



SUNSHINE IN A BOX



SOLAR FRESH

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## End of Summer Rituals

The solar eclipse comes as a symbol of transition.

### Farm Updates

Back to school, the start of the state fair, and a solar eclipse this week are all reminders that we are transitioning out of summer and into my favorite time of year—fall. The team here at the farm is happy to get back into more of a routine now that the Garlic Festival and Field Day are in the books. Thanks to everybody who came to the Field Day—it was fun to see the kids interacting with the farm and get to know some members a little better. Cont p 2

### CSA Member Appreciation

**Thank you** for your dedication to Solar Fresh Produce—picking up and returning boxes, preparing food from scratch, and supporting local can all be challenging in our busy lives. The CSA is only as strong as its members and I am feeling the love

this year—we could not do what we do without you! I truly enjoyed getting to know some of you better at the Field Day, and I am very excited for what the future holds for Solar Fresh. Now that we are over half way through the CSA year I hope you are enjoying the rhythms of eating with the seasons. **Please let me know if you have any comments, both positive and constructive feedback is appreciated.**

This week, ever body gets a new CSA box! In preparation for squash and potatoes, full shares are also getting a waxed box—after trying the new boxes, I decided to go back to the old kind which seems more durable. Please continue to take care of them and return them each week.

### Recipes

Spicy Garlic Dill Quick Pickles

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### Week 11 Produce

Vegetable shapes and colors mirror the sun's image

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# Week 11 Produce

**Carrot:** This new variety of carrot called Romance is doing its job to impress in the garden. I broke into the beautiful stand of carrots for the first time this week, and can see that many more carrots will be provided from this patch. Carrots pulled up easily allowing me to selectively harvest (versus blanket harvesting the whole area). Remove green tops of carrots for storage. These would be equally delicious fresh or cooked. Try combining with shallot, thyme, parsley, and a splash of lemon juice.

**Shallot:** This shallot called Zebrune is a rosy hue that reminds me of sunsets at the farm. I hope to increase shallot production in the future after successfully scaling up this season, but still have lots to learn about this specialty crop. The tight skin and low moisture content make this shallot ideal for storage. Use as a substitute in recipes for onion if needed. Shallot can be thin sliced into rounds and melted into butter and olive oil as a base for sautéed vegetables. Take care to not burn the edges. Shallots have a milder flavor than onions which makes it a good pairing with fish, butter or cream sauces, dried fruit, and greens.

**Thyme, Parsley, and Basil:** Savory herbs like thyme and parsley compliment carrots and shallots while sweet and fragrant basil pairs well with tomatoes and cucumbers. Experiment with flavor combinations. Herbs can be chopped and sprinkled on any dish for added flavor and nutritional benefits. Basil helps with digestive discomfort. Parsley is rich in vitamin C (more than citrus fruits!) and can work to eliminate excess water. Thyme is antimicrobial and also helps with digestion and respiratory ailments. Use these herbs to help calm and support you during eclipse season.

**Muskmelon:** This aromatic melon is from the farm of one of my "greenhouse mates," Dana. Dana once taught me the 10 ways to know if a melon is ripe before picking, and speaks about growing melons with passion. Try slicing, arrange melon slices on a plate, garnish with ribbons of prosciutto, and sprinkle with finely chopped thyme. Now this is what I call sunshine in a box!

**Cucumber:** Cucumbers are resetting fruit and should have another large flush coming up.

**Broccoli:** This less than perfect broccoli is the result of the month long drought and some pest pressure. More fall broccoli is coming along and should enjoy the cooler temperatures and more consistent rainfall. Broccoli is best enjoyed steamed to get the most nutritional benefits.

Farm Updates Continued from p. 1... Change and transition are always a challenge, and as we enter the final stretch of the season these few weeks are always a little awkward. Some of my routine picking of cucumbers, beans, squash and other veggies will be slowing down leaving me to find new projects for my Mondays and Tuesdays (like carrot weeding and winter squash harvesting, and lettuce seeding), and the thought of the imminent first frost popped into my head a few days ago while harvesting basil (always the first thing to go). Gladly I have learned to manage these transitional weeks better, and have

more produce coming out of the garden this time of year than usual.

Some of the veggies on the horizon include potatoes, carrots, onions, winter squash, leeks, arugula, radish, and more. September should also bring the bulk of the summer veggies like peppers and tomatoes as they are a little behind schedule this season. The end of summer brings the crescendo of the harvest and a different feel to the CSA boxes.

## Reflections on the Eclipse

The Sun is the farm businesses' namesake for a reason—the sun is a symbol for all of life on our planet, and the plants have an amazing ability to take the sun's energy and convert it into nourishing food. You can walk past a patch of broccoli, radish or trays of seedlings and see the plants turned and facing the sun, reaching towards it. Even though the eclipse was not viewable on Monday from the farm, its energy was palpable. I like to call this time of year a second spring because the cooler weather brings another chance at some cool season crops like lettuce, radish, broccoli, carrots, scallions, and more. This is also the time of year I like to reflect on the season's successes and failures and how I can push myself to improve in areas that can be intimidating. The eclipse magnified these feelings for me, blotting out the sun for a few moments, making us think about what shadows we have in our lives and what areas we might be able to improve, and hitting a metaphorical reset button. In the past few days the beautiful red sunsets have been just as tempting to stare into as the eclipse (don't worry—I didn't) and have made me even more grateful for our planet and this strange balance we hang in here in our universe.

# Recipes

## Spicy Garlic Dill Pickles

2 cups water  
1 cup vinegar  
1 Tablespoon salt  
Cucumbers  
1-2 cloves garlic, sliced

4 sprigs dill  
1 teaspoon peppercorn  
1 teaspoon mustard seed  
1 small hot pepper

Wash and trim off blossom end of cucumbers. Cut cucumbers into coins or spears. Toss with salt and let sit in a colander for 1 hour to drain excess water.

Sterilize your glass or plastic container. Put sliced garlic, peppercorns, mustard seed, thin sliced hot pepper and dill in bottom of container. Tightly pack cucumbers into container.

Combine vinegar and water and bring to a boil. Allow to boil for a couple minutes, then remove from heat and pour over cucumbers. Cool at room temperature, then move to refrigerator. Let sit for 24 hours before consuming for maximum flavor.

