

Kettle Pond Farm Summer CSA

Week 6: July 16 & 19, 2012



Veggie List:

New Potatoes
Tomatoes
Carrots
Green Beans
Cucumber
Basil
Scallion
Chard
Summer Squashes

Every time you spend money on food, you are voting for the world you want. –John Kinsman

Member Tip of the Week: *Enjoy a patty pan squash!*

“Trim the top off, put some butter in there (butter, not margarine), mince a clove of garlic and add it in. Bake it in the oven until tender.” –Anon.

Greetings:

Welcome to week 6 of the Summer CSA season. We have a few new and exciting items on our harvest list this week. The early slicing tomatoes we planted are ripening as we speak. We are also harvesting “new” potatoes, also known as early potatoes. These potatoes are harvested while they are tender, immature, and thin skinned. Carrots are the last of the new items this week. They needed some thinning and what is better than tender baby carrots? We hope that you enjoy your bounty this week!

News and Information:

Certified Organic! Last Wednesday we had an inspector visit from Baystate Organic Certifiers, our certifying agent. As a certified organic farm, Kettle Pond is visited each year. I find it interesting because I often see organic farms defined by things we don’t do, such as using synthetic fertilizers, pesticides, or GMOs. Being an organic farmer, however, I often think of all the things we are required to do. You see, in order to keep our certification, we must adhere to a variety of standards set by the USDA. This includes a lot more paperwork than I would normally do on the farm (but probably should). Some of these standards include keeping harvest, planting, and seed records and providing information on all field inputs and disease and pest management practices. All this paperwork does keep us more organized! If you ever have any questions about our farming practices, please ask.

Oyster Mushrooms- This morning Kelly had a ginormous smile on her face and she puzzled Sophia very much. Sophia wondered what was going on and why Kelly was screaming. Kelly showed her the boxes in the barn. The mushroom spawn that the two had planted a few weeks ago had begun to sprout its beautiful oyster fruit! “The oyster mushrooms are fruiting,” Kelly exclaimed. Sophia felt their velvety texture and longed to sauté one with butter and a bit of salt. That is what they then had for lunch, and it was mighty tasty. The opportunity to have an equally delicious mushroom feast can be available to you, our CSA members. When you come to our CSA pickup area, you are but feet away from the geographic origin of these marvelous mushrooms. How often does that happen?! Sophia and Kelly invite you to purchase a pile of our homegrown oyster mushrooms while they are available!

(Please note: These mushrooms are not certified organic, but they are growing on organic oat straw.)

Zucchini Pancakes

From *The Occasional Vegetarian* by Elaine Louie

This recipe was sent along by our KPF member, Missy. Her notes are in parentheses.
She also wanted to recommend <http://www.101cookbooks.com/>, a great website for healthy recipes.

For the Pancakes:

3 medium zucchini, shredded
Salt and freshly ground pepper
3 large eggs, beaten
½ cup all purpose flour (I used whole wheat pastry)
1 tbsp extra virgin olive oil
1 cup crumbled feta cheese (You could probably put a little less of this)
3 scallions, finely chopped
1/3 cup of finely chopped dill
1 tsp baking powder
4 to 6 Tbsp vegetable oil (I used butter and probably less)

For the Yogurt sauce:

2/3 cups plain yogurt (I used Stonyfield whole milk plain)
2 garlic cloves (go easy on these, better to use small cloves or one big)
½ tsp salt

Preheat the oven to 250F. Place the zucchini in a colander over a bowl and mix with ½ tsp of salt. Allow to drain for 5 minutes. Transfer to a cloth kitchen towel and squeeze hard to extract as much moisture as possible. Squeeze a second time; the volume will shrink to about half the original.

In a large mixing bowl, combine the zucchini and eggs. Using a fork, mix well. Add the flour, ½ tsp salt, the olive oil, feta, scallion, dill, and ½ tsp black pepper. Mix well, and add the baking powder and mix again.

Place a cast-iron skillet or other heavy skillet over medium heat. Add 2 tbsp vegetable oil/butter and heat until shimmering. Place heaping tablespoons of the zucchini batter in the pan several inches apart, allowing room to spread. Flatten them with a spatula, if necessary; the pancakes should be about 3/8 inch thick and about 3 inches in diameter. Fry until golden on one side, then turn and fry again until golden on the other side. Repeat once or twice, frying about 5 to 6 minutes total, so the pancakes get quite crisp. Transfer to a plate lined with paper towels and keep warm in the oven. Continue frying the remaining batter, adding more oil to the pan as needed. Serve hot.

For the yogurt sauce: In a small bowl, combine the yogurt, garlic and salt. Mix well and serve on the side or on the pancakes.

Combo Mambo by Sophia

Ah, mid-July. That time of year when the heat and the repetitive presence of summer squash in the CSA share dulls one's imagination entirely. What to cook? What to not cook, because it is too hot to turn on the stove or oven? And how on earth to use up all the veggies in this week's share? Here are some combo ideas to aid your brainstorming.

The players: potatoes, scallions, chard, basil, tomatoes, carrots, okra, green beans, lettuce, cucumbers, summer squash.

The combos:

Potatoes + scallions + chard = colcannon, traditional Irish dish usually made with kale or cabbage instead of chard but why not try this? Scallions, butter, salt, pepper, boil, mash.

Basil + tomatoes = IDEAL COMBO, eat together or with some mozzarella cheese in the world's loveliest summer sandwich or slice and add olive oil and/or balsamic vinegar for a simple salad.

Lettuce + green beans = something to nibble while watching a movie.

Cucumbers + tomatoes = slice, then add mayo to make Sophia's favorite salad.

Carrots + squash = slice into sticks and flat slices, respectively. Dip into whatever you like dipping veggies in.

Okra + carrots + tomatoes = stew.

Green beans + scallions = Wrap beans in foil with olive oil and salt. Roast or grill. Toss chopped scallions with olive oil, salt, and pepper and top beans with them.

Lettuce = Well, salad (tomatoes, cucumbers, and basil also want to participate), but you can also do that thing where you pretend it's a wrap and make a sandwich!

Squash + okra = roast it. Olive oil, salt, pepper, 425 to 450 degrees, ten to fifteen minutes. Slice the okra chunkily if at all.

Almost any combination = casserole! See <http://food.unl.edu/web/fnh/make-up-casserole> for tips on creating a basic