

# Kettle Pond Farm Summer CSA

Week 10: August 13 & 16, 2012



## Veggie List:

Choi or Arugula  
Peppers  
Eggplant  
Tomatoes  
Onion  
Basil  
Cucumbers  
Summer Squashes  
Garlic  
Hot Peppers  
Melon

"The life in the soil has something very close to magical powers."

-Dan Kittredge, director of The Real Food Campaign



**GREETINGS:** Hi everyone! Welcome to week 10. What can we say but that the tomatoes are working in high gear and we hope to distribute as many as we can. This is the time to break out your favorite sauce, salsa, and, gazpacho recipes or freeze some up for the cooler seasons. We are growing 12 varieties this year, which we will be highlighting this week, so make sure you try some new ones!

## NEWS AND NOTES

### The Fruits of Our Labor

-We are excited to be distributing choy again. It's a farmer favorite, and so versatile and crunchy. Mmm!

-The peppers were planted a little late, so they are just getting started. It will be hard for us to get any colored peppers here this season as they went in a little late and we have a pepper maggot fly that really takes advantage if the pepper stays on the plant too long. Most of the peppers we distribute will probably be green or purple, which you may know means that they are not yet ripe.

-The melons are always a little tricky harvest and timing-wise. We hope to distribute them for the next few weeks and to ensure that everyone gets a few, we will be keeping a "melon list".

### The NOFA Conference

-This past weekend, Sophia and I went to the NOFA (Northeast Organic Farmer's Association) Conference in Amherst, MA. It was a great weekend and perfect timing. We are midway through a busy season, and a little inspiration was just what was needed. One of the best things about farming is that there is always something new to learn and the NOFA conference is a great way to expose oneself to new ideas and practices related to farming, and have fun with like minded people at the same time. This weekend I decided on workshops relating to mushroom growing, profitable farming, soil health, and holistic dentistry. In some way, they were all very eye opening and inspiring and I came away with some great ideas for KPF that can be implemented ASAP. "

### PickUp Day Reminder

-Some of you have been asking, so this is just a reminder that we aren't able to accommodate switching member pickup days. If you can't pick up on your day you can always send a friend or let us know. If you let us know, we can bag up your share in the fridge and you can pick it up the next day. Thank you for your understanding.

## Recipe of the Week : Gazpacho! (From the Moosewood Cookbook)

4 cups cold tomato juice  
1 small, minced onion  
2 cups freshly diced tomatoes  
1 cup minced green pepper  
1 tsp. honey  
1 clove crushed garlic  
1 diced cucumber  
2 scallions, chopped  
juice of 1/2 lemon & 1 lime  
2 Tbs. wine vinegar  
1 tsp. each tarragon and basil  
dash of ground cumin  
1/4 cup freshly-chopped parsley  
dash of tabasco sauce  
2 Tbs. olive oil  
salt & black pepper to taste

Combine all ingredients and chill for at least 2 hours. Optional: puree everything in a blender. Serves 6.