

August 17/20, 2009
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Kettle Pond Farm CSA

Week 10



In Your Share:

- Swiss Chard-
- Dill-
- Peppers-
- Eggplant-
- Basil-
- Cukes or Squash-
- Radish-
- Scallions or Onions-
- Parsley-
- Various Greens-
- Garlic-

"Organic life, we are told, has developed gradually from the protozoon to the philosopher, and this development, we are assured, is indubitably an advance. Unfortunately it is the philosopher, not the protozoon, who gives us this assurance." "

~Bertrand Russel~

Sweat till you Drop!

It's week 10 of our CSA here at Kettle Pond Farm. This past weekend we hosted a successful farm event which included a farm tour, a canning workshop by Millie Gedrites a buckwheat presentation by Angela Possinger and a presentation on Nutrient Density by Derek Christenson from Brix Bounty Farm. A big thank you to those presenters and to all those attended.

This week is starting out with a bang! The sun is out and the heat is sure with it! The next few days are suppose to be in the 90s...Summer has arrived a bit behind schedule, but its here.

Thank you! And Veggies

Over that last week Jim and Donna, as well as their children Ryan and Laura, have been helping us around the farm. Donna is Alex and Chris's daughter from Ohio. They did mowing, weeding, harvesting...the whole bit. The place looks quite different, so take some time this week to peek around and let us know what you think! Thank you guys!

We also received some good news over the past week or so. One of our members, Sarah Miles, applied KPF for a mini grant and we got it! So thank you very much Sarah for putting in the grant, it will be used for the benefit of everyone here at kettle Pond Farm.

This week you lucky members will be receiving another splash of garlic! It is curing up nicely in the barn so expect more in the weeks to come. Swiss Chard is coming back after a short break. Eggplant and peppers are increasing in production so expect a heavier helping of them.

Also, as I write this Kelly is outside harvesting the onion crop and it is looking like a bumper crop! This means that you, the members, will be getting a lot of great onions throughout the rest of the season. Rejoice!

Sautéed Swiss Chard Ribs with Cream and Pasta Recipe

Ingredients

- * Bunch of Swiss Chard
- * 1/4 cup Butter (half stick)
- * 3/4 to 1 cup heavy cream
- * Enough dry pasta to make about one quart cooked pasta
- * Salt and pepper to taste

Directions

1. Separate the ribs from the greens. Cut the ribs into 1/2 inch to inch pieces. Blanch the ribs in lightly salted boiling water for 3 minutes.
2. Melt butter in a saucepan on medium heat. Add the drained, blanched ribs and simmer for 4 minutes. Add heavy cream and cook until cream reduces by two-thirds.
3. While the cream is reducing, cook up the pasta accordingly.
4. Mix the cream and Chard with the cooked pasta. Season lightly or to taste with salt and freshly ground pepper. Enjoy!

But what do I do with the rest of the chard? Here we go!

Ingredients

- * Left Swiss chard leaves (taken from above recipe)
- * 1 garlic clove sliced
- * 2 Tbsp olive oil
- * 2 Tbsp Water
- * Pinch of dried crushed red peppers
- * 1 teaspoon butter
- * Salt

Directions

1. Rinse chard leaves thoroughly after removing the ribs. Roughly chop the leaves into inch-wide stripes.
2. Heat a saucepan on a medium heat setting, add olive oil, a few small slices of garlic and the crushed red pepper. Saute for about one minute. Add the chopped Swiss Chard leaves. Cover. Check after about 5 minutes. If it looks dry, add a couple to tablespoons of water. Flip the leaves over in the pan. Cover and let cook for another 5 minutes. Then serve with salt to taste.

*“A crust eaten in
peace is better
than a banquet
partaken in
anxiety.”*

-Aesop