



SUNSHINE IN A BOX



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CSA Week 11

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Summer Bounty

Farm Updates

Today was Isabel's last day at the farm for the season as she heads off to college! Isabel has been working at SFP since 2016 and although Dexter and I will miss her a lot, we are excited for her on this new adventure of continuing her education in hopes of becoming a nurse or midwife—good luck Isabel and thank you for your hard work! You will do great!

In her time at SFP, Isabel has hand weeded thousands of feet of garden bed, helped plant and weed this week's celery, weeded and picked this week's beans and kale bunches, and has had her hand in so much more than I can list here. It is always a good start to the work day to have Isabel's help, and she has been patient with me as we learn and grow together. I have so much gratitude for this time we have spent working together to strengthen our local food community.

It is unlike any back to school season I can think of and I am certainly missing the State Fair this year too, but the garden benefits from all the extra time spent at home. With tonight's new moon, my focus will turn from weeding and pruning to some of the final

planting of the season to germinate going into the full moon.

Cucumbers, beans, and tomatoes are really getting going! Expect more of those along with more lettuce coming soon, cabbage, beets, onion and herbs.

Please Note

I am planning to take Wednesday September 16th off the CSA. This will give me a chance to recharge and prepare for the final stretch of the CSA season. I will make sure to remind you again closer to this date. If you will be in need of produce, I will have some available for pick up "farmers market style" at the farm that day. Thank you for your understanding as I look for ways to make the CSA sustainable for myself in the long term! I have never taken a week off during the season and am looking forward to this opportunity to reflect, get organized, and enjoy fall.



Week 11 Veggies

Cherry Tomatoes: More yummy snacking tomatoes. Also tastes great in the Kale Ranch salad. Includes varieties Atomic Grape, Blue Cream, Sunrise Bumblebee, and Sungold.

Heirloom Slicing Tomatoes: Red and pink tomatoes for slicing, blts, salad, burger, etc. Tomatoes are just getting going! Red slicers are the variety St. Pierre, and pink are either Martha Washington or Mortgage Lifter. Some also receive Pink Brandywine or Cherokee Purple

Cucumbers: Cucumbers are starting to take off! Try a simple cucumber salad with red onion, white vinegar, salt, pepper, and a touch of sugar. Full of hydration, this makes a great snack for the crudité platter on a hot day.

Celery: Reserve larger stalks for stacking and thinner stalks for cooking. Remove stalks from the outside as needed leaving the head intact for longest storage life. The leaf and stalk also dehydrate well for use in soups or dips. Minnesota celery is very flavorful making it a great addition to soup or casseroles.

Kale: Great for digestion. Try cooked (sautéed with garlic or even oven baked) or to use raw, see the salad idea below.

Beans: A nice picking of beans! Now is a great time to preserve the harvest—beans can be blanched and then frozen. Also make great pickles. Or try making a green bean casserole.

Red Onion: Best for fresh eating in salads.

Tom Thumb Lettuce: The world's smallest head of lettuce! Just enough for your BLT.

Full Shares also receive broccoli

Recipes

Kale Ranch Salad

1 bunch of kale
5-10 cherry tomatoes
½ cucumber
½ red onion
½ cup mayonnaise
½ c cup sour cream
1 Tablespoon olive oil

1 clove garlic, grated
2 Tablespoons white vinegar
1 teaspoon sugar
Dried or fresh herbs (finely chopped)

To make dressing: combine mayonnaise, sour cream, olive oil, grated garlic, vinegar, sugar and herbs. Stir to combine and chill for 1-3 hours before serving.

Prepare the kale by washing, stripping leaves off stems, and tearing into bite size pieces. Place in a large bowl. Sprinkle with 1 teaspoon salt and toss to coat leaves, gently massaging as you toss the kale. Set aside to marinate for 15-20 minutes. Drain any liquid from the bowl.

Slice cherry tomatoes in half and slice cucumbers into half-moons.

Pat dry the kale, toss with the dressing coating liberally, and top with the cucumbers and cherry tomatoes.

Braised Celery

2 heads celery, outer stalks removed
Coarse salt and freshly ground pepper
4-6 large thyme sprigs

6 tablespoons unsalted butter
2 ½ cups low-sodium chicken broth
¼ cup extra virgin olive oil

Preheat the oven to 375, with rack in upper third. Cut each head of celery in half lengthwise, and peel larger stalks with a vegetable peeler. Trim ¼ inch from bases (keeping head intact), then trim tops so each half is about 12 inches long. Arrange celery in a single layer, cut sides up, in a 9x13 inch baking dish. Season generously with salt and pepper, scatter with thyme, and dot with butter. Pour in broth and oil.

Cover with parchment-lined foil. Bake until celery is tender and easily pierced with the tip of a knife, 40-45 minutes. Turn oven to broil, and remove foil and parchment. Spoon braising juices over celery, and broil until lightly charred in places, 5-10 minutes. (Living, 2016)