



SUNSHINE IN A BOX



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Welcome September!

Farm Updates

Cool temperatures these past couple weeks have made for nice conditions to work outside when it isn't raining. Slowly but surely various tasks are getting done in between keeping up with harvesting tomatoes and other crops. Preparing for winter is always on the back of my mind—getting herbs dried, doing some canning here and there, pulling up irrigation parts, planting winter crops in any little spot I can find, and making the most of shortening day lengths.

The thunderstorm on Monday night was just what the fall crops needed to perk up a little and I am optimistic that some yummy fall veggies will have enough time to mature despite the challenges getting later successions planted. It is encouraging to see that many veggies

are still really going for it and I'm looking forward to this fall cooking season.

About four chickens have started laying eggs so I am finding about four eggs a day so far—in their nesting box just like that! I imagine others will be following shortly behind, so I am thinking about not only setting up the chicken coop for cooler weather but also getting the egg business up and running.

Thank you for your understanding with a lack of newsletter last week—some technical difficulties popped up and I am hoping you were able to come up with some creative ideas for cooking.

Recipes

5 Minute Heirloom Tomato Sauce

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Week 13 Produce

Tomato Smorgasbord!

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Week 13 Produce

Parsley: I add parsley to pretty much everything I cook. Remove the rubber band for storage and place stems in a glass of water. You can also dehydrate parsley in the oven at the lowest setting until completely dry but still green.

Zucchini: Diced zucchini can sometimes be substituted as a more nutritious potato in recipes (you may need to salt it first to draw out some moisture depending on the recipe so it doesn't become watery) especially soup. I am amazed at the zucchini this year and so grateful for the bountiful harvests!

Tomatoes: Finally in full swing and our patience is being rewarded! Try not to let any tomatoes go to waste by preserving any extras. I prefer the texture and flavor of canned tomatoes, however freezing is a lot more convenient if you are not yet set up for canning.

Garlic: The first batch of garlic is totally cured, cleaned and sorted thanks to a CSA member volunteer. The remaining garlic will be sorted in time to plant in October. Garlic is a natural addition to tomatoes along with basil.

Basil: Basil is slightly tattered from hail but still has good flavor. Remove rubber band for storage. Basil can also be dehydrated in the oven.

Oregano: One of nature's best antimicrobials! An oregano tea is a good first line of defense against illness. Oregano is another great flavor to combine with tomatoes and garlic. The flavor sweetens and mellows when dehydrated which can be done simply by hanging (no need to put in the oven).

Recipes

5 Minute Heirloom Tomato Sauce

¼ cup extra virgin olive oil
2 ½ pounds very ripe heirloom tomatoes, quartered
3 cloves garlic, thinly sliced
2 teaspoons red pepper flakes

1 teaspoon sugar
Pinch of sea salt
1 tablespoon chopped fresh basil
Salt and freshly ground pepper to taste

In a large nonreactive pot, heat the olive oil over high heat. Add the tomatoes and stir until heated through and well coated with oil, 3 to 4 minutes. Add the garlic, red pepper flakes, sugar, and sea salt. Bring to a boil, then reduce the heat to medium and cook for 5 minutes, stirring occasionally. Stir in the basil and remove from the heat. Let cool slightly. In a food mill, blender, or food processor, puree the tomato mixture. Season with salt and pepper. Store in the refrigerator in a sealed plastic container for up to 1 week or freeze in a sealed plastic bag or plastic container for up to 2 months. (Luebbemann, 2006)

Bibliography

Luebbemann, M. (2006). *The Heirloom Tomato Cookbook*. San Francisco: Chronicle Books LLC.