



SUNSHINE IN A BOX



Issue 11 Volume 4
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Bringing in the Harvest

Farm Updates

Cooler weather is a welcome sign of the changing seasons. With back to school and the end of the State Fair it is really starting to feel like fall.

There is still more yet to plant for the season but the main focus at the farm has been keeping up on harvesting and continuing to manage weeds. I am also already starting to think about planting for next season and taking note of where to plant what for crop rotation and also what mix of crops to plant. I have some new ideas for next year and hope to keep the CSA and farm operation fresh and interesting.

Some items I hope to include still this season are kohlrabi, turnips, fennel, broccoli, cilantro and more. I am planning on supplementing my fall crops with some other local

producer's products including possibly sweet corn, potatoes and winter squash.

The CSA will continue into October but the last week of pick up is still TBD depending on weather and produce availability.

Week 13 Produce

Summer progresses into fall Page 2



Week 13 Produce

Mixed Greens: More fresh salad greens again this week! Garnish your salad with edible flowers—nasturtium add a delicious floral fragrance and peppery flavor.

Heirloom Tomatoes: Adding just a little seasoning to tomatoes goes a long way. A dash of salt brings out the natural sweetness.

Beans: Green beans are best prepared simply—steam for 5-7 minutes and top with butter or olive oil, salt and pepper. Also makes a great brunch side dish when served with dijon mustard or hollandaise sauce.

Cucumber: This will be the last of the cucumbers for the season—plants are dropping in production and fruits are becoming more irregular.

Zucchini: A perfect vegetable for the grill. Try slicing lengthwise and then salt liberally. Allow to sit for 30 minutes to release some moisture. Season with salt and pepper or get creative with asian flavors (soy sauce, rice wine vinegar, garlic and ginger) or italian (olive oil, garlic, parsley, and balsamic vinegar).

Parsley: Loaded with nutrients, this herb can't be overlooked! Finely chop and sprinkle onto dishes at the end for a fresh flavor and nice touch of green. Parsley can even be made into a nutritive herbal tea.

Swiss Chard: Tender greens and stalks can be incorporated into any dish from lasagna to curry. Greens can even be cooked and frozen into portions to use in soup or other dishes.

Sweet Onion: Last of the sweet onions. Future boxes will contain storage varieties so enjoy the last of this summer specialty.

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