

Kettle Pond Farm Summer CSA

Week 12: August 27 & 30, 2012



Veggie List:

Kale or Chard
Carrots
Peppers
Eggplant
Tomatoes
Onion
Basil
Dill
Squashes/Cucumbers
Garlic
Hot Peppers

Let your food be your medicine
and your medicine be your
food. ~Hippocrates



GREETINGS: Hi everyone! Welcome to week 12. Even though your activities may signal an end to summer, we are still distributing our summer fruits here at the farm. This week will feature many of the same items you've been taking home the past few weeks, in addition to carrots and greens.

NEWS AND NOTES

Kelly's Favorite Pepper Snack

-I've never been a fan of peppers, but in the past few years I have come to LOVE homegrown peppers. They are crunchier and juicier than any you can find in the store, and they don't have that strange flavor I taste in the store bought ones. My favorite way to eat our green peppers is to slice them up and dip them in hummus. What a treat!

KPF in the News

-Kettle Pond Farm was featured in the Fall River Herald and Taunton Gazette this past Sunday. If you haven't seen it, you can check out the article [HERE](#), and pictures [HERE](#)
-A big thanks to Nancy Possinger for bringing our veggies and flowers to the Marshfield Fair last week. We won first prizes for our Asian eggplant, patty pan squash, and gladiolas and second prize for our okra, Italian eggplant, hot peppers and tomatoes. Thanks again, Nancy!

Fall CSA Shares

-Summer shares go for another 8 weeks, but now is a good time to start thinking about if you'd like to be a part of our Fall CSA. The CSA will consist of 6 distributions throughout November and December and will include mostly greens along with some root crops, too. Enrollment forms can soon be found in your email.

Thanks, Sophia

-As many of you know, Sophia has returned to UMass to complete her studies in Sustainable Agriculture. I want to thank her for making my life so much easier and for working so hard all season despite all the insect attacks. Thanks so much, Sophia!

Adrian's Tomato Pie

Recipe submitted by Anne

1 ½ Cups fresh breadcrumbs (4 good sized slices of day old bread, crumbed in a blender or food processor)
1 Tbl Pasta Sprinkle (mixture of dried basil, thyme, oregano, and garlic)
3 cups sliced ripe tomatoes
3 Tbl shallots, dry (or one small onion thinly sliced)
½ tsp. salt
¼ tsp. ground black pepper
2 cups shredded Swiss cheese
3 large eggs slightly beaten
¼ tsp. nutmeg
5 slices bacon, diced

Preheat oven to 325 degrees. Butter a 9" pie dish. Mix the breadcrumbs with 1 Tbl pasta sprinkle. Spread half of the breadcrumbs evenly on the bottom of the dish. Arrange half the tomatoes overlapping on breadcrumbs. Top with half of the shallots, salt, and black pepper, then sprinkle on half of the swiss cheese. Make a second layer with the rest of the tomato slices, shallots, salt, pepper, and cheese. Pour the eggs over the cheese. Spread on the remaining breadcrumbs. Sprinkle on nutmeg, top with bacon pieces. It is important to dice the bacon or the pie will be hard to cut and eat. Bake in the middle of the oven for 45-50 minutes, until the bacon is crisp. Remove from oven, cool at least 10 minutes, slice and serve. It's easy!
Yields 8-12 pieces