

Share

The weekly newsletter of Stone's Throw CSA
August 25, 2009 stonesthrowcsa.org



Adding to weeds to the compost pile!

Farm updates

Children's Garden update

The kids had lots of fun weeding the garden during distribution last Tuesday. Among the weeds were several vegetables ready to be harvested, including tomatoes and peppers. After the weeding was done, the kids also helped by adding them to the compost pile. Be sure to check out the children's garden when you are at the farm and pull a few weeds, you never know what veggies you might find!

Silvermine Farm

"The beans are winding down at Silvermine," says Martha Cole, but many of the other vegetables that have recently appeared in shares will continue. "This past week people may have gotten to sample some unique vegetables, such as Japanese Radishes, and there will be more coming if haven't tried them yet!"

Martha did add that there is lots of work to be done on the farm at this time. She said they are looking for additional farm help and will take all they can get. So, if you would like to plan a last minute "stay-cation experience" you and your family can be farmers for a day! Adults and children can pick from a variety of jobs, including weeding and harvesting. Martha also added that this might be something for a stay-at-home parent to do during the day once the kids go back to school. Contact Martha if you would like to schedule a time to help!

Martha added that there will be some extra chickens available on Thursday. People that are interested should contact her, or come by the farm between the hours of 4 and 6 PM on the 27th to see if there are any available for sale.

Sweet Birch Farm

The pole beans are looking beautiful right now, and we are picking several varieties including Kentucky Wonder, Gold of Bacau, Purple Podded Poles, and Rattlesnake. The squash and cucumbers are producing well, but we are dealing with more than the usual pests as a result of the unusual weather earlier this season. Our tomatoes are managing to ripen just ahead of the blight that is quickly spreading.

Note: While we love the flexibility in having two pick up days, we would appreciate if you would communicate your schedule. If you are scheduled to pick up on a Tuesday and would like to pick up on Saturday instead to accommodate your vacation, illness, business trip or whatever, please let us know at info@stonesthrow.org. This will help make sure there is plenty of kale for everyone but none goes to waste!

We're collecting data!

In order to help make the pick up process run as smoothly as possible, we will be asking everyone to make a mark on a sheet on the bulletin board indicating what time you picked up your share. We will start collecting information on Saturday and will continue for a couple of weeks. If you have any questions please contact the steering committee at info@stonesthrow.org.

Recipes

Sweet Refrigerator Pickles

From YankeeMagazine.com.

A good way to use excess cucumbers without heating up the kitchen.

6-8 medium cucumbers, sliced (approximately 8 cups)

2 large bell peppers, sliced

2 large onions, sliced

3 hot peppers, sliced

1 tablespoon salt

2 cups sugar

2 cups cider vinegar

2 teaspoons celery seed

2 teaspoons mustard seed

Place sliced cucumbers, onions, and peppers in a large bowl. Sprinkle with salt and let set for 1 hour. Drain.

Stir together: vinegar, sugar, and seeds until sugar is dissolved. Pour over cucumbers.

Store in a glass or plastic covered container. Refrigerate. Can eat right away, but flavors are better after about a week. Keeps for quite a while.



Grandmother Lida Quinn's Pickled Beets

From YankeeMagazine.com.

Yield: 6 pints

Becky Quinn reports, "These pickled beets have a good combination of sweet and sour tastes and because of this have won first place at five different Ozark Empire Fairs."

Becky, who learned to can at her grandmother's side starting at 6 years old, has made this recipe three times a summer for the past 38 years. "I could make these in my sleep," she says with a laugh.

35 to 40 small beets or 15 large beets

2 cups sugar

2 cups water

2 cups white vinegar

1 teaspoon ground cloves

1 teaspoon whole allspice

1 tablespoon ground cinnamon

1 teaspoon whole cloves

In a kettle, cook the beets until tender. Dip in cold water and peel off the skins. Slice 1/4 inch thick or cut into quarters if using smaller beets. Pack tightly (snug but not bruising each other) into canning jars.

In a large saucepan, combine the sugar, water, vinegar, ground cloves, allspice, cinnamon, and whole cloves. Boil for 10 minutes and pour at once over the beets, leaving a 3/4-inch headspace (the liquid should go no farther than the shoulder of the jar). Process in a boiling-water bath for 12 minutes. Remove immediately and cool on a rack.

Garlicky Marinated Green Beans

1- 1.5 lbs cleaned and trimmed green beans

6 -8 cloves garlic

1-2 onions, sliced

3 Tablespoons olive oil

Salt and pepper

2 Tablespoons good balsamic vinegar

0.25 cup roasted pine nuts

Toss onions, beans, and garlic with oil on a baking sheet. Put in to a 400' oven for about 15-20 minutes or until tender. Stir around at least once while cooking.

Remove from oven and put in a bowl. Toss with salt, pepper, vinegar, and pine nuts. Marinate at least a few hours, over night is even better. Serve cold or room temperature.

Your Ideas?

We welcome your questions, ideas, and recipes. Each week brings new produce in our shares, and new ideas about what to do with that week's bounty. If you'd like to share your own recipes, please contact Marla the Recipe Editor at mwallace_5@charter.net.

Remember too that you are welcome to post to the CSA blog at <http://stonestrowcsa.org/> with any questions, suggestions, recipes, or random thoughts.