

Aug. 31/Sept. 3, 2009

Volume 4, Issue 12

Kettle Pond Farm CSA

Week 11



In Your Share:

- Potatoes-
- Dill-
- Parsley-
- Peppers-
- Eggplant-
- Basil-
- Cukes-
- Squash-
- Onion-
- Various Greens-
- Yukina Savoy-
- Kale-
- Tomatoes-

"Food is our common ground, a universal experience."

~ James Beard ~

Seasons Change, But The Food Remains

It's week 12 of our CSA here at Kettle Pond Farm. We are at a point in the season where summer is coming to a close, and the school season is beginning. It's about that time when folks usually start forgetting about picking up their veggies! Please stick with us, there is plenty of food still in the ground. The fall crops are just waiting to be harvested. Carrots, beets, celeriac, potatoes, turnip - just think of all the roasted veggie dishes you could create! If all goes as planned, the pickups will go through October.

What's Cookin'?

This past week we were pleased to attend the May Institute's "What's Cooking" food group. The May Institute has 12 shares with us and distributes them to families receiving services from them. The food group is a project they started last year and it has been a great success! There are two wonderful chefs who provide instruction on how to prepare the veggies they're given. This week they cooked up two delicious dishes for us to try. The first was a delightful eggplant appetizer that I am really excited to share on the next page. The other was a garlic pasta with incredible flavor (will be attached another week)! We were all excited to be there, it was great to spend time with our members we never get to see, and exciting to see them enjoying the food!

The Veggies

Potatoes are in the shares this week! So far the tubers are looking good and don't seem to have been affected by the blight, but time will tell. Backstory: We cut out all their foliage about three weeks ago to prevent the late blight spores from getting to the tubers. The blight spores on the leaves can wash through the soil onto the potatoes, so by cutting them out we tried to avoid it! Our first harvest was of the Yukon Gold variety. You will be getting them this week. Sometimes potatoes are smashed for being starchy and unhealthy, but in reality they're a good source of vitamin C and dietary fiber and have been found to contain numerous phytonutrients, providing antioxidants for health! Enjoy!

Yukina Savoy is also in the shares this week. You have probably seen it before, but I'm not sure if it has been formally introduced so let me do the honors! It is one of the Asian greens and listed as a Chinese cabbage, this veggie is a member of the mustard family and can be used in a stir fry, soup or salad, or any way you would like! These greens are incredibly versatile and packed with nutrients such as Iron, calcium, and vitamins A and C.

A Big Thank You!

Unfortunately, this is Jamie's last week at KPF. She is moving on to the Farm School and we want to wish her the best of luck! We'd like to thank for her all of her hard work and her enthusiasm. She will be missed. We do have some new faces around the farm though, Anastazyia and Joanie will be helping us out and we're very excited to work with them in the upcoming weeks!

Caponata

5 Tbl. olive oil
 1 ½ lb. eggplant, peeled, cut into ½ slices
 1 medium onion, cubed
 4 large garlic cloves
 1 14 ½ oz. can diced tomatoes w. Italian seasonings
 3 Tbl. red wine vinegar
 2 Tbl. drained capers
 1/3 C chopped fresh basil
 Toasted pine nuts (optional)

1. Sprinkle eggplant slices with salt, rest over rack or colander for 20 minutes. Wipe surface moisture and salt away with paper towel. Cut into ½ in. cubes.
2. Heat oil in heavy large pot over medium heat.
3. Add eggplant, onion and garlic cloves.
4. Saute until eggplant is soft and brown, about 15 min.
5. Add diced tomatoes with juice, then red wine vinegar and drained capers. Cover and simmer until eggplant and onion are very tender, stirring occasionally, about 12 minutes.
6. Season caponata to taste with salt and pepper. Mix in fresh basil.
7. Transfer caponata to serving bowl. Sprinkle with toasted pine nuts.
8. Serve warm, at room temp, or cold with fresh sliced Italian bread or crostini.

Grill-Roasted Yukon Potatoes with Kale (www.centeredchef.com)

3 cups Yukon Gold potatoes, skin on, cubed, 1/2 " thick
 3 cups kale, cut into 1/8" strips
 2 teaspoons shallot, minced
 2 teaspoons garlic, minced
 4 teaspoons olive oil
 1 teaspoon kosher salt
 1/2 teaspoon cracked black pepper
 1 teaspoon parsley, chopped, for garnish

- 1 Mix potatoes, kale, shallots, garlic, olive oil, salt and cracked pepper in a large bowl.
 - 2 Lay out two 24" by 12" pieces of foil, one on top of the other, creating a double layer. This will provide more reinforcement when the potatoes cook.
 - 3 Place the potato mixture in the center of the foil.
 - 4 Bring each 12" side of the foil together and crimp, creating a pouch. Fold the ends together to create a tight seal.
 - 5 Maneuver the potato mixture in the foil to make sure it is contained near the center. Seal the remaining two side.
 - 6 Place packet on the highest rack in the grill, and cook on low-med flame for 25-30 minutes. Gently flip the pack every 10 minutes to ensure even cooking. The potatoes are done when they are soft enough to pierce with a fork.
- Makes 4 (1 cup) servings.