



Dear CSA Members,

A reminder about any email delivery issues: If you are not receiving the email newsletter reliably, first, please make sure your email settings are allowing the newsletter to your inbox. In some cases, the newsletter may head straight to spam or 'promotions'. Otherwise, email us at farmadmin@hawthornevalleyfarm.org and we'll send you the missing newsletters and make sure your contact info is properly updated. Spread the word. Thanks and apologies for any inconvenience. Also, be sure to scroll to the end of the newsletter for information about the upcoming Fall Festival here at the farm.

It has been a little quieter here on the farm as we are in the lull between summer camps ending and school beginning. I remember just a few months ago writing about how school had just ended and camps were about to begin and am once again amazed by the swiftness of time. August is much different on the farm than other summer months. Right now our focus is gradually shifting even more to harvesting as seeding and transplanting winds down for the season. We will sow the final succession of lettuce this week and have only a few crops waiting in the greenhouse to be set out in the field. This week has been a big push for direct seeding (sowing seeds directly in the ground as opposed to starting them in the greenhouse) our fall crops of arugula, spinach, beets and turnips. Before direct seeding, we work up the soil and prepare an extra-smooth, even bed. It is ideal to get seed in the ground right before a full moon (this Tuesday) to take advantage of the subtle lunar influences on plant germination. There is always a certain amount of excitement that comes with seeing the tiny heads of a new crop peeking up through the earth!

In other news, I wanted to give a little shout out of appreciation to two of our apprentices who have been doing an incredible job of getting our excess produce to the food pantry in the nearby town of Philmont. Rachel, our advanced vegetable apprentice and Brian, a whole-farm apprentice spend a good deal of time outside of work sorting through our market returns and gleaned crops that are destined to be tilled in. They even go so far as to deliver the vegetables and help educate people about how to use the produce! Philmont could be considered a "food desert" as the only place to purchase food, other than a once a week farmers market, is the Family Dollar or the Cumberland Farms gas station. Rachel and Brian's hard work, along with other volunteers, is helping to get fresh food into the kitchens of our local community.

We hope you enjoy this week's share! Thank you for being part of our farm and community,
Lucy

In this week's share:

Lettuce 1 head
Chard 1 bunch
Kale 1 bunch
Arugula 1/2 pound
Tomatoes 2 pounds
Fennel 2
Basil 1 bunch
Green beans 1 pound
Corn 6 ears
Onions 1.5 pounds
Fruit Share: 1 bag mixed Italian Plums and Nectarines

Recipes!

Linguine with Sardines, Fennel & Tomato

By [lastnightsdinner](#) at [Food52.com](#)

Serves 2-4

- Kosher or sea salt
- 1 tin sardines packed in olive oil (about 4 ¼ oz.)
- extra virgin olive oil
- 2-3 fat cloves of garlic, peeled, smashed, and roughly chopped
- 1 small or ½ large bulb fennel, fronds reserved
- 1/4 teaspoon red chile flakes, or more to taste
- 1 cup canned peeled tomatoes with their juice, gently crushed
- 2 ounces white (dry) vermouth
- 1 medium lemon, juice and zest
- 1/3 cup toasted bread crumbs
- 3/4 pounds dry linguine

1. Bring a very large pot of heavily salted water to a boil.
2. Open the sardine tin and drain a tablespoon or so of the oil into a wide skillet (the amount of oil in the tin will vary by brand, so add additional extra virgin olive oil if necessary to make up a tablespoon). Warm the oil over medium-low heat and add the garlic, cooking until fragrant.
3. Trim the fennel and slice the bulb very thinly (a mandoline works great here). Add to the skillet with a sprinkle of salt, raise the heat to medium, and cook until the fennel is soft and beginning to caramelize. Add the chile flakes and let them sizzle for a minute, just until fragrant, then add the tomatoes with their juice. Cook until the liquid is reduced, then add the vermouth and let that reduce slightly.
4. Add the sardines to the skillet with the tomato and fennel mixture, breaking up slightly but leaving some chunks. Zest the lemon and combine a tablespoon or so of zest with the toasted breadcrumbs, then set aside. Juice the lemon and add the juice to the pan. Taste and adjust salt if necessary.
5. Add the linguine to the boiling salted water, cooking it until it is just short of al dente. Using tongs, transfer the linguine to the sauce to finish cooking, adding a little bit of the starchy pasta water and tossing gently to combine. (You'll want to leave this a little wet, as the breadcrumbs will soak up the sauce and dry the pasta out a bit once you've added them.)
6. Transfer the pasta and sauce to a large warmed serving bowl (or individual pasta bowls), add a drizzle of olive oil, sprinkle on the toasted breadcrumb-lemon zest mixture, and garnish with picked small fennel fronds and the remaining lemon zest.

Eggplants with Tomatoes and Chickpeas or Moussaka'a Menazzaleh

This recipe comes from CSA member Caryle Katz in Garden City, from her cookbook, [Arabesque: A Taste of Morocco, Turkey, and Lebanon](#) by Claudia Roden.

Caryle wrote to the farm: "Here comes some 'yummy'! I served it at room temperature, and it was delicious. I'll be making it for a potluck next week."

I know that pomegranate molasses is not an ingredient one commonly finds in an American kitchen, but since we live in an area with such a large ethnically mixed population, it's not difficult to find. It's not expensive, will last almost forever (however long that is), and is versatile. In looking it up on the internet, I found many other uses for it, including adding a touch of it to salad dressings. It's worthwhile to get an authentic ingredient to produce a successful dish. I did it and the end result was delicious".

Serves 6

2 eggplants (maybe 4 asian-style eggplants)

olive oil

salt

2-3 garlic cloves

1 pound tomatoes, skinned and chopped

2 tsp sugar

black pepper

1 ½ T pomegranate molasses

one 14 oz-can chickpeas

2 T chopped flat-leaf parsley

Cut the eggplants in half lengthwise and then into ½ inch slices. Brush them generously with oil, sprinkle lightly with salt, and cook them under the broiler for 15 minutes, or on an oiled griddle, turning them over once. They do not need to be cooked through as they will be stewed further in the sauce.

In a large saucepan, heat the garlic in 1 T olive oil for seconds only, stirring, until it just begins to color. Add the tomatoes and squash them gently in the pan. Add the sugar, salt, and black pepper and cook for 15 minutes. Add the pomegranate molasses, put in the eggplants and chickpeas, and simmer for 20 to 30 minutes, or until the eggplants are very soft. Serve sprinkled with chopped parsley.

Mark your calendars! Come visit us at the Fall Festival on October 13th! Fun and games, pie contests, hay rides and hay slides, visit with the pigs and cows, and meet your farmers.

Hawthorne Valley Farm is a member of Hawthorne Valley Association, a diverse not-for-profit committed to social and cultural renewal through the integration of education, agriculture, and the arts. Other branches include:

Hawthorne Valley School | Farmscape Ecology Program | Center for Social Research | Alkion Center | Adonia Press

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