

# Share

The weekly newsletter of Stone's Throw CSA  
September 11, 2008 <http://stonestrowcsa.wordpress.com/>

## Farm updates

We'll see the third variety of potatoes planted at **Silvermine Farm** over the summer. The earlier yukon golds and a red variety will be followed by King Hairy. No, that's not a typo. "Its naturally bristly foliage keeps the Colorado potato beetle off of the plants," explains Martha Cole.

So far she's had five successive plantings of beans. The fourth planting "bit the dust;" the next, scheduled for harvest at this time, was eaten by deer. Ever hopeful as a farmer must be, she's begun her sixth bean planting. Of her 128' of non-producing eggplant, the presence of blossoms indicates to Martha they will indeed bear fruit.

Silvermine is in full swing planting cover crops in the larger sections, to add nutrition to the soil and hold through the winter. The organic strawberries will be weeded and cultivated throughout the month of September, and in December will be covered with straw mulch to protect them from harsh winter conditions. The garlic bed will be planted in October; and the asparagus field, prepared to plant in the spring.

Katherine Anderson of **Sweet Birch Farm** reports: "It's a bittersweet time in the garden this time of year. The summer plants—tomatoes, eggplants, peppers and squash—are producing enormously, but the effort takes its toll and many of the plants look ragged and tired as the end of the summer season looms. On the other hand, with the sun lower in the sky the cool-loving greens are perking up again, and the thriving fall plantings of kale, chard and lettuce promise a new beginning. These crops will be happy through the middle of fall, and their season can be extended by using row covers to protect them from frost. This year at Sweet Birch we are planning to experiment with overwintering crops like carrots,



turnips and many hardy greens like kale. Simple plastic-covered tunnels can keep these plants alive through much of the winter. The fresh greens will go perfectly with the starchy veggies like potatoes and winter squash that we keep in the cold cellar for the winter, and carrots and turnips will stay sweet and fresh in the ground for us to dig as we need them."

**Jade Hill** has lots of zucchini. Jane LaForce is perfecting her expertise at Summer Squash Twister (like the game) which is the way her hill-planted yellows and zukes must be harvested. The yellow squash (Saffron) is just about done, but Jane says, "The zukes continue to come faster than we can pick, which brings us to the Gigunda Zuke issue. The Black Zucchini has a small seed cavity and retains tender flesh and glossy, dark green, flavourful skin even when weighing in at five pounds. They run 3-5 pounds apiece, measuring 13"-16" long. A great stuffing zuke. Another way to use these fruits: chop and steam in a small amount of water, puree in a blender or food processor and add to soups, stews and sauces. This provides thickening and extra nutrients with little or no interference with the flavour of your original dish. Note recipe for Cabbage Soup/Stew." Anyone interested, please call Jane (508-476-7081) and she will see that you get one in next week's share.

The snap beans continue to trickle in, with our old friend Provider making a comeback, so Jade Hill's contribution

*Stone's Throw, a community-supported agriculture network, was organized to profoundly affect a community and allow local farmers to earn a sustainable, living wage. As the season winds to a close, join other CSA members to celebrate a successful first year.*

## Harvest Dinner

**Saturday, October 4 @ 4 pm**  
**212 Putnam Hill Road, Sutton**

- Do you have a favorite salad, main course, soup, or side dish?
- Instead of cooking, would you rather assist with setup or running the event?
- Maybe you could bring paper plates, bowls, napkins, cups, or cutlery. Or coffee, creamer and sugar, ice, paper towels, sponges,...

*Let us know!* We'd love your help with this community event!

- **Kids!** Make a poster on "What is your favorite vegetable?" We will decorate the room with them!
- Volunteers needed for set up and clean up!

**Be sure to check your email for an invite that will allow you to RSVP as well as let us know how you can contribute.**

is mixed green and yellow. The plants are being heavily stressed by Mexican Bean Beetle now, and the grasshoppers are still around.

Jade Hill's onion crop has been harvested. The bulbs are smaller than what you have been getting from Silvermine, due to field conditions and later planting. Jane has begun to sow cover crops in preparation for next season and Denis has re-plowed a large new area. No equipment broke down this time.

Jane concludes, "Thanks to all our volunteers. It has been lovely to meet people at distribution and I'm looking forward to meeting more of you if you can help on Thursdays beginning at 11AM. See you at the Harvest Dinner. Green Blessings, Jane I. LaForce, Jade Hill"

# Recipes

## Ligurian Roasted Potatoes

Olives give zing to roasted gold potatoes flavored with rosemary. This is fast and easy to throw together. Do check out the optional ingredients.

- 4 Yukon gold potatoes, cut into wedges
- 2 onions, cut into wedges
- 1 handful olives
- 1 sprig fresh rosemary, chopped or 1/2 tsp dried rosemary
- 3 Tablespoons olive oil
- Salt
- Pepper

Preheat the oven to 375 degrees F. Toss gold potatoes, onions, olives, rosemary, olive oil, salt, and pepper together and place in a baking dish. Bake for 25 minutes, until the potatoes are done and are starting to become crisp. Options: Add chopped onion, cherry tomatoes, tomato paste, and/or anchovies. Yield: 4 servings

Recipe Source: Peasant's Choice : More of the Best from The Urban Peasant by James Barber (Hastings House Pub.)

## Ratatouille

*This is one of my favorite recipes. I make it every fall when my garden is over run with tomatoes, zucchini and peppers. Now that my kids are older, I often take small portion and puree it before serving over pasta. This freezes beautifully. -MBD*

- 1/3 cup olive oil
- 2 medium onions, chopped
- 4 garlic cloves, minced
- 2 large eggplants (2 pounds), peeled in strips and cut into 3/4-inch cubes
- 4 to 5 medium zucchini (2 pounds), cut into 1-inch cubes
- Coarse salt and ground pepper
- 3 yellow or red bell peppers, ribs and seeds removed, cut into 3/4-inch cubes

- 1 can (28 ounces) diced tomatoes
- 1 teaspoon dried thyme
- 1/2 cup chopped fresh basil

In a Dutch oven (or other heavy 5-quart pot with a tight-fitting lid), heat oil over medium heat. Cook onions, stirring occasionally, until soft, about 5 minutes. Add garlic; cook until fragrant, about 1 minute. Stir in eggplant and zucchini; season generously with salt and pepper.

Add 3/4 cup water; cover, and simmer until vegetables are beginning to soften, stirring once, about 5 minutes. Stir in bell peppers; simmer, covered, until softened, 5 minutes.

Stir in tomatoes and thyme; bring to a boil. Reduce heat to medium-low. Partially cover; simmer, stirring often, until vegetables are tender, 15 to 20 minutes. Remove from heat. If serving immediately, stir in basil. (If freezing, leave out basil.)

Serves 8. From MarthaStewart.com

*The following 2 recipes submitted by Jane LaForce, Jade Hill Farmstead*

## Cabbage Soup/Stew

- 1/2-3/4 cup chopped onion
- 1-2 cloves garlic, pressed
- 1 1/2-2 cups chopped celery
- 1 bunch chopped parsley
- 2-3 medium potatoes, chopped
- 2-3 cups chopped carrots
- 4 cups shredded cabbage
- 28-32 ounces chicken or vegetable stock
- 3-4 medium-large chopped tomatoes
- Cold pressed Olive oil
- 1/2-3/4 tsp ground fennel seed

Water  
Salt, freshly ground black pepper to taste

Saute garlic and onion in oil until translucent. Add celery and saute 2-3 minutes; add potato and enough water just to cover. Bring to boil; simmer 10 minutes. Add carrots, parsley and stock; simmer 5 minutes. Add cabbage & tomatoes; simmer additional 10 minutes. Add pepper & ground fennel seed (if not using dill weed). Serves 6-8.

Options: Add chopped dill weed and/or fennel bulb with cabbage. Substitute water for stock. Red cabbage makes for a milder taste and delightful color. To make a cabbage stew, add one quart pureed zucchini and reduce stock or water.

## Potato Dill Soup

- 1/2 cup chopped onion
- 2 TBS butter
- 4 medium potatoes, diced
- 2 cups water
- 1 1/2 tsp salt
- 2 1/2 cups milk
- 1/3 cup snipped dill weed
- 2 TBS flour
- 1 cup sour cream (plain whole fat yogurt may be substituted)

Saute onion in butter; add potatoes and cook 2 minutes without browning. Add water and salt. Bring to boil, lower heat and simmer, covered until potatoes are tender (about 15 minutes). Add milk and dill, bring just to boil & turn off heat. Gradually blend flour (or other thickener, such as arrowroot) with sour cream or yogurt. Stir in a little hot soup, return all to pot & heat to thicken, but do not boil. Serves 4.

## Salsa Fresca

- 1 green or red pepper
  - 1 onion
  - 3 cups or so chopped tomatoes (squeeze out juice)
  - 1 small hot pepper, seeds removed
  - handful of fresh cilantro
- Toss everything into a food processor and blend well. Add salt and cumin to taste. Great on chips, omelettes, quesadillas, and over burritos.

## Help wanted!

We are looking for volunteers to help collect recipes for the newsletter and blog. Please contact [katherine.anderson@verizon.net](mailto:katherine.anderson@verizon.net).