

WEEK 11

HAWTHORNE VALLEY FARM

CSA Newsletter



THINGS TO DO

AUGUST 20, 2009

Yesterday I buckled down to write the csa newsletter, but got too distracted by all the other Things To Do on the farm. It's interesting to be a csa farmer, most of the time spent doing, doing, doing, (farming), and once a week, reflecting and communicating with people who share the harvest. This reflecting and writing the csa newsletter is also an important Thing To Do on the farm, it's aim is to connect csa members with the farm a little more, but because I usually write the newsletter inside, at my kitchen table, it has a different feel of a Thing To Do than those other Things To Do outside in the field.

This week's Things To Do have included running a lot of irrigation water and coordinating that with the tractor work to be done in the fields. Odd to be working on irrigation after a two month deluge, but the younger plants that are growing for the fall harvests don't have deep roots yet, and we need to make sure there is water available at a shallow soil level for these youngsters. Even the more mature plants with deeper root systems need water every week. About one inch of water each week, with sunshine in between, with good healthy soil makes for perfect vegetable growing conditions. When the weather is too wet, we haven't yet built a giant umbrella for the fields, but when the weather is too dry, we can irrigate from the farm's creek. The Farmscape Ecology Program has done a study of the farm creeks, and told us that our water is good. Lucky for us, it also seems to be plentiful enough to irrigate with as well. So, we've been setting up irrigation pipe again, making sure latches and sprinklers and gaskets and pumps are all working properly. When the irrigation is finally working and the plants are getting a nice drink of water, it is a rewarding Thing To Have Done.

-farmer Katy



Coming Soon

Next Week's Anticipated Harvest

sweet corn
carrots
kale
lettuce
peppers and/or eggplants

Cucumber Fans

Slice cucumber in half lengthwise. Cut grooves in the skin with a citrus zester/groove tool. Cut four thin slices at a 45' angle, but held together in one corner. The fan is mooshed on to the plate to make an ornamental fan. If you have a very sharp knife and a steady hand, it's really quite easy.



A DIVERSIFIED
DEMETER-CERTIFIED
BIODYNAMIC FARM LOCATED
IN MID-UPSTATE NEW YORK.



Green Bean Salad

1 pound green beans
4 cups water
1 tablespoon soy sauce
2 teaspoons vegetable oil
1 teaspoon sugar
1 teaspoon cider vinegar
1 teaspoon sesame oil
2 teaspoons toasted sesame seeds

Bring the water to a boil and add the beans. The beans should be covered by the water. If not, add more. Boil for 8 minutes until tender. Rinse in cold water and set aside. Stir together the remaining ingredients, except for the sesame seeds, and pour over beans. Toss the beans to coat and top with the sesame seeds.

http://recipes.lovetoknow.com/wiki/Green_Bean_Salad_Recipe



Braised Cippolini Onions

1 pound cippolini onions, peeled
2 cups champagne or white wine
1 cup water
¼ cup champagne vinegar
2 tablespoons sugar
½ teaspoon sea salt

Place all ingredients except onions in a non-reactive saucepan, and bring to a boil. Reduce to a simmer and add the onions. Simmer for 10 minutes, or until softened (you should be able to smash one easily with a fork). Remove the onions to a bowl and cool the onions and liquid separately, then pour liquid over the onions and store in a covered container for up to one week.

(This can be adapted for use with any onions. dice larger onions and the result will be a relish suitable for topping fish, as a salad garnish, or used in a salad dressing)

<http://www.culinarymedianetwork.com/steak-with-champagne-braised-cippolini-onions-sage-butter/>

Cucumber-Lemon Spritzer

¾ cup water
6 tablespoons brown sugar
1-½ cups diced peeled cucumber
⅓ cup fresh lemon juice
1 teaspoon minced peeled fresh ginger
2 cups sparkling water, chilled
1 small cucumber, cut lengthwise into 4 spears

Combine ¾ cup water and sugar in a small saucepan. Bring to a boil; cook until sugar dissolves, stirring occasionally. Remove from heat; cool.

Place sugar mixture, diced cucumber, lemon juice, and ginger in a blender; process until smooth. Cover and chill.

Combine cucumber mixture and sparkling water in a pitcher; stir gently just until blended. Serve over ice; garnish each glass with a cucumber spear, if desired.

<http://www.lpl.arizona.edu/~bcohen/cucumbers/recipes/cocktail.html>

Chard & Goat Cheese Pasta

1 lb rigatoni
2 tsp olive oil, divided
1 small onion, sliced
1 large garlic clove, minced
6 cups Swiss Chard, roughly chopped
1 cup cherry tomatoes, halved
6 oz soft goat cheese
salt and pepper to taste

Bring a large pot of salted water to boil and add pasta. Cook & drain, reserving at least 1 cup of pasta water. Set aside.

In a large skillet, heat 1 tsp olive oil over medium heat. Add garlic and onion, cooking until the onion is soft and beginning to caramelize. Toss in the chard and tomatoes, heating until the chard is just wilted and still bright. Remove from heat.

Add the pasta to the skillet and crumble the goat cheese over it. Stir or toss with tongs until the cheese is melted, adding enough of the reserved pasta water to create a sauce. Add salt and pepper to taste and serve.

<http://writingherlife.blogspot.com/2009/07/spinach-and-goat-cheese-pasta-recipe.html>

Herbed Summer Squash and Potato Torte

1 bunch green onions, thinly sliced
1 cup grated Parmesan cheese
2 tablespoons all purpose flour
1 tablespoon chopped fresh thyme
1 ½ teaspoons salt
¾ teaspoon ground black pepper
2 pounds potatoes, peeled
 cut into 1/8-inch-thick rounds
12 ounces summer squash,
 cut into 1/8-inch-thick rounds
6 teaspoons olive oil



Preheat oven to 375°F. Butter two 8-inch-diameter cake pans. Set aside ¼ cup sliced green onions. Toss remaining green onions, cheese, flour, thyme, salt and pepper in medium bowl to blend.

Layer 1/6 of potatoes in concentric circles in bottom of 1 prepared pan, overlapping slightly. Layer 1/4 of squash in concentric circles atop potatoes. Drizzle with 1 teaspoon oil. Sprinkle with 1/6 of cheese mixture. Repeat with 1/6 of potatoes, then 1/4 of squash and 1 teaspoon oil. Sprinkle with 1/6 of cheese mixture. Top with 1/6 of potatoes. Drizzle with 1 teaspoon oil. Sprinkle with 1/6 of cheese mixture and press gently to flatten. Repeat procedure with second cake pan and remaining potatoes, squash, oil, and cheese mixture.

Cover pans with foil. Bake until potatoes are almost tender, about 40 minutes. Remove foil; bake uncovered until tortes begin to brown and potatoes are tender, about 25 minutes longer. (Can be made 6 hours ahead. Cool. Cover with foil and chill. Rewarm, covered with foil, in 350°F oven until heated through, about 30 minutes.)

Cut each torte into wedges. Sprinkle wedges with ¼ cup green onions; serve.

Makes 8 Servings

<http://smittenkitchen.com/2008/07/herbed-summer-squash-and-potato-torte/>