

# Kettle Pond Farm Summer CSA

Week 7: July 23 & 26, 2012



## Veggie List:

Cabbage/Broccoli  
Tomatoes  
Beets/Eggplant  
Onion  
Basil  
Parsley  
Cucumber  
Summer Squashes

“The shared meal elevates eating from a mechanical process of fueling the body to a ritual of family and community, from the mere animal biology to an act of culture.”  
– Michael Pollan

**Greetings!** It happens every year, but I’m still not used to these summer weeks flying by! It’s week 7 and we are pleased to be harvesting more fine veggies for you. This week we began the eggplant and onion harvest! It looks as though there will be many more to come. We’re also harvesting cabbage, (some) broccoli, tomatoes, cukes, squash, beets and fresh herbs; basil and parsley. We hope you enjoy!

## News and Information

### Spotlight on DIVERSITY

For each crop we grow, we like to plant at least a few different varieties. This can be beneficial if conditions are poor in some way because if one variety doesn’t do well, another may produce just fine. This week I wanted to point out “lemon” cucumbers. They are an heirloom variety that looks just like a lemon. They are prized for their delicate flavor and crunch, and have the ability to grow in cooler conditions. Try them, and let us know how you like them!

Aside from practical reasons, it’s fun (and educational) to grow different varieties of the same crop. The supermarket often lacks diversity and as a result, consumers get the notion that individual crops come in one size, shape, and color. However, one glance in a seed catalog, or our fields could erase this idea entirely. There are so many varieties of each vegetable and I hope that you enjoy seeing and tasting some new varieties that we have growing here at KPF.

### Aerial Spraying

A few people have asked, and some more of you may be wondering how the aerial spraying for mosquito’s affects the crops you are eating. Rest assured that Kettle Pond Farm is on the DO NOT spray list. If you are at all concerned, wash your veggies a little extra this week.

## Tortellini Soup

This recipe was submitted by KPF member, Anne.

6 cups canned low sodium chicken broth  
1 (9oz.) fresh cheese filled uncooked tortellini  
1 (0.5oz) can cannelloni beans  
1 cup chopped fresh tomato  
½ cup shredded fresh basil  
2 Tbl balsamic vinegar  
1/3 cup fresh grated parmesan  
1 ½ tsp pepper

Bring broth to a boil in large dutch oven. Add tortellini and cook 6 minutes until tender. Stir in beans and tomato. Reduce heat. Stir in basil, vinegar, and salt (if you want- the soup may be salty enough). Ladle soup into bowls and sprinkle with cheese and pepper.