

Kettle Pond Farm Summer CSA

Week 13: September 3 & 6, 2012



Veggie List:

Potatoes
Kale or Chard
Herbs
Peppers
Eggplant
Tomatoes
Onion
Squashes/Cucumbers
Garlic
Hot Peppers

Herbs are the friend of the physician and the pride of cooks. ~Charlemagne

GREETINGS: Hi everyone! Welcome to week 13. Slowly the veggies are transitioning from summer's fruits to fall's roots. This week you will be taking home the potato, which is actually an enlarged stem.

NEWS AND NOTES

Potato Lore

-For many years potatoes were considered unsuitable for consumption in Europe. The Germans used them to feed animals and prisoners, the Spanish fed them to only their slaves, and the British preferred to eat parsnips. How come? Potatoes had gotten a bad reputation for being associated with their poisonous cousin, Belladonna or, the Deadly Nightshade.

-Today, Americans consume 30 pounds of potatoes per person each year, 25% of that in the form of French fries.

-It is said that one can survive on potatoes alone if they are accompanied by occasional servings of milk or butter which supply the vitamins potatoes don't, A and D.

Changing Seasons = Changing Crops, Pests

-As the nights get cooler, the summer crops are tapering off. The summer squashes will soon be replaced by winter squash, and finally the flea beetles will die off?! You may have noticed kale is slowly returning to your shares. It is still experiencing pressure from the flea beetles, but the crop seems to be making a comeback. On the other hand, we have also been seeing a resurgence in deer pressure. They have eaten down an entire planting of edamame, and have been nibbling some beet greens as well. Row covers to the rescue!

Roasted Eggplant Soup

Submitted by Stacie

<http://smittenkitchen.com/blog/2010/10/roasted-eggplant-soup/>

Ingredients:

3 medium tomatoes, halved
1 large eggplant (about 1 1/2 pounds), halved lengthwise
1 small onion, halved
6 large garlic cloves, peeled
2 tablespoons olive oil
1 tablespoon chopped fresh thyme or 1 teaspoon dried
4 cups chicken stock or vegetable broth
1/4 cup heavy cream (you can add more to taste, or skip this entirely)
3/4 cup (about 3 1/2 ounces) crumbled goat cheese

Directions:

Preheat oven to 400°F. Arrange tomatoes, eggplant, onion and garlic on a large baking sheet, or two smaller ones if you like. Brush or drizzle vegetables with oil then roast them for 20 minutes, pausing only to remove the garlic cloves and returning the pans to the oven for another 25 minutes, until the remaining vegetables are tender and brown in spots. Remove from oven and scoop eggplant from skin into a heavy, large saucepan or soup pot. Add the rest of the vegetables, the thyme and the chicken or vegetable stock and bring to a boil, then reduce to a simmer. Cook until onion is very tender, about 45 minutes. Cool slightly.

Working in batches, puree soup in blender until it is as smooth as you'd like it to be. (Or, if you have an immersion blender, you can do this in the pot.) Back in the pot, add the cream and bring the soup back to a simmer. Season with salt and pepper. Serve in four bowls, sprinkled with goat cheese.

Stacie has also recommended this recipe for [eggplant hummus](#).