



SUNSHINE IN A BOX



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Farm Updates

Despite above average temperatures, the weather is undeniably fall with the crispness in the air, golden foliage on trees, and slowing down of fruiting crops. This morning the thunder and quick rain shower did add some humidity to the air making it feel summery for a few minutes. The prolific monarch population has been dwindling as another sign of fall.

As I consider the successes and failures of this season and what directions to go next, I've started to think about making the capital investment in a tractor for the farm. There are lots of options available and I have some experience now to prioritize my needs. At the same time, I am weighing the pros and cons of scaling up including the

possibility that some sustainable practices might be sacrificed for increased efficiency. For example, increased use of a tractor could damage soil structure or increase soil compaction. But, I believe there is a way to utilize a tractor in a way that reduces overburdening and is healthy for the soil.

As the season begins to wrap up, I am putting extra effort into prepping the garden beds for next year so I can get off to a good start, especially if we have another late spring. Because of this effort along with delayed planning, I am not hosting a field day this season. If you would like to come out to the farm, please let me know and we can schedule a tour.

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Week 14 Produce

Kale: Food is medicine—hopefully you are finding ways to enjoy this nutrition. Try adding to lasagna or pasta. Also freezes well—prepare by removing stems and chopping roughly. Blanch in boiling salted water for 5-7 minutes. Drain and squeeze out excess moisture. Transfer to a freezer bag and store in the freezer in individual portions.

Heirloom Tomatoes: A productive tomato season! More fruits will be coming up until the first frost. If you would like to preserve some tomatoes, they can easily be frozen (peel skins and core tomatoes first if desired) or they can be dehydrated to use as sundried tomatoes.

Beans: What a beautiful day to enjoy picking beans for one of the last times. Another flush might be coming. Beans are another veggie that freezes well. Trim ends and chop into 1" pieces. Lay out flat on a cookie sheet and freeze until firm, then transfer to a freezer storage bag.

Zucchini: My favorite way to preserve zucchini is making bread and butter pickles. Zucchini can also be dehydrated or frozen to preserve.

Basil: This is always the first crop to succumb to frost. The fresh scent helps hold on to the last of summer.

Yellow Onion: Yellow onions are more dry and pungent and will store for up to several months. The varieties are either cortland (a standard storage onion variety) or dakota tears (a beautiful more elongated heirloom variety).

Pepper: Small bell pepper.

Kohlrabi: This alien like German vegetable (called a turnip apple) is best peeled and sliced thin to add to raw salads. Can also be diced, cooked and mashed with butter, salt and pepper. Or slice and sautee with other veggies.

Full Shares also receive beets, purple carrots, and jalapenos.

Recipes

Quick Zucchini Bread-and-Butter Pickles

1 pound firm zucchini, sliced $\frac{1}{8}$ inch thick
 $\frac{1}{2}$ cup sweet onion, thinly sliced
 1 tablespoon kosher salt
 Ice water
 $1\frac{1}{2}$ cups unfiltered apple cider

$\frac{2}{3}$ cup white sugar
 2 teaspoons mustard seed
 $1\frac{1}{2}$ teaspoons dry mustard, such as Colman's
 $1\frac{1}{2}$ teaspoons ground turmeric

In a large bowl, toss the sliced zucchini and onion with the salt. Cover vegetables with ice water and allow to soak 45 minutes. Drain the vegetables and pat dry with a clean dish towel.

To make the brine, use a medium-sized saucepan and combine the vinegar, sugar, mustard seeds, mustard powder and turmeric. Add half cup water. Bring to a boil, stirring until sugar has dissolved. Set aside, allowing brine to completely cool.

Transfer the zucchini and onions into a glass quart-sized container. Completely cover the vegetables with the brine. Cover the jar and refrigerate overnight before serving. Pickles will last a week in the fridge.