
- Add eggplant; stir until coated with oil. Add peppers; stir to combine.
- Cover and cook for 10 minutes, stirring occasionally to keep vegetables from sticking. Add tomatoes, zucchini, and herbs; mix well.
- Cover and cook over low heat about 15 minutes, or until eggplant is tender but not too soft.

Serves 4

Mmm-Melons!

Spending time in the melon patch is always a treat, so we are very excited that some of the melons are ready to harvest! Last week many of you received a cut melon and we think that full melons are much better than cut melons, so here is the deal: For the next couple weeks several shares will receive full melons until everyone has received one watermelon, and one cantaloupe each (and hopefully more!!)

This year we are growing three varieties of muskmelon and three varieties of watermelon. The term muskmelon includes what we know as honeydew melons and cantaloupe. Both muskmelon and watermelon are considered to be a false berry meaning that the fleshy part of the fruit was not only developed from the ovary of the flower, but from some other adjacent tissue.

Melons are members of the cucurbit family along with squash and cucumbers. Watermelons are thought to have originated in the Kalahari Desert of Africa, while muskmelons are thought to be native to India. Nutritionally, watermelons contain the antioxidant lycopene, and are rich in vitamins A, B6, and C, along with fiber and potassium. Muskmelons are rich in vitamin C, beta-carotene, and potassium.

So delicious and healthy, melons seem too good to be true. Please enjoy!

Quick Notes

THANK YOU! We'd like to thank everyone who came to Saturday night's event. Our neighbors, the Bolton's, gave an interesting presentation on the way diet affects health and the benefits of eating fresh, raw foods! They recommended everyone check out "The China Study" by Dr. T. Colin Campbell and Thomas M. Campbell II. This book explores how nutrition is linked to cancer, heart disease, and diabetes. Want to know more? Check it out!

PARCEL? No, no it's not a package! Parcel, also known as Celpar and cutting (leaf) celery, is actually a wild celery with parsley like growth. Wild celery has been used for asthmatic and bronchial conditions as well as rheumatoid arthritis. It has also been used as a sedative and to assist with some kidney problems. The finely curled leaves have a distinct celery flavor and can be used for flavoring meals or garnishing finished masterpieces!

BUSY? Don't forget to stop and smell the flowers! Kelly's nieces and Angela's cousin have the right idea!

