

CSA Newsletter, Week 8 of 20

July 30, 2007

This is a Healthy Alternative 'B' week.

Farm Report

by Farmer Tim

Greetings from the farm! Our spare time in the last week has been mainly devoted to cleaning up the beds at HPM and transplanting greens so we can have a more-or-less continuous supply of arrugula, spinach, radishes and some Asian greens in addition to lettuce. The first covered raised bed has produced very good results so we will try to build the second one this week.. The herb cutting garden is beginning to fill out and all subscribers are invited to walk out and clip yourself a bag full; clippers and bags will be available. If you would like a tour of the garden and some suggestions about how to use the various herbs, ask Steph or Beth to show you around.

Mike Konen has made the third planting of broccoli, cabbage, and other crops and the periodic rains have been helping keep everything growing well. Mike has started harvesting his second planting of corn so we'll have some for everyone this week. He's getting lots of cucumbers and potatoes.

Thanks to Steve Trisko, Chuck Wettergreen and Robin Migalla who stopped by on Wednesday to help. We harvested squash and tomatoes, transplanted lettuce, cultivated with the tiller, and Chuck worked his magic to reduce the hornworm population by over 22. As usual, day campers and peacocks cleaned up the debris.

We Get Mail

We Get Mail

I noticed in last week's newsletter that you had mentioned that people were composting items and not eating them. Was this the greens? If so, I have a great idea for them. I don't like greens myself and am not that keen on lettuce, either. I bought a book called "Green for Life" last year that makes smoothies out of greens, like kale and spinach. I fill up my blender halfway with water, have 2 cut-up pears, and throw in either strawberries, peaches, or blueberries, and a handful of kale or spinach. Then I make myself a smoothie. These are so good. The first time I made one, I didn't like it, but I think that it is because I was getting used to it. Now I look forward to them, and I have no wasted greens. (Sidenote: Don't use mustard greens with this: ICK!) Betty S.

Thanks, Betty, for your great suggestion! tf

I have picked up leafy vegetables a couple of times that I have never heard of nor prepared before. They are currently in my refrigerator. I suspect that other people also have no clue how to

cook or serve these vegetables. Perhaps you can provide some suggestions on a sheet that will provide help for those of us who have never eaten these. It is looking like they are heading for my compost heap without some direction. Thanks. Carol Anderson

Good point, Carol. Here are a couple of suggestions: At the HPM store we should have copies of Madison "Vegetables from A to Z" and soon should have some copies of Farmer John's (Angelic Organics) cookbook. If you know the name of the vegetable, you can go to Google and type in "Mibuna" "recipe". We'll also talk to the staff and see if we can post a list of what's in the boxes at each dropoff point for delivery customers. tf

We got several suggestions on renaming "Veggie Lovers" shares:

From OD TAPO IMI:
How about...

Serious ones...
"Bountiful Harvest" Share
"Horn of Plenty" Share

Funny ones...
"Colon Blow" Share
"We have more money than you and can afford the bigger share" Share

From Heather Miller Peters

alt name for the veggie lovers... how about the "veg out".

For your consideration to rename Veggie-lovers:

Try "Greens Giants"-ho-ho-ho
How 'bout" Veggie-Mighties"? Kinda borrows from down-under, but what the heck.
Perhaps "Greens Goddesses (and Gods) nicknamed Greenies
Or "Village Greens" -V.G.'s
Okay, you can stop chuckling.
Love, Cath

I've always said that our subscribers are among the wittiest people around...tf

Dear Veg lovers,

Last night we had a command performance dinner, emptying our cooler of fresh produce and adding a few things from the garden

This is what we had.

A mountain of fresh cilantro chopped with juice of 1 lime and a good sprinkling of Tequila to make a slurpy paste for marinating grass fed steak, which we cooked at very , very low temp on the lowest rack of the oven, turning every 10 minutes for about 40 minutes.(The steaks look quite pink, but are not bloody at all)

Found a couple of small zucchini and cut them into long batons...sprinkled with garlic infused sea salt and ate as an appetizer while I was putting the last touches on gently cooked deviled farm eggs---(chunky mustard, sour cream, chives and 1 tiny green cayenne pepper)

Next, thickly sliced green tomatoes dredged in organic corn meal and sauteed in canola/olive oil salted and peppered and topped with garlic aioli and basil chiffonade--(really thinly sliced and fluffed) This is a dish I had heard of , but never tried--now my favorite.

A green salad of tender lettuce topped with shredded kohlrabi and drizzled with aged balsamic was the perfect palate cleanser.

And for dessert---sliced peaches topped with turbinado sugar and farm fresh 1/2 and 1/2---tho' it's closer to cream. We laughed and joked about what a great meal it was.

Monacakes

Wow! Iron Chefs, take notice! Tf

Jenny: CSA item - Things are sporadic at the Gresko Manor Pick Up > Site. I didn't get a newsletter this week. Omission? > Exhaustion? Sometimes the swap box is brimming with items - > too many. Sometimes there is no swap box -like today. Maybe you > could review this practice in the newsletter and also tell people > how to break down boxes without tearing them - from the bottom Bimla > showed me. These are niggling details, I know. But all elegance > lies in the details.

Thanks, Jenny

Thanks, Jenny. We will include a swap box with each delivery. As for breaking down those pesky boxes, my best idea is to turn the box upside down and gently push down until you can slide the tabs out. tf

Hi Tim! Could you please put all produce in the clear plastic bags, as you do with lettuce etc. I noticed those veggies that are not in plastic bags start to soften by the time I pick them up, 3:30 - 4:00 p.m. The broccoli specially. Thanks Tim

Will do for the broc and anything that might go soft when exposed to air. tf

CSA Produce Forecast

by Farmer Tim

This week's offerings:

Corn, tomatoes, lettuce, summer squash, potatoes, and cucumbers for everyone. There are still a few cabbages left from the last planting and these will probably go to the Veggie Lovers. We should have a selection of carrots, radishes, and eggplant as well as Swiss chard and kale. Veggie Lovers may also get green peppers.

Future offerings:

.Those green peppers should be starting to turn colors soon, so look for red, orange, and yellow peppers. The tomatillos are starting to get ripe, so look for those ever-popular salsa packs and Farmer Tim's famous green salsa recipe in the next few weeks.

Heritage Prairie Happenings

by Beth Propst

Farm Camp

There are still three more weeks left for farm camp. Sign your kids up for a few hours of fun on the farm.

Feast on the Farm.

Thanks to over three inches of rain last Thursday morning we had to cancel Feast on the Farm. We do have plans for future Feast in August and September. More details will be coming next week.

Dishing it Out

August 2 6:00-7:00pm
Fresh Food Cooking Demonstration

In partnership with Heritage Prairie Market, Past Basket presents Dishing It Out. This will be an in-store cooking demonstration featuring fresh local food (lots of it ours!) prepared by award-winning local chefs (like Matt from Moveable Feast and Jeremy from Niche). Register by calling the Geneva store, 630 232 4191. Past Basket is a 200 South 3rd Street in Geneva, Illinois.
<http://www.pastbasket.com/>

Pages from Grandma Beth's Cookbook

by Beth Propst

Recipes on the web

Thank you to those of you who have added recipes to the recipe forum.

<http://www.hpmfarm.com/?p=cfbbs&a=forum.view&fid=11>

Anyone who has an account can post a recipe. Go to the website and click on "get an account" to get an account. Once you have completed the form, the web site will send you a password almost immediately. Depending on your security systems, this might go to your junk mail folder so check that folder if it doesn't show up in your regular mail folder within 10 minutes. (Once you

log in with this password you can change your password by going to the profile section and changing your password.) Anyone who is logged in can post on the forums.

Tomatoes

Okay, everyone probably knows this one, but just in case.

Tomato Salad

Cut up a bunch of tomatoes. We like tomatoes, so I use lots. Mix the various colors for a beautiful looking dish. Chop up some herbs. I like lemon and lime basil. Use the dark opal basil with chives and lime basil and white, yellow and red tomatoes. Very beautiful. For a dressing, mix apple cider vinegar and sugar. My mother always said equal amounts, but the sugar spoonful was heaping and the vinegar spoonful was not, so I would say about 3 parts of sugar to 2 parts of vinegar by volume. You can use balsamic vinegar, although that can be pretty intense if you use it full strength. Mix the whole shebang (one of my dad's favorite words!) together and let it sit for a while. This allows the juice to flow out of the tomatoes and the tomatoes to absorb some of the vinegar-sugar flavor. I find an hour is just about right. Some people like to put mozzarella cheese balls in their tomato salad, but we like tomatoes and we have plenty, so we don't bother.

Tomato Basil Pasta Toss

Cut the tomatoes as for salad. Barely sauté some chopped garlic in a little olive oil. Toss freshly cooked pasta with the tomatoes, the garlic, chopped basil, and cheese. My sister likes it with cubed brie. I also like it with crumbled feta or crumbled blue. Sometime I add a dash or two of balsamic vinegar for a little extra spice.

Until next week

Beth, Tim, Bronwyn, and Bob

P.S. Please email us with questions, comments, suggestions, recipes, and we will include them in future newsletters. We really hope to get a lot of recipes so that in a year or two we can create the Heritage Prairie Market Cookbook.

All newsletters will be posted on the HPM web site in the Forums section by 8:00 Monday morning.

If you need to contact us during the week, please call the Heritage Prairie Market phone (630-715-5475), Beth's cell phone (630-485-9964) or Tim's cell phone (630-485-9963). E-mail works if you do not have an immediate need, but response may take 24-48 hours during busy times. Thanks.

Farm Camp 2007

Heritage Prairie Market and Education Center

2N308 Brundige Road
Elburn, IL 60119

Store Phone: 630-715-5475

Our Farm Camp is all about cultivating JUNIOR FARMIVORES! Farmivore is our name for anyone who loves being at the farm, digging in the dirt and eating delicious locally grown food. Our Junior Farmivore program will introduce kids to life as an organic farmer. As our harvest season continues, the kids will witness the changes on the farm first hand. Each day will make the most of the weather and harvest conditions. Sign up for the days that suit your summer schedule best. **Camper reservations must be made at the store by the preceding Saturday.** There will be limited availability so please call now to sign up!

Sprouts

Ages 5 through 7 (4 year-olds may attend if accompanied by an adult.)

This program will be offered on Tuesday and Thursday mornings from 10:30 to 12:30.

This program will include : a walk through the gardens giving the children a chance to experience the smells and tastes of the weekly harvesting. Children will enjoy lessons on the good bugs and the bad bugs of the garden. The bad bugs get fed to the chickens! There will be a farm art projects and games. A farm snack and bottled water will be provided. All children must wear hats and sunscreen.

Price: \$12.50 for subscriber/\$15.00 for non subscriber

Junior Farmivores

Ages 8 through 13 (The program will vary for the 8 - 10 yrs. and for the 11- 13 yrs.)

This program offered:

Wednesdays from 1:30 to 4:30 in the afternoon, ending at the beginning of Wednesday subscriber pick-up. Campers need to have had lunch before coming to the farm.

This program will include : a farm art project and time spent in the gardens picking, watering, weeding, or maybe even vacuuming bugs! The campers will also create their own bug or bird guides documenting what they see on the farm. They will also be learning about beneficial insects and organic solutions to pest control. A farm snack and bottled water will be provided. All children must wear hats and sunscreen.

Price: \$18.50 for subscriber/\$20.00 for non subscriber