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The weekly newsletter of Stone's Throw CSA
August 28, 2008 <http://stonestrowcsa.wordpress.com/>

About Stone's Throw: Heirloom Varieties

All of the Stone's Throw CSA farms are using many open pollinated and heirloom varieties. Open-pollinated means that the seeds from the plant can be saved from year to year. When a variety is passed down from generation to generation it is called an heirloom. There are many thousands of different open pollinated varieties, a growing number being made available to the public by organizations like the Seed Savers Exchange (<http://seedsavers.org/>).

On the other hand, nearly all seeds available commercially are hybrids or genetically modified and can't be saved from year to year. Most of the world's seed companies are now owned by just a few large corporations and the number of varieties they offer is dwindling fast. The world could lose varieties that have been selected for years to grow in a specific climate or that are resistant to a particular disease—not to mention the threat of losing the amazing diversity of flavor, shape and color available in heirloom seeds.

Save the date!

Saturday, October 4th will be the date for the Stone's Throw Fall Harvest Potluck. Stay tuned for more details!

Why we joined the CSA

My family decided to join Stone's Throw CSA because I wanted to find a way to support Worcester County farming in a tangible way. My family also has had the pleasure of picking (and eating) Silvermine's strawberries for many years. Joining the CSA just seemed the right thing to do. I also think volunteer work is very important part of the CSA experience. There's nothing like picking rocks out of an acre field or weeding four long rows of tomatoes to make you appreciate what farmers do for all of us. Now, in the summer days of August we can all enjoy the rewards for our labor. It has been a wonderful experience!!
—Keith Kirkland

Farm updates *To-Die-For*

Attack of the ~~Killer~~ Tomatoes!

Yes, it's that time of year: those luscious, plump, gorgeous, ruby-colored garden gems have arrived, and CSA members are smiling broadly. "Canners will be available for \$15 as a u-pick flat, payable to Silvermine Farm on a first come, first served basis," says Martha Cole of **Silvermine Farm**. She offers pointers on canning and freezing the tasty tomatoes on the Stone's Throw website [<http://stonestrowcsa.wordpress.com/>]



The heirloom summer squash and tomatoes, beans, hot peppers and salad greens have grown to perfection at **Sweet Birch Farm**. Katherine Anderson will have only a few cucumbers this week, as she is between plantings. While her fields are producing heavily for the CSA and for sale at farmers' markets, Katherine freezes or dries her vegetables to enjoy year-round. In fact, she began growing vegetables in earnest in order to provide her own food supply that would last throughout the winter. She chose to grow heirloom varieties because they excel in flavor and nutrition. See "About Stone's Throw: Heirloom Varieties" to learn more.

Jane LaForce writes: "**Jade Hill** continues to have Golden Butterwax beans producing heavily. This bean is delicious but very tender, and requires gentle picking. The plants as well as the beans themselves break easily. The cooling/washing process is also longer due to the bean's delicacy, but I think you will agree, they are worth it in taste. The sun has been helpful in curbing the rot somewhat—though a 'bush' bean, Butterwax plants have a viney habit and tend to fall over, a trait encouraged by the abundant rain—now the plants reach more for the sun and the undersides stay drier.

"We have cut our hayfield, which surrounds the 'Orchard' garden with the beans and tomatoes (covered with still-very-small, green fruit) and repaired the fence again, so the rabbits are no longer a problem; however, a horde of grasshoppers are making things interesting. We are still seeing only a few Mexican Bean Beetles and minimal damage, possibly due to the many spiders and lady beetles. Also, during haying, we noticed many Praying Mantis—so a healthy balance of beneficials prevails. Many thanks to our volunteers. You are still needed as we move into fall. On distribution day (Thursday morning to early afternoon) we could use a few more regular hands."



Some greatly-appreciated recent Thursday distribution volunteers

Recipes

Pesto veggie stacks

Taste of Home Magazine, August-September 2008

Reader/contributor Kathy Provost of Troy, NY writes: "This recipe was developed out of desperation as I tried to keep up with prolific 'Great Green Zucchini' from our garden. My two daughters would start snacking on these before I could get them to the table. Even finicky vegetable eaters enjoy them."

2 c fresh basil leaves
1/2 c grated Parmesan cheese
1/4 c pine nuts or chopped walnuts
2 T grated Romano cheese
3 garlic cloves, peeled
1/2 c plus 3 T olive oil, divided
1/4 c flour
2 eggs, lightly beaten
1/2 c dry bread crumbs
8 slices eggplant or large zucchini (3-1/2" diameter)
4 slices tomato
1/4 c crumbled reduced-fat feta cheese

Place the first five ingredients in a food processor; cover and process until blended. While processing, gradually add 1/2 cup oil in a steady stream until combined. Set pesto aside.

Place the flour, eggs and bread crumbs in separate shallow bowls. Dip eggplant in flour, then in eggs; then roll in crumbs. Heat remaining oil in a large skillet; fry eggplant in batches for 1-2 minutes on each side or until golden brown. Drain on paper towels.

Place four eggplant slices on an ungreased baking sheet. Top each with a tomato slice, 1 tablespoon of cheese, 2 teaspoons pesto and remaining eggplant. Bake at 350° for 5-8 minutes or until heated through. Serve immediately. Makes 4 servings.

Help wanted!

We are looking for volunteers to help collect recipes for the newsletter and blog. Please contact katherine.anderson@verizon.net.

Spicy Thai Slaw

The Washington Post, July 2, 2008

This is a bright, crunchy side dish that is full of veggies and is a great complement to the sweetness of the Chilled Teriyaki-Glazed Salmon.

Serve chilled or at room temperature.

2 servings

For the dressing:

1 medium clove garlic, minced
1/4 cup freshly squeezed lime juice (from about 2 limes)
1 1/2 tablespoons coarsely chopped cilantro leaves
1 tablespoon freshly grated ginger root
1/4 teaspoon curry powder
1 teaspoon low-sodium soy sauce
1 teaspoon Asian-style chili paste
1 tablespoon canola oil
1 tablespoon light sesame oil
1 tablespoon sugar

For the salad:

1/2 large seedless English cucumber, quartered lengthwise and coarsely chopped (about 1 cup)
1 cup shredded cabbage
1/4 cup shredded carrot
1 scallion, white and light-green parts, coarsely chopped
2 tablespoons coarsely chopped cilantro leaves
1/2 cup roasted, unsalted peanuts, coarsely chopped, for garnish (optional)

For the dressing: Whisk together the garlic, lime juice, cilantro, ginger, curry powder, soy sauce, chili paste, oils and sugar in a medium bowl or deep measuring cup.

For the salad: Toss together the cucumber, cabbage, carrot, scallion and cilantro in a medium lidded container. Add the dressing to taste; close the lid and shake to mix well and coat evenly. Open to top the slaw with the chopped peanuts, if desired. Cover and refrigerate until ready to serve.

Recipe Source: From executive chef Carla Hall of Alchemy Caterers in Wheaton.

185 calories, 14g fat, 1g saturated fat, n/a cholesterol, 144mg sodium, 16g carbohydrates, 2g dietary fiber, 2g protein.

Pickled Calico Vegetables

from the Ball Blue Book Guide to Home Canning, Freezing & Dehydration ©2002 Alltrista Corporation

6 c cauliflowerets
1 c peeled pickling onions
2 c chopped green peppers
2 c sliced carrots
1/4 c canning salt
1-1/2 c sugar
2 t mustard seed
2 t celery seed
1 quart vinegar
2 t hot pepper sauce (optional)

Combine vegetables and salt in a large mixing bowl. Cover with ice; let stand 3 hours. Drain vegetables; rinse well. Combine sugar, mustard seed, celery seed and vinegar in a large saucepot. Add hot pepper sauce, if desired. Bring to a boil; reduce heat. Add vegetables and simmer 5-7 minutes. Pack hot vegetables into hot jars, leaving 1/4-inch headspace. Ladle hot pickling liquid over vegetables, leaving 1/4-inch headspace. Remove air bubbles. Adjust two-piece caps. Process 10 minutes in a boiling-water canner. Makes about 5 pints.

Chilled Dill Rainbow Carrot Salad

(adapted from www.colorfulharvest.com)

2 cups rainbow carrots, thinly sliced
1/2 cup red onions or shallots, diced
1 Tbsp olive oil
1 Tbsp red wine vinegar
2-3 Tbsp fresh dill, chopped
salt and pepper to taste

Boil rainbow carrots until tender yet crisp, about two minutes. Rinse under cold water and drain. Combine carrots and onions. Mix remaining ingredients in small bowl until well blended. Pour over carrot mixture and toss well. Refrigerate at least three hours to blend flavors. Makes four servings.

Do you have a favorite recipe using beautiful fresh fruits and veggies? Do you have an old family dish you want to share? We'd love to hear about it! If you have recipes from any source (even if the produce isn't in season yet), please send it to katherine.anderson@verizon.net or leave a copy at the weekly pick up.