



SUNSHINE IN A BOX



SOLAR FRESH

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# Bringing in the Harvest

## Farm Updates

After a few challenging weeks at the farm, it is finally feeling like things are back on track, especially after today's beautiful weather for CSA day. The dry spell has ended and I've appreciated a few rain days to get a rest. The direct seeded and transplanted fall crops all enjoyed the rain as well.

Cucumbers and zucchini are beginning to slow down, so these are your last chances to pickle or otherwise enjoy the bounty of these crops. I will keep picking and keeping the plants healthy as long as possible. I am thrilled to see beans making a nice comeback and setting new flowers. Heirloom tomatoes are finally taking off and it has been a delight to harvest these little treasures. Peppers are coming along nicely but are definitely a bit behind.

I have a dedicated crew this season and it brings a lot to the CSA having new perspectives and skills. Since my parent's retirement this spring, they have been more involved in the farm than ever before and it is a family event each week.

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## Week 12 Produce

**Mixed Greens:** Fresh crispy greens thanks to the abundant rain! Garnish your salad with edible flowers—nasturtium (orange) and borage (blue). Pull individual petals directly from nasturtium for more delicate garnish. You can also separate the base of borage flower from the petal section.

**Heirloom Tomatoes:** Pink and orange heirloom tomatoes are juicy and flavorful. Season simply with salt and pepper. Every season is an informal variety trial. This year's pink tomatoes include pink brandywine, mortgage lifter, eva's purple ball, and martha washington. Orange tomatoes include jubilee and chef's choice orange.

**Beans:** Another flush of beans! Because the bean plants were well picked with few overgrown beans remaining, they will try to reproduce again by growing more flowers and then seedpods. Production will taper off with shorter daylengths.

**Bok Choi:** Use with your favorite stir fry sauce. Try serving sauteed with zoodles and sesame oil. To clean—chop off root end and cut off greens (salvage any greens that remain intact after some insect damage). Wash and cook greens as you would spinach. Clean stalks and use in place of celery in recipes (ants on a log) or chop up to add to stir fry. This watery, crunchy asian green is loaded with vitamins and minerals and helps rehydrate.

**Cucumber:** This has been a bountiful cucumber season but the plants are getting tired and any week could be their last. I hope you have found delicious ways to enjoy them.

**Zucchini:** The zucchini plants are even worse off than the cucumbers, but with the second planting you should still expect to be zoodling for a few more weeks.

**Basil:** A note on drying basil—hang in small bundles or lay flat on a paper towel or in a basket. Turn regularly and monitor for any mold. Alternatively, dry in a dehydrator or on the lowest setting in the oven. Pull from stems and store whole leaves in a zip lock bag. Crumble as needed into dishes. Of course fresh basil and tomatoes is a natural pairing. Store fresh basil at room temp or a warm spot in the fridge in a cup of water.

**Sweet Onion:** Fresh, sweet alisa craig onions (compared to a storage onion) make great salsa. Salsa making is easy and it stores well in the freezer or can be water bath canned. Combine tomato, onion, pepper, and dry or fresh herbs and salt and pepper. Salsas can range from smooth to chunky and can be fresh or roasted.

**Pepper:** Small bell pepper and jalapenos. Perfect for salsa or as a snack. Add jalapeno to any dish for a bit of heat.



# Recipes

## Stir Fried Bok Choi

1 pound baby bok choy (about 8 cups)  
2-3 cloves garlic, minced  
1 tablespoon sesame oil

2 tablespoons soy sauce or liquid amminos  
White pepper  
Rice wine vinegar

Trim the bottoms of the bok choy and rinse thoroughly in cold water to remove any grit that likes to collect down at the base of each bundle. Chop stalks and greens making sure bok choy is roughly the same size so they cook evenly.

Heat a large pan over medium heat, then add the oil and swirl to coat the bottom and sides. Add the garlic and stir-fry until fragrant, about 30 seconds, but be sure not to burn.

Turn up to medium high heat and add the bok choy and stir-fry for 2-4 minutes, until the green leaves are wilted and the stalks are tender-crisp.

Add the soy sauce, rice wine vinegar and season with white pepper, then cook for another 30 seconds. Transfer to a serving plate and serve hot.