

August 24/27, 2009
Volume 4, Issue 11

Kettle Pond Farm CSA

Week 11



In Your Share:

- Dill-
- Peppers-
- Eggplant-
- Basil-
- Cukes-
- Squash-
- Onion-
- Mizuna-
- Arugula-
- Kale-
- Tomatoes-

"Agriculture is our wisest pursuit, because it will in the end contribute most to real wealth, good morals, and happiness."

~- Letter from Thomas Jefferson to George Washington (1787)~

Calling all Volunteers!

It's week 11 of our CSA here at Kettle Pond Farm. August is soon coming to a close and with the beginning of September we will be seeing off our prized intern Jamie. And so begins the great call for Volunteers to help us throughout the rest of the 2009 season.

We are looking for a few good members to run the pick-up area on Thursday from 3-7, as well as help during the day both Monday and Thursday. During the day you will be helping us harvest for the pick-up that afternoon. It would be a great chance to become a working member of our community. Please contact if interested.

Veggies and Mindless Chatter

Last week sure was a baker, boy it was hot, hot, hot! I can't remember a single moment when sweat wasn't tip-toeing across my brow, never mind rushing across my back. With all this heat we have been testing out the Siesta work day, which means we take off the hottest part of the day in exchange for working earlier and later. I must say that I thoroughly enjoy that method. How did you all handle the heat?

Over the weekend Kelly harvested and harvested and harvested. What was she harvesting? Well it was our dear old friend Mr. Summer Squash. He really stormed into this season over the past week, so be prepared to prepare him in every which way possible because we got a bumper crop on our hands! I'd also like to mention that our second large planting of kale is looking healthy and that all of the onions have been harvested and are now relaxing in the barn until their time comes. We still have loads of garlic hanging from their toes and we might be able to pull off some tomatoes, just not in bumper style like last year.

The fall root crops are looking good! Carrots and beets will be in the shares in no time! We are planning on harvesting our potatoes shortly. We were forced to cut out the foliage due to late blight. We're anxious to see what we have left for tubers!

Regarding the glorious greens: Apologies for the lack of Chard in the shares last week. We put the chard recipes in the newsletter thinking you'd have some! When we went to harvest the chard, we found an outbreak of leaf spot so it looks like our first planting of chard is officially done. We do, however, have a second planting that looks to be ready within the next few weeks. Chard fans, unite! This week arugula and mizuna will be in the shares so mentally prepare yourselves for some tasty salads! Kale is also in the shares this week and may I suggest making an omelette with it! Mmm

Basil Pesto

This week we're cutting out most of our first basil planting so it will be a great time for you all to make some pesto! A nifty trick is to make a large batch, pour it into ice cube trays, and freeze it for later!

Ingredients:

4 cloves garlic, minced
2 cups fresh basil leaves, rinsed and thoroughly dried
1 cup olive oil
½ tsp. salt
½ tsp. black pepper
1 C. walnuts or pine nuts
1 C. parmesan cheese
½ C. romano cheese

Directions: Place garlic, basil, and nuts in the bowl of a food processor. Run the motor and slowly pour olive oil in. Process until basil is pureed. Transfer pesto to a bowl and add cheeses, salt and pepper. Refrigerate covered or freeze for later use. Makes ¾ cup.

Mom's Summer Squash Recipe (from eiise.com)

*"Farming looks
mighty easy
when your plow
is a pencil and
you're a
thousand miles
from the corn
field."*

*- Dwight D.
Eisenhower*

Ingredients:

2 lbs squash and/or zucchini, sliced
1 green bell pepper, seeds removed, sliced
2 smallish tomatoes or one large tomato, peeled and cut into wedges
1/2 onion, peeled and sliced
1 clove of garlic, chopped
Olive oil
5 or 6 slices of cheese - jack or cheddar
Basil, either dry or chopped fresh
Salt and pepper

Directions

1 Put onion, garlic, squash, bell pepper into a large saucepan with a couple of tablespoons of olive oil. Put on high heat and brown the vegetables slightly to develop flavor. As you are browning, sprinkle either dried basil or chopped fresh basil on the vegetables. When vegetables are slightly browned, remove from heat, add the slices of cheese, and cover the pan.

2 In a separate stick-free fry pan, put in the tomatoes and cook at medium high heat for about 5 minutes, stirring occasionally. You want to let the juice from the tomatoes evaporate some. After 5 minutes, add the tomatoes to the rest of the vegetables and stir. Salt and pepper to taste. Serves 4.